



CITIES LIGHT UP RED ON 09/09 for FASD!

Would you like to get involved?

If you'd like to email your council and ask them to light up a monument, try using our template letter below – just cut and paste it into an email.

If they agree, let us know and we'll add it to our list – you never know, if we get enough, we may just hit the headlines!

Kia ora [name]

I'm writing to enquire about lighting XXXX on September 9 for International Fetal Alcohol Spectrum Disorder Awareness (FASD) Awareness Day.

We would love Aotearoa to join many others worldwide in acknowledging this day. The ninth day of the ninth month symbolises the precious nine months of pregnancy when a pēpi / baby must not be exposed to alcohol.

FASD is a diagnostic term used to describe impacts on the brain and body of individuals prenatally exposed to alcohol. Alcohol causes lifelong structural and functional damage to the unborn baby and affects the way their brain will function. There is no cure for FASD.

FASD is one of the most common neurodevelopmental disorders in the world. Yet this disorder is not being identified or appropriately supported in Aotearoa, despite the evidence that early diagnosis and intervention is a key protective factor for healthy life outcomes.

In April 2024, then-Health Minister Dr Shane Reti [acknowledged](#) that much more needs to be done. We need to bring awareness to preventing FASD by helping people understand the dangers of drinking alcohol when pregnant; support the 3-5% of people born every year in Aotearoa with this lifelong disorder, and help more professionals to become FASD-informed. Yet this year we have yet to see much progress.

Any amount of alcohol can cause FASD in pregnancy. Because nearly 50% of Kiwi women have unplanned pregnancies they often don't realise they're pregnant for the first few months so they continue drinking alcohol – with results that change their lives and those of their whānau forever.

Will you help us bring awareness to FASD? You would be joining many cities around the world who support FASD awareness – and of course, NZ is the **first** city in the world each year to light up on 09/09! Find out more about FASD at www.fasd-can.org.nz.

Ngā mihi
[Your name]