



09/09 FOR FASD!

International Day of Awareness

September 9 is International Fetal Alcohol Spectrum Disorder (FASD) Awareness Day.

The ninth day of the ninth month symbolises the nine months of pregnancy. Around the world, we raise awareness to support people with FASD.

- Fetal Alcohol Spectrum Disorder (FASD) is a lifelong disability that affects the brain and body of people who were exposed to alcohol in the womb. Each person with FASD has both strengths and challenges and will need special supports in many different parts of their daily lives.
- There is NO safe time and NO safe level of alcohol to drink when pregnant.
- Based on international studies, 3-5% of tamariki born every year in Aotearoa could be born with FASD (around 1800-3000 with current birth rates) and up to 60,000 children under 18 years old may be affected.
- Research in 2024 showed alcohol causes much more harm to others via FASD than either car crashes or violence in NZ; it's estimated to cost society \$4.8 billion a year.
- Support for individuals with FASD in Aotearoa is very limited and many whānau face personal, financial and mental health problems as a result.
- The behavioural symptoms of FASD can look like wilful and intentional – but these are symptoms of brain differences, not poor parenting.

**Ma te kaha o te kaha, te aratohu me te whakaaro nui,
ka tupu te tipu me te whakatutuki i te hunga ki te FASD.**

**With shared strength, guidance and wisdom, people
with FASD can grow and achieve.**

To support
those with FASD,
host an event –
or simply start a
conversation!



FASD-CAN

Fetal Alcohol Spectrum Disorder
Care Action Network

To get involved in FASD Awareness Day, download shareable resources and find out more about FASD, head to our [FASD Awareness Month web page](#).

