

# Save the date: Sept. 9, 2010 is FASD Awareness Day

Each year events are held nationwide on September 9 to increase awareness about the gravity of Fetal Alcohol Spectrum Disorders and their effect on families and communities.

**You** can help increase awareness about FASD by:

- Contacting your local legislator to increase his or her awareness about FASD and asking him or her to support any legislation pertaining to FASD.

To obtain the contact information for your local senator or representative, visit [ohiosenate.gov/](http://ohiosenate.gov/) or [house.state.oh.us/](http://house.state.oh.us/).



- Starting a support group within your community to help families who have children with an FASD, as well as professionals who interact with children who have an FASD.
- Wearing a purple ribbon or an FAS knot. For instructions on how to tie an FAS knot, please visit <http://www.fasworld.com/fasknot.asp>.
- Organizing an event in your community to bring awareness about FASD, such as a rally, balloon release, or pregnant pause event in which attendees create non-alcoholic drinks which are judged by pregnant women.
  - Organizing a walk-a-thon and donating any raised funds to organizations that work with individuals with an FASD.
  - Asking a local church to ring its bells as 9:09 a.m. to symbolize nine months of an alcohol-free pregnancy.
  - Passing out literature about FASD with the message of abstaining from alcohol during the entire nine-months of pregnancy and while breast-feeding.



For more information about Fetal Alcohol Spectrum Disorders, visit [www.notasingledrop.org](http://www.notasingledrop.org).