

Speaking with a Senator/Representative

Telling your story either by phone, zoom or in person to a Senator/Representatives office can feel intimidating. Below are some step-by-step guidelines to help you craft your story in a way that help move The FASD Respect Act forward. For more support on this topic, view the training: **Telling Your Story: Individuals with FASD and Parent Advocates.**

These are some of the areas that The FASD Act, if passed will improve.

- Builds FASD Systems of Care in States
- Provides FASD Informed Transition Services for Adults
- Creates Prevention, Identification, Intervention, and Services in the Education System
- Tells Schools FASD is covered under IDEA and Provides Teacher Training
- Develops Training, Identification, Intervention, and Services in the Judicial System
- Reauthorizes spending on FASD and updates the language to FASD not just FAS
- Builds General Awareness About FASD

General Guidelines

You will likely only have a short amount of time to speak with the Senator/Representative or one of their Staff. Keep your story short, no more than 5 minutes, tied to the bill, natural but practiced (you are not giving a speech) and consistent in messaging. A great idea is to write out what you want to say, practice and time it, but on the day of the meeting, work from bullet points not a written-out script. Natural speaking is far more effective.

Introduction and Connection

Thank them for their time in meeting with you. If you have a connection to them or the Senator/Rep's office, mention it.

What's Your Connection to FASD

How are you connected to FASD? This is a short bit, not an opportunity to tell your whole life story.

Add this sentence where it makes sense:

FASD stands for Fetal Alcohol Spectrum Disorders, and is a lifelong, invisible disability affecting the brain and body, caused by prenatal alcohol exposure.

Impact and Issue

What is one way that FASD has impacted you or your family? In what way has it done so? This is not the time to tell the whole story. Pick one (or two at the most) area(s) that you or your family struggles with that this bill addresses.

How Would this Bill Help

What part of the FASD Respect Act would help most with your impact and issue? Again, tie your struggles (Impact and Issue) to how the bill would help. See the list at the top of the page for ideas.

Make Your Ask

I urge (Senator/Representative) to support and become a co-sponsor on this incredibly important, bi-partisan legislation.

Thank You!

Thank them for their time.

