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FASD

IT’S NOT WHAT YOU THINK

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FASD is NOT 100% Preventable

It can be **harmful** to say "FASD is 100% preventable", because that is **not always the case**. While you may personally think it's easy, this ignores the nuances of why people consume alcohol. There are many factors that can influence drinking behaviours during pregnancy.

Alcohol is commonly used as a coping mechanism in response to a variety of occurrences for people of every demographic, such as:

- General stress
- Addiction
- Mental health
- Trauma or abuse
- Poverty
- Isolation
- Lack of social supports
- Lack of awareness

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FASD is NOT 100% Preventable

Alcohol is commonly used as a **coping mechanism** by many individuals, not just those who are pregnant, and although it may not be considered the best one, it may be the only coping mechanism someone knows or has access to. FASD is only 100% preventable if alcohol is impossible to get, buy, or make, which is rarely the case. How can we work toward preventing FASD?

Change Cultural Practices Around Consuming Alcohol

Prevent Unplanned Pregnancies

Prioritize Mental Health Care

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