

“Take Ten” FASD Awareness Survey Kit



Thank you for volunteering to participate in the **“Take Ten”** FASD Awareness Survey Project. This is how it works:

- Take ten minutes to review the information in this packet,
- Find a friend who is willing to do this project with you.
- Find a sponsor to donate \$10 to help you complete this survey.
- Print the last two pages onto card stock to make 10 info cards.
- Buy 10 Snickers candy bars. If you are lucky, you can get the regular bars on sale 2 for \$1, Or you can buy the 10-pack of fun size bars. Buy extras, and reward yourself and your sponsor when you have completed the survey project.
- Conduct the survey with 10 people (friends, family, neighbors, etc.)
- Send the data sheet back (fax, mail, email info is on the data sheet).

Your efforts are appreciated. It is important to raise awareness about the dangers of alcohol use during pregnancy and the seriousness of Fetal Alcohol Spectrum Disorders. Your participation can help ensure healthier babies in the future and a healthier community today.

For more information, contact Teresa Kellerman (520) 296-9172 or email tkellerman@cox.net or visit the web site www.FASCRC.com

“Take Ten” FASD Survey Instructions

The packet of materials can be given to a project team of two individuals who will survey ten other individuals, preferably in a peer group. Teens can survey other teens. Teachers can survey other teachers. This could be a classroom project, a scout troop, a club, a sports team, a church group, or family members, or just people in the neighborhood. Participants are not restricted to surveying ten people. The more surveys taken, the better the data results.

Preparation: You will need a clipboard, a pen or pencil, the survey questionnaire, the survey data sheet, and enough Snickers ® candy bars and FASD info cards to give one to each person being surveyed. Each person on your team has a specific task. One person will ask the survey questions, the other person will record the answers on the data sheet.

Prior to conducting the survey, do not mention Fetal Alcohol Syndrome or Fetal Alcohol Spectrum Disorders or alcohol, if possible, and do not mention that this is a survey about FASD, just call it a “Take Ten Survey.”

The team is to approach the person surveyed at a time and place that does not interfere with other activities, such as church service, class session, or sports game. This survey can be conducted at the mall or at a conference or public gathering, but only if permission is granted first. One person on the team is to ask potential participants if they would be willing to take a simple survey that will take just a few minutes, and tell the person that they will receive a little prize for participating in the survey. You can show them the Snickers bar briefly, then put it out of sight for the duration of the survey.

The person with the survey data sheet on the clipboard will record each answer. Begin by marking the person’s gender, circle the M for male or the F for female. Ask if the person is a student. If so, write down the person’s age and grade. Adults do not have to state their age, just write down “A” for adults. For each correct answer, write down a check mark in the box. If the person does not know the answer or gives the wrong answer, leave that box blank

The person with the survey questionnaire will ask the questions, one at a time. Read the question exactly as it appears on the page, and do not give hints or answers to help them. If they give the right answer, reply with “That’s right!” and then read the answer to the question exactly as it appears on the page, along with the explanation that follows. If they don’t know the answer, or if they give the wrong answer, just state the correct answer as it appears on the page, and read the explanation that follows, exactly as written.

When the survey is complete, tell the person thank you and give them one Snickers ® fun size candy bar and one FASD info card.

When you have filled up the survey data sheet with ten sets of answers, mail the form to the address on the top of the form. You may submit as many data sheets as you wish, as long as you do not survey the same person twice.

Your participation is appreciated. This project will help educate others in a very important way. Thank you very much for taking the time to complete the survey.

If anyone asks you questions about FAS that you cannot answer, refer them either to the web site www.come-over.to/FASCRC or they can call Teresa Kellerman at (520) 296-9172.

“Take Ten” FASD SURVEY DATA SHEET

Directions: For each person you survey, fill out a separate set of data. For each correct answer, write a check mark in the box. If they don't know the answer, or give an incorrect answer, leave the box blank. After you complete each survey, thank the person, and then give the person a Snickers bar with a Snickers FASD info card.

When you have completed the survey with at least ten people, fill out the information requested at the bottom, and mail this to

**FAS Center
AZ DES DDD
4710 E. 29th St.**

Tucson, AZ, 85711 or Fax it (with a cover page) to Teresa Kellerman at (520) 571-8871

Gender: M/F Student? Yes/No Grade: _____ Highest level of education: HS/College/Grad Degree
Occupation: Health/Education/Social Services/Other City/State: _____

1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Alcohol	Alcohol	Fetal Alcohol Spectrum Disorders	FASD	None	All kinds	Lifetime	Normal	All kinds	Don't drink

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Name of 1st person conducting the survey: _____
Are you a student? If so, what grade? _____ Name of school: _____
City/State: _____ 1st person's phone number (____)

Name of 2nd person conducting the survey: _____
Are you a student? If so, what grade? _____ Name of school: _____
City/State: _____ 2nd person's phone number (____)

All personal information will remain confidential. Thank you for participating in this FASD survey project!

Fill out all the information and send this form to FAS Center, AZ DES DDD, 4710 E. 29th St., Tucson, AZ 84711. Fax it to Teresa Kellerman at (520) 571-8871, or scan it and email it to tkellerman@cox.net.

“Take Ten” FASD Survey Questions and Answers

1. What substance causes the most birth defects? **ALCOHOL (during pregnancy)**
Alcohol consumption during pregnancy can cause problems during the baby’s development.
2. What one substance in pregnancy causes the most brain damage in babies? **ALCOHOL (during pregnancy)**
Alcohol does more damage to the developing baby’s brain than any other substance of abuse..
3. Do you know what FASD stands for? **FETAL ALCOHOL SPECTRUM DISORDERS**
FASDs can be mild or severe.
4. What disability is more common, FASD or Autism? **FASD**
Fetal Alcohol Spectrum Disorders occur more frequently than Autism Spectrum Disorders.
5. Do you know how much alcohol is safe during pregnancy? **NONE**
Light or moderate drinking during pregnancy can cause problems. When the pregnant mother takes a drink, it is just like giving a drink directly to the baby, because the blood alcohol content (BAC) in the baby is equal to that in the mother.
6. What kinds of birth defects can alcohol cause? **ALL KINDS**
Alcohol during pregnancy can cause heart defects, cerebral palsy, vision and hearing problems, attention deficit disorder, hyperactivity, memory problems, learning disabilities, and behavior problems. Alcohol can also cause small birth weight, miscarriage, or death.
7. How long do the effects of FASD last? **LIFETIME**
The problems for people with FASDs get worse as they get older, because the brain damage causes them to have problems with school, relationships, and jobs, with planning their life, managing money, making decisions, and controlling their behavior.
8. What does a child with an FASD look like? **NORMAL** Some people with full Fetal Alcohol Syndrome have intellectual impairment and short stature. But most people with fetal alcohol disorders have normal IQ and no physical signs. They just have a hard time controlling their behavior.
9. What kind of women are most likely to drink during pregnancy? **ALL KINDS**
This is not just a problem with poor women, alcoholic women, or minorities. Half of all women are drinking at the time they get pregnant. And half of all pregnancies are unplanned. Women with a college education are more likely to drink during pregnancy than high school dropouts. And the higher the household income, the higher the risk of drinking during pregnancy. Alcohol consumption during pregnancy occurs in all ethnic groups.
10. Do you know how to prevent alcohol related birth defects? **DON’T DRINK**
It is important for both the man and the woman to stay alcohol free before, during, and after pregnancy. FASDs are 100% preventable.

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The sources for information in this Quiz include March of Dimes, National Institute on Alcohol Abuse and Alcoholism, the FASD Center for Excellence, the National Organization on Fetal Alcohol Syndrome, and the Institute of Medicine. Citations can be found on the web site of the FAS Community Resource Center at www.FASCRC.com.

Don't Snicker at FASD

This candy will be gone in a minute
but FASD will last a lifetime

For information about
Fetal Alcohol Spectrum Disorders
visit www.fasstar.com



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