

# FOETAL ALCOHOL SPECTRUM DISORDER (FASD)

## The Correct Language To Use For FASD – Part 2



### FASD in General

Please use:	Instead of:	Why?
<p><b>Preventable</b></p> <p><i>Use with caution:</i>            Think carefully about the context and audience in which the term 'preventable' is being used as it can have negative effects</p>	<p>100% preventable</p>	<p>Saying '100% preventable' oversimplifies a complex issue. While theoretically possible, totally eradicating alcohol use during pregnancy, like all other alcohol-related harms, such as addiction, is not a likely reality.</p> <p>This oversimplification removes all context in a woman's life and defines the issue as a single, easy choice. In turn, this erodes society's understanding and compassion for an issue with multiple causal factors for many women</p>
<p><b>It is safest not to drink during pregnancy</b></p>	<p>Just one drink can cause FASD</p>	<p>There is no clinical evidence that having one drink during an entire pregnancy causes significant harm. Conversely, there is also no clinical evidence proving lower levels of alcohol use during pregnancy to be safe. This is why Australia supports the message that 'it is safest not to drink during pregnancy'.</p>

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Please use:	Instead of:	Why?
<p><b>A balanced approach/            focus on how supports/adaptations            have made good things possible</b></p>	<p>Focusing mostly on challenges</p>	<p>The public understands that people with FASD have challenges. A continual focus on this creates a belief that these challenges are the main attributes of people with FASD. It is optimal to take a strengths-based approach, focusing on positive attributes.</p>
<p><b>Focus on neurodevelopmental disability</b></p>	<p>Focus on facial differences</p>	<p>Everyone diagnosed with FASD has a neurodevelopmental disability, the effects of which can vary from person to person. Only 10% of individuals with FASD have any physical signs, such as facial differences. Focusing on those with physical differences implies that they have a more severe form of FASD, which is not true.</p>
<p><b>FASD with three sentinel facial features</b>   <b>FASD with fewer than three sentinel facial features</b></p>	<p>Foetal Alcohol Syndrome (FAS),            Partial Foetal Alcohol Syndrome (pFAS),            Alcohol-Related Neurodevelopmental Disorder (ARND),            Alcohol-Related Birth Defect (ARBD),            Foetal Alcohol Effects (FAE),            Neurodevelopmental Disorder Alcohol Exposed (ND-AE)</p>	<p>As of 2016, only two diagnostic categories are recognised in Australia: FASD with three sentinel facial features, and FASD with fewer than three sentinel facial features. The diagnosis of FASD is understood to encompass any term used to describe alcohol-related diagnoses in the past. The other acronyms are no longer used for diagnostic purposes.</p>

Adapted from Manitoba FASD Coalition, *Language guide: Promoting dignity for those impacted by FASD*, Manitoba FASD Coalition, Manitoba, 2017, [www.fasdcoalition.ca/looking-after-each-otherproject/fasd-language-guide](http://www.fasdcoalition.ca/looking-after-each-otherproject/fasd-language-guide).

Adapted by Get into Neurodiversity for a global audience.

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