



FASD Support Network of Saskatchewan Inc.

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Network News

March 2008, Issue 18

A Note to Readers

by Beverly Palibroda

Greetings to all. The longer sunny days we are seeing hold promise of spring!

The Network is always pleased when there are events going on that are related to FASD. We are especially excited to let our members and readers of the *Network News* know that staff members, Megan Wood and Beverly Palibroda, are scheduled to present at two major conferences coming up this spring. As some of you may know, the Third National Biennial Conference on Adolescents and Adults with FASD is taking place in Vancouver this April. In May, the Canada Northwest FASD Partnership Conference is being held in Banff. Please see below for dates and contact information for registration details about each event. If you are able, do try to attend.

Major conferences are an excellent opportunity to meet others who are passionate and committed about issues related to FASD. Megan and Beverly are eager to share with others what has been learned through Network activities. The presentations will focus on mentoring and supporting individuals and families living with FASD. In addition, this is a great opportunity to gain the most current information about FASD projects, activities and research across Canada and Internationally.

Third National Biennial Conference on Adolescents and Adults with FASD

FASD and Mental Health: The Wisdom of Practice

April 9th-12th, 2008

Location: Vancouver, BC

Website: <http://www.interprofessional.ubc.ca/Adults.html>

Phone: 1-877-328-7744

Please Note:

The Early Bird Deadline for the ***FASD and Mental Health: The Wisdom of Practice*** Conference is **March 7, 2008**.

Canada Northwest FASD Partnership Conference

Building on our Strengths Stone by Stone International Conference

May 21 - 24, 2008

Location: Banff, Alberta, Canada

Website: <http://www.cnfasdpartnership.ca/index.cfm>



Run...an Educational Play about FASD

Article Submitted by:

Saskatoon FASD Interagency Committee, Education and Prevention Drama Project

Planning for an educational play about FASD began in the spring of 2006. Nutana Collegiate drama teacher, Tom Simes, was hired to research the topic and create a play using a cast of his students.

The play “**Run**” is the story of a teenager, Ashley, who is spending a month of her summer vacation with her grandparents. Her Moshum (grandfather) asks Ashley to help him retrieve a box from the attic. While in the attic, Ashley finds an old photo album and comes across a picture of someone she doesn’t know. The rest of the story involves Moshum explaining who the stranger in the photo is. Through flashbacks of life events, like the birth of the twins, parent teacher interviews and conflict with the police, the history of Ashley’s twin, Aaron, and the reasons she never knew him, are revealed to the audience. While learning the story of Aaron, Ashley develops a special relationship with her Moshum. Together they play chess, bead, make fried bread and spend a week getting to know each other. “**Run**” is a humorous, sad and poignant story about how FASD affects one family.

The all-student cast members from Nutana Collegiate were trained as facilitators and, along with a resource person, led small discussion groups for 15 to 20 minutes after each play. The goal of the discussion was to provide further opportunity for learning. The result was that awareness of FASD was increased for both the community members and the student actors, thereby leading to the prevention of FASD.

The play was presented primarily in Saskatoon but was taken on the road to North Battleford for school and community performances. The cast also travelled to Hanley to participate in the Provincial Drama Festival. At the Drama Festival, the play received seven awards. The awards included the Mary Ellen Burgess award for top actor of the festival, one of four major acting awards, two Merit acting certificates, top award for visual presentation, a major award for singing and finally, the stage managing award. This talented, dedicated and energetic crew put on a top-notch production. “**Run**” was viewed by over 1800 people at 12 venues during a 3-week time period.

There were numerous requests for additional performances from locations throughout the province. However, the lack of time and resources did not permit an extension of the production. Continued efforts are being made to create a film version of the play to meet this demand.

This play was a truly collaborative effort. It was developed in partnership with staff and students of Nutana Collegiate and the Saskatoon Interagency FASD Committee. A grant, provided through the Saskatchewan Liquor & Gaming Authority and the Prevention Institute, provided the necessary funding. Other community partners included Radius Community Centre for Education and Employment Training, Saskatoon Tribal Council, John Howard Society, The Greater Saskatoon Catholic School Division, The Saskatoon Public School Division, FASD Support Network of Saskatchewan, Saskatoon Health Region and the Saskatoon Sun.

“**Run**” was created to entertain, to engage and to educate students and the community of Saskatoon about FASD. The play was also developed with the intent that other communities could use the “**Run**” template to develop their own productions about FASD education and prevention. A DVD of the play is available for viewing. The written script could also be used as an educational resource in a variety of areas of school curriculum. The hope is that other schools and communities will take advantage of what we have earned and adapt this resource to their needs.

Thank you to all who contributed their time and talent to make this endeavour a success story.

For further information about the play and for potential educational uses of the play please contact Mark Lich 665-6682 or Shirley LeClaire 655-6136.

Healthy and Safe Sexuality for Teens and Adults with FASD

FASD Tip #17

Sexual feelings are normal and healthy. Youth and adults with FASD share the same physical changes and desires as everyone else, but because of their brain injury, they are less mature socially and emotionally. For this reason people with FASD need extra support to learn about healthy and safe sexuality.

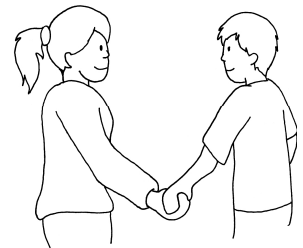
Youth and adults naturally have a desire to have a boyfriend or girlfriend, to love, marry, or have a child. We can help them try to understand that this might happen for them, but it might not. Not all of us marry, not all of us have children, and relationships take a lot of work. We know that many kinds of relationships can be hard for people with FASD. They become even more complicated when there are sexual feelings involved. The best approach is to be very open and honest about sexuality and relationships.

Teaching and talks about sexuality need to happen early and often. Sexuality is a sensitive topic and all talks about sexuality need to maintain the self esteem and dignity of the person. The young person must feel that it is safe to share such personal details with you. Good information about sexuality must be shared with focus on issues of health and safety.

Some Tips and Teaching Strategies:

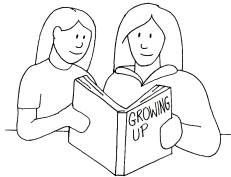
1. Practice things like how to shake hands, hug and touch others respectfully.
2. Teach to always ask permission to touch. Never touch without asking.
3. Know where your kids are and who they are with when they go out.
4. Ensure that the school reinforces what is being taught at home about sexuality and that as parents you know what is being taught at school.
5. Use role play to teach about how to ask someone out on a date or how to say no to sexual advances.
6. Supervision is important. A trusted friend, cousin or sibling might be willing to double date or even go on practice dates.
7. Encourage young couples to attend family events, meet up with friends or get involved in community activities. Let others know to provide extra supervision at events like school dances or camping trips.
8. Be aware of the danger of the internet. Monitor internet activity, set time limits and set rules that limit or avoid chat rooms. Look into parental controls to block dangerous internet sites. If you don't know how to do this find out.
9. Talk about sexuality even if it is uncomfortable. If your son or daughter doesn't get information from you he or she will get it from someone else. If this is hard for you, find a friend or another parent to help you in this task, you do not need to do this alone.
10. When talking about sex, use language that is clear and simple. Use the appropriate names for sexual acts and body parts to avoid confusion and misunderstandings.
11. Rules about sexuality need to be simple, consistent, absolute, and concrete. For example, teach that unprotected sex is never safe. Always use a condom.
12. Demonstrate and explain the use of birth control methods and show what birth control looks like.

These are just a few ideas that might help you and your family approach the topic of sexuality. For a copy of the complete FASD Tip #17 or to receive the full set of 20 FASD Tips contact the Network to request your copy.

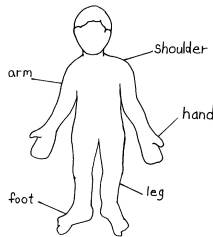


Healthy and Safe Sexuality for Teens and Adults with FASD Pictorial Brochure

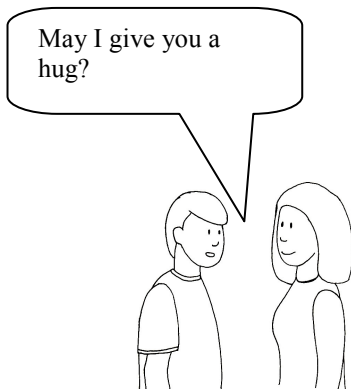
**Talk about sexuality
early and often.**



**Use clear and simple words.
Do not use slang.**



**Teach about boundaries.
For example, never touch
without asking.**



Order Pictorial FASD Tips

The Network has a set of 20 FASD Tips for Parents and Caregivers in a pictorial brochure version. The FASD Tips include great ideas, strategies and real life examples all in eye-catching pictures and plain language. The Tips are useful for families —busy parents can recall practical ideas that have been used by other parents to help them daily. A variety of organizations have ordered the Tips for displays, to share with clients, to include in conference packages, or to share in support groups.

We are happy to provide you with our FASD Tips for Parents and Caregivers. Please contact us to place an order or visit our website to download the order form.

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