

Fetal Alcohol Spectrum Disorders (FASDs)

FASDs can cause serious physical and mental harm to a baby that lasts a lifetime. FASD is a term that describes a range of effects that can occur in a person whose mother drank alcohol during pregnancy.

FASDs are serious, lifelong and permanent conditions.

Children born with FASDs have:

- physical and mental disabilities
- facial deformities
- small size
- below-average IQ
- hyperactivity
- poor behavior and judgment
- challenges with daily living
- psychiatric problems

These problems often make it hard for children to learn, get along with others and live independently.

FASDs are 100% preventable.

If you've had unprotected sex or missed a period, don't drink. No amount of alcohol is safe at any time during pregnancy, even before you realize you're pregnant. If you're pregnant and have been drinking, stop drinking as soon as possible to lower the risk of having a child with an FASD.

Using birth control every time you have sex can prevent unplanned pregnancies.

Half of all pregnancies are unplanned. Using birth control correctly every time you have sex greatly reduces your chance of getting pregnant. Visit a health care provider to find the best birth control method for you. The pill, shot, patch and other methods can prevent pregnancy, but only condoms can prevent pregnancy, HIV and STDs.

For information on drinking, sex and pregnancy, visit or call your student health center or go to: **www.DontOpenThis.org**

If you have sex and you drink, you can participate in Oregon Balance. You'll receive a free and private consultation, and a \$25 gift card for your time. Please visit **www.DontOpenThis.org** or call your student health center for details.



Forgot to open this?



Then don't open this.



If you've had unprotected sex
or missed a period,
don't drink until you're sure you're not pregnant.

Drinking beer, wine or other alcohol during pregnancy, even before you realize you're pregnant, can seriously harm your baby physically and mentally for life.

Want to avoid the risk? Use a condom or other form of birth control every time.

www.DontOpenThis.org