

SECTION 3

ADDRESSING OUR BIASES

Stigma, stereotypes, and misconceptions regarding FASD are pervasive and harmful. It is important to challenge our biases and understandings

WHAT IS IMPLICIT BIAS?

Implicit bias refers to unconscious attitudes, ideas, and/or stereotypes about people, which can influence our thinking, behaviour, and action. Implicit biases are often learned and perpetuated through the media, personal experiences, learned norms and values, and misconceptions or a lack of information.

EXAMPLES OF IMPLICIT BIAS

- FASD only affects people of certain races or socioeconomic backgrounds
- FASD is 100% preventable
- People with FASD cannot participate in counselling due to brain-based differences

COMBATING IMPLICIT BIAS

- FASD can occur in any culture where alcohol is consumed
- Stating that FASD is 100% preventable oversimplifies a complex idea, as there are many factors that influence alcohol use during pregnancy
- People with FASD can benefit from mental health support, especially with adapted mental health practices that are strengths-based

ADDRESSING IMPLICIT BIAS



Think critically about the content and information you consume



Consider the language you use to support shifts in understanding



Learn other ways of thinking about disability (e.g., social view)



Take time to think and reflect on your social location



Get comfortable with discomfort that may arise while reflecting