

Writing to Your Senator/Representative

Your time and your story are valuable. Here are some tips to support you in telling your story so that is heard, has purpose, and connects with your Senator/Representative. For more support on this topic, view the training: **Telling Your Story: Individuals with FASD and Parent Advocates**. Additionally, there is an email template titled **Email Template to Staffers** that you may find useful.

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

Introduction and Connection (1-2 Sentences)

What is your name and where do you live? How are you connected to the lawmaker? Most lawmakers only want to hear from people in their own constituency.

What's Your Connection to FASD (1-2 Sentences)

How are you connected to FASD?

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 (1-2 Sentences)

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 (1-2 Sentences)

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 (1-2 Sentences)

I urge (Senator/Representative) to support and become a co-sponsor on this incredibly important, bi-partisan legislation. **OR** I, and other parents, individuals and professionals impacted by FASD would like to meet with (Senator/Representative) to talk about why this bill is so important. Mention the bill number when it is available.

Thank You! (1-2 Sentences)

Thank them for their time. Let them know that they can find more information on the bill and about the impact of prenatal alcohol exposure in our country at www.nofas.org/117-congress-2021-2022

