What Do You Know About Fetal Alcohol Syndrome??

What is fetal alcohol syndrome and why is it important for you to know about it? Do we know what causes fetal alcohol syndrome? How can fetal alcohol syndrome be prevented?

Some things to think about...

- How are kids affected by fetal alcohol syndrome?
- How are families affected by fetal alcohol syndrome?
- How can I talk with my parents about fetal alcohol syndrome?
- How many people in the United States have fetal alcohol syndrome?

Fetal Alcohol Syndrome (FAS) True-False Quiz

1. Kids with fetal alcohol syndrome (FAS) have bad behavior all the time.
2. There is no known safe amount of alcohol that can be consumed during pregnancy.
3. A kid who has FAS can be cured.
4. FAS can cause a kid to have difficulty learning.
5. FAS means that a baby is born drunk.
6. If a mother drinks alcohol and has a baby, her baby will always get FAS.
7. It is not dangerous to drink beer while you are pregnant because it is only hard liquor that dangers the fetus.
8. Children with FAS may have growth deficiencies.

Quick Facts

- Fetal alcohol syndrome (FAS) is caused by moms who drink alcohol while they are pregnant.
- Children with FAS often have problems with learning, attention, memory, and problem solving, along with poor coordination, impulsiveness, and speech and hearing impairments.
- As kids with FAS grow up, school behaviors, emotional, and social problems often get worse

Lesson Plan Ideas for Fetal Alcohol Syndrome

Objective 1. To introduce the consequence of alcohol abuse, fetal alcohol syndrome.
Objective 2. Students will investigate the advertisement of alcohol to determine the impact advertisements may have on youth.
Objective 3. Students will discuss options and provide strategies to help prevent FAS.

Activities:
1. Fetal Alcohol Quiz followed by presentation on what FAS is.
2. Worksheet
3. Using magazines, TV, or web, have students find an alcohol advertisement to share. Discuss who the ad is marketed for and their thoughts on the ad.
4. Encourage students to work in groups to begin making Public Service announcements and advertisements about FAS and prevention.
5. Choose an activity to promote prevention:
   - Posters in community
   - Advertisement for school
   - Public Service
   - Health Fair booths

Education Standards:

Life Science
- The cell
- Molecular basis of heredity
- Behavior of organisms

Personal and Social
- Community Health
- Natural and human based hazards
- Global challenges
Fetal Alcohol Worksheet Questions:

A. List some of the physical characteristics of FAS:

Some answers may be: Small head, small eyes, folds on ears, small for age, flat midface, thin upper lip, short nose, etc.

B. Compare the sizes of the brain with the FAS and the brain without FAS. What areas are most affected?

Some answers may be: FAS brain much smaller, has fewer folds and incomplete separation. Frontal Lobes effected. Left and Right side functions inhibited.

C. What is the prevalence of FAS in the US?

1.5-3 per 1000 birth in the United States, approximately 1200 births a year

D. How can FAS be prevented?

It is 100% preventable when women do not consume alcohol during pregnancy.
Fetal Alcohol Spectrum Disorder is completely preventable. It is the #1 cause of mental retardation in the United States today. Learn the facts, understand the cause, and then look towards helping prevent this disease.

Over 55% of women are drinking when they become pregnant. One newborn in every 100 births will have disabilities from alcohol consumed during the pregnancy. Learn how we can begin to reduce these statistics and begin to develop programs to prevent Fetal Alcohol Spectrum Disorder.

Youth can become peer teachers to help instruct and prevent this disease. Teen councils can take a stand to become actively involved in promoting the awareness of this disease, which can lead to prevention.

The 1000’s of youth who suffer from this disease also need understanding and help. These youth and adults are in today’s society having trouble learning, focusing and paying attention. With understanding of their problems you can become a resource to help these youth reach a fuller potential.

We can do it; we can help reduce the number of babies born with Fetal Alcohol Syndrome!

Outline:

This power point presentation provides factual information about Fetal Alcohol Syndrome and Fetal Alcohol Effects. This presentation provides a definition, cause of the problem, cost of alcohol use, and some ideas to help combat this, the number one cause of mental retardation in the United States.

Youth and youth leaders have the power to prevent this syndrome. Awareness is critical. A few states do a fairly good job of providing information about the FAS, but the majority of them do not. We can NOT just encourage youth to avoid alcohol; we must show them the reasons why it is critical to avoid the use of alcohol if pregnancy COULD occur.

On an average, each Fetal Alcohol individual will cost the taxpayer more than $3 million in his or her lifetime. This includes health, special education, psychotherapy, counseling, welfare, crime and the justice system.

Research from this presentation comes from:
Center for Disease Control - http://www.cdc.gov/ncbddd/fas/
United States Department of Health and Human Services - Office of Surgeon General

Carolyn Washburn (carolyn.washburn@usu.edu)
Utah State University Extension
Washington County

"Utah State University is an affirmative action/equal opportunity institution."