

# UK FASD MANIFESTO



LISTEN TO US

Slow & calm

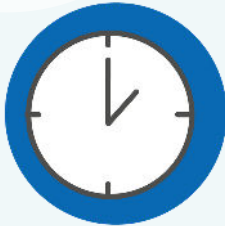
SPEAK SLOWLY AND CALMLY



BE KIND



KEEP THINGS SIMPLE



BE PATIENT

HOW WE WANT YOU TO TREAT US BY PEOPLE WITH **FASD**



GIVE US TIME TO RELAX



KNOW OUR BRAINS ARE DIFFERENT AND SOMETIMES WE DON'T GET IT



UNDERSTAND WHY THINGS ARE HARDER FOR US



TREAT US WITH THE SAME RESPECT AS OTHERS



HELP US TO SHINE BRIGHTER



KEEP THINGS UPBEAT



REMEMBER OUR DIFFICULTIES ARE LIFELONG



**DO!**

DON'T TRY - DO



LEARN MORE ABOUT FASD

**NEVER** GIVE UP ON US



SCAN ME



#HearOurVoices  
@nationalfasd

SCAN ME

