

UK FASD MANIFESTO



LISTEN TO US

Slow & calm

SPEAK SLOWLY AND CALMLY



BE KIND



KEEP THINGS SIMPLE



BE PATIENT

HOW WE WANT YOU TO TREAT US BY PEOPLE WITH **FASD**



GIVE US TIME TO RELAX



KNOW OUR BRAINS ARE DIFFERENT AND SOMETIMES WE DON'T GET IT



UNDERSTAND WHY THINGS ARE HARDER FOR US



TREAT US WITH THE SAME RESPECT AS OTHERS



HELP US TO SHINE BRIGHTER



KEEP THINGS UPBEAT



REMEMBER OUR DIFFICULTIES ARE LIFELONG



DO!

DON'T TRY - DO



LEARN MORE ABOUT FASD

NEVER GIVE UP ON US



SCAN ME



#HearOurVoices
@nationalfasd

SCAN ME



UK FASD MANIFESTO

LISTEN TO US

- Let us talk to you about how we feel
- Talk to us and our parents and carers
- We are experts in experience
- We want to be believed



SPEAK SLOWLY AND CALMLY

- We don't understand when you talk with words we don't know
- Shouting upsets us



BE PATIENT

- We need time to understand what you are saying
- We get really muddled up sometimes
- Don't talk over us
- We aren't being awkward in conversations



HOW WE WANT YOU TO TREAT US BY PEOPLE WITH FASD

BE KIND

- Don't call FASD 'a problem' - it's something we are born with and live with
- This is not our fault



KEEP THINGS SIMPLE

- Break subjects down
- Don't use complicated words
- Make sure forms have pictures to help us to understand
- Researchers, please consider interviewing us rather than using long forms
- Remember yes/no questions can be very hard for us

GIVE US TIME TO RELAX

- We need to unwind, especially if it's been very tense, otherwise we might act out



KNOW OUR BRAINS ARE DIFFERENT AND SOMETIMES WE DON'T GET IT



- Remember, just because you can't see our disability doesn't mean we don't have one
- Just because we are good at talking doesn't mean we don't have difficulties
- We aren't weird or angry, we just struggle

UNDERSTAND WHY THINGS ARE HARDER FOR US

- Learn to understand our triggers
- Know that workplaces are difficult as FASD is invisible and they don't understand



REMEMBER OUR DIFFICULTIES ARE LIFELONG

- Ignoring our FASD can cause big mental health problems for us



TREAT US WITH THE SAME RESPECT AS OTHERS



- Treat us the way you would like to be treated
- Give respect and you will get respect
- We are trying our best



KEEP THINGS UPBEAT

- It's easy for us to feel rejected

LEARN MORE ABOUT FASD

- Do your research
- Get training



DON'T TRY - DO

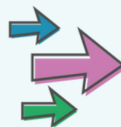
- We are sick of people saying they understand or that they are trying to help but they do nothing
- Please tell the next person the information, don't bury it in our records



HELP US TO SHINE BRIGHTER

- We can help you to understand our condition
- We're unique and different - there's so much we can do

NEVER GIVE UP ON US



- It's a difficult condition but we still have vision and dreams



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