

# Manitoba Addictions Awareness Week



## Preventing FASD

### FASD Activity 3

#### Friendly Persuasion - Classroom Activity:

#### SYNOPSIS

Students will learn about Fetal Alcohol Spectrum Disorder (FASD), also known as FAS/pFAS and FAS/E. They will develop and practice strategies aimed at preventing this birth defect.

#### METHOD

##### ❖ GATHERING INFORMATION –

- Individually or in groups have students fill out a K (What I Know), W (What I Want to Know), L (What I've Learned) worksheet (see 2.2 Introductory Activity) on FASD.
- Have them gather additional information using the Internet, the school and The Addictions Foundation of Manitoba libraries, videos and guest speakers.
- Have them present their findings the class, or to another class.

##### ❖ DEVELOPING SCENARIOS –

- Review the effective prevention techniques listed below.
- Divide the class into partners (2 per group).
- Have each pair of students develop an example of a role-play that shows how to encourage a pregnant woman to stay alcohol-free during her pregnancy.
- Have the student pairs take turns role-playing their scenarios.

##### ❖ EFFECTIVE PREVENTION TECHNIQUES -The key to effective prevention and intervention is not to be judgmental, or directive (pushy). The most effective way to support a person to not drink is to:

- Use Effective Communication Tools** - Avoid lecturing and using close-ended questions. Ask open-ended questions, such as: Congratulations, I hear you're having a baby. What will you name her? Tell me about the doctor's visit. What was said about having a healthy baby? Reinforce this response by giving some information about what you know about FASD. It is important to discuss how difficult it is to parent a FASD child.
- Provide Support** - Offer to do activities with her that do not involve alcohol or other drugs, but support healthy choices, for example: Why don't we sign up for that yoga class we were talking about?
- Suggest Health Care Connections** - If you know the pregnant woman is struggling to stay away from intoxicants, learn who can give her professional support for a healthy pregnancy and offer this information in a non-judgmental caring way.

##### ❖ INTERVENTION STRATEGY –

- As the role-plays wind down, ask how they would respond to a pregnant woman drinking at a party? Discuss which type of **intervention process** would be the most effective, which would be the least effective and why?
  - When I see you drink, knowing that you're pregnant, I get worried. Lets get out of here so we can talk. Do you need a ride?
  - You are nuts to drink while you are pregnant!
  - Is this really what you want to do? What else can we do?

Have the students end the session with a **personal vision statement** of their future as parents. Will their children be offered the opportunity to be as healthy as possible? Will their babies be planned at a time when there is no pressure to drink alcohol? What do they have to do in order to strive for their vision?

