



September is FASD Month

Wear red to celebrate and raise awareness



Social Media Kit

Sample social media posts

September is FASD Awareness Month. Learn more about fetal alcohol spectrum disorder (FASD) at www.canfasd.ca #FASDMonth2023

FASD is Fetal Alcohol Spectrum Disorder. 4% of Canadians have FASD. That is more people than Autism, Cerebral Palsy, and Down Syndrome combined. #FASDMonth2023

September is #FASDMonth2023! Come together and unite your strengths with the rest of Canada. #RedShoesRock

Wear your red shoes this #FASDMonth2023 to raise awareness of Fetal Alcohol Spectrum Disorder (FASD) and celebrate the accomplishments of those with #FASD!

FASD is Fetal Alcohol Spectrum Disorder. When we work together, we can find solutions to effectively prevent #FASD, diagnose those with this disability, and support individuals and families affected by FASD #FASDMonth2023.

FASD is preventable if women and girls have the right supports and when communities take action to promote health and build strengths. Learn more at <https://canfasd.ca/topics/prevention/#About>. #FASDMonth2023

Canada is lighting up red for #FASDMonth2023! Check out which landmarks are rocking red this September 9th to raise awareness of FASD. <https://canfasd.ca/fasd-awareness-month/canada-rocks-red/>

Hashtags

#FASDMonth2023 #RedShoesRock #UnitingStrengths

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FASD Month Information

About FASD Month

- International FASD Awareness Day is held annually on September 9th
- FASD Day was first held in 1999, making 2023 the 24th year
- FASD Day is held on the 9th day of the 9th month to highlight the importance of going alcohol-free during the full 9 months of pregnancy
- CanFASD and many other FASD organizations recognize September as FASD Awareness Month

2023 FASD Awareness Month

- The theme this year is *Uniting Our Strengths: Finding Solutions Together*
- Our goal for FASD Awareness Month 2023 is to highlight how by working together and leveraging strengths, communities can create effective solutions
- Many organizations and advocates have created innovative solutions to how they create and deliver services and supports. This outside-the-box thinking is one of our communities' biggest strengths.
- We all have a role to play in FASD prevention. The more we talk about the social and structural factors influencing alcohol consumption during pregnancy, the more we are able to understand and act together on FASD related issues.
- Key monuments and landmarks in Canada will be lighting up red on September 9th to celebrate FASD Awareness Day. [Find a landmark near you.](#)
- Communities across Canada are celebrating FASD Month in a number of cool ways. [Find an event near you.](#)

Key Messages

- FASD stands for Fetal Alcohol Spectrum Disorder, a lifelong disorder impacting the brain and body of people exposed to alcohol in the womb
- 4% of Canadians (1.5 million) have FASD. This is more than the number of people with Autism Spectrum Disorder, Cerebral Palsy, and Down Syndrome combined.
- FASD is preventable if women and girls have the right supports and if communities take action
- We need to work together to find solutions that meet the unique needs and properly support individuals with FASD.

More Resources

- [FASD language and media guide](#)
- [A standard definition of FASD](#)
- [Strengths among people with FASD](#)
- [The prevalence of FASD](#)
- [Why FASD diagnosis is important](#)
- [List of Monuments Lighting Up Red](#)