

Language Matters: Fetal Alcohol Spectrum Disorder (FASD)

Words can have an important role in reducing stigma associated FASD. The way we talk about FASD can contribute to hope and dignity for people affected.



FASD person, victim of FASD, suffering from FASD



Person with FASD, individuals and families affected by FASD



FASD is caused by maternal alcohol use.



FASD is caused by prenatal alcohol exposure.



FASD is 100% preventable.



Prenatal alcohol use is complex. Parents need support from their communities for healthy pregnancies.

People with FASD are valuable members of our community.



Talking only about negative parts of FASD



People with FASD have many strengths, talents and abilities.

Millions of people around the world live successfully with FASD.



There is one set of features or behaviours associated with FASD.



FASD is a spectrum. No two people with FASD are exactly alike.

*Adapted from Inuit Tapiriit Kanatami. <https://www.itk.ca/national-inuit-suicide-prevention-strategy-year3/>



"Reporting on FASD in Nunavut" Guide also
available at piruqatigiit.ca