

Red Shoes Rocks!!



@NOFASD.Australia

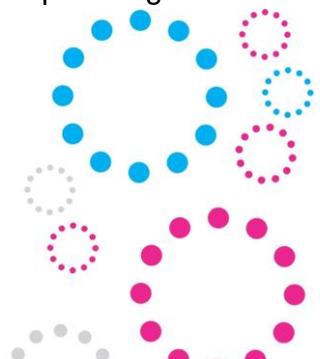
NOFASD Australia FASD Awareness Day Social Kit Instructions

Around the world, 9th September has been identified as FASD Awareness Day (the ninth day of the ninth month) to raise awareness about FASD and the importance of alcohol-free pregnancies for the nine months of pregnancy.

Please help us on social media by spreading the message that there is no known safe amount of alcohol which can be consumed during pregnancy. Here are four easy steps to get involved in spreading this message on social media.

1) Share

Please share an important FASD awareness message on your social media. We have plenty of examples in the list below. Choose one of these messages and then share it on social media. This can be done by copying and pasting them in the post section for Facebook, the tweet section of Twitter or the post section for Instagram then pressing



the post button. There are also lovely images that we have provided below that you can post along with the list of messages.

The following are messages that you can share in the days leading up to FASD Awareness Day that are less than 140 characters and therefore suitable for use with Twitter.

- No amount of alcohol use is known to be safe for a developing baby before birth.
- Alcohol use during pregnancy can also lead to miscarriage, stillbirth, & SIDS.
- Prenatal alcohol exposure is associated with a range of lifelong physical, behavioural, and intellectual disabilities.
- The best advice is to stop drinking alcohol when you start trying to get pregnant.
- A developing baby is exposed to the same concentration of alcohol as the mother during pregnancy.
- Baby's brain, body, & organs are developing throughout pregnancy & can be affected by alcohol at any time.
- Alcohol exposure is unsafe for developing babies at every stage of pregnancy.
- Exposure to alcohol from all types of beverages, including light beer and wine, is unsafe for babies at every stage of pregnancy.
- FASD is preventable if a developing baby is not exposed to alcohol before birth.
- Diagnosis and intervention early can help people reach their full potential.
- If you become pregnant, stop drinking alcohol. Every day matters. The sooner you stop drinking, the better for your baby.
- If you need help to stop drinking alcohol, talk to your doctor or contact an addiction specialist.
- Make a plan for a healthy baby - don't drink any alcohol if you are pregnant or could become pregnant.

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2) Tag

Please tag us in your posts. Tagging is when someone mentions you in a post. Not just by name, but by using the @ symbol to find your profile. This means that your name is linked to your profile, and you will receive a notification to let you know it has happened. Think when a friend adds a photo to Facebook, and you get a notification because you've been tagged. To tag us, simply include these names listed below in your post on whatever platform is applicable.

- For Facebook Posts: @NOFASD.Australia
- For Twitter Posts: @NOFASDAustralia
- For Instagram Posts: @nofasd.australia

3) Hashtags

When you post on your social media, please do not forget to use hashtags. We want to add a hashtag in order for your post to be identified by your social media platform as concerning a specific topic. In our case, FASD and FASD awareness. So please use the following hashtags when making your FASD Awareness Day post.

- #FASD
- #FASDawareness
- #FASDmonth
- #FASDay

4) Like us

If you have not done it already, please like us, follow us and link in with us on all your favourite Social Media platforms. NOFASD Australia has accounts on the following list of platforms. Please reach out and like or follow us if you have an account on these platforms.

- Facebook: <https://www.facebook.com/NOFASD.Australia/>
- Twitter: <https://twitter.com/nofasdaustralia>
- Instagram: <https://www.instagram.com/nofasd.australia/>
- LinkedIn: <https://www.linkedin.com/company/nofasdaustralia>

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