# Red Shoes Rock for FASD Awareness

# Red Shoes Rock for FASD awareness this September!

September is International FASD Awareness Month!

Fetal Alcohol Spectrum Disorder (FASD) is the leading preventable developmental disability in Australia. Join FARE, [NOFASD](http://nofasd.org.au/), [NACCHO](https://www.naccho.org.au/) and other supporters as we raise awareness of FASD all throughout the month.

## Red Shoes Rock!

We’re excited to partner with Australian ethical shoe brand, [TWOOBS](https://twoobs.com/?tw_source=google&tw_adid=&tw_campaign=19603343737&gclid=Cj0KCQjw3JanBhCPARIsAJpXTx5Hayv_Tn5atOU3FVQQS3cO56XVs-SQADSuEXn1XSwzJfokTkdNOmYaAp7wEALw_wcB), to amplify the [*Red Shoes Rock*](https://redshoesrock.org.au/) campaign across the country. Find out how you can get involved.

## Learn more about FASD

Fetal Alcohol Spectrum Disorder (FASD) is the leading preventable developmental disability in Australia. Find out more about FASD and how it can be prevented.

"People with FASD have just as much desire to be in the world, to engage and to have wonderful experiences." *JessicaFASD advocate*

## Hear stories from our community about FASD

People across Australia have shared their experiences with us about alcohol, pregnancy and Fetal Alcohol Spectrum Disorder (FASD). Click on the tiles to learn about Jessica and Ange’s experiences, or see all stories [here.](https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Feverymomentmatters.org.au%2Fcommunity-stories%2F&data=05%7C01%7CSteven.Rummukainen%40fare.org.au%7C61200ce3b3c24afe386708dba538378e%7C529fe962c9ab412f8a3ca9731674181d%7C0%7C0%7C638285433104621218%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=KTDNDXg6D3FY4b5u5MsTFe5KtJwe1owy5x0JjYN4DpY%3D&reserved=0)

## 5 ways you can get involved

There are so many ways you can support better awareness of FASD in our community – see below for ideas to get started!

However you decide to mark the month, make sure to take photos and videos at your events, and share them on social media with the hashtags **#FASD** and **#RedShoesRock** to help spread the word.

Help light up the internet and our communities in red this September

We’re encouraging Australians to wear red shoes or socks throughout September, to spark conversations and create understanding about this largely invisible and preventable disability.

As part of *Red Shoes Rock* more than 50 landmarks across Australia will be lit up red and community events will be held throughout the month.

Rock your red shoes – or socks!

Wear red shoes or socks during September and take a video or photo holding one of our signs, [which you can download here.](https://redshoesrock.org.au/resources/)

Share your photo on social media on International FASD Awareness Day on 9 September, with the hashtags #FASD and #RedShoesRock to show your support.

Don’t forget to tag and follow FARE, NOFASD, NACCHO and Twoobs on social media across [Instagram](http://instagram.com), [Facebook](https://www.facebook.com/), [Twitter](http://twitter.com) and [LinkedIn](http://linkedin.com)!

Make it monumental

Across Australia, over 50 public sites will be lighting up in red this September.

If you see a building, bridge, stadium or landmark in your local area lit up in red, take a selfie in front of it, and share it on 9 September with the hashtags #FASD and #RedShoesRock to show your support!

[Check out the full list of sites.](https://redshoesrock.org.au/landmarks/)

Host an event

This is a great opportunity to get together with your community to start conversations about FASD, how to prevent it, and how to support people living with FASD.

Communities across Australia will be hosting events and getting together on 9 September, and throughout the month.

You can find a full calendar of community events, and submit your own via the [NOFASD website](http://nofasd.org.au/).

Not sure what kind of event to host? Here are some ideas!

* Host a park walk or run, where everyone wears red shoes or socks
* Host a morning tea at work or with friends, featuring red food, and with guests wearing red
* Do you belong to a sporting team or club? Can you wear red for your games in September?

Remember, opening up a conversation about FASD is the goal – we can help you with resources to get started.

[Download our supporter pack here.](https://redshoesrock.org.au/resources/)

Become part of our community

When we work together, we have a better chance to create change.

There are so many ways to continue raising awareness of FASD – and alcohol harm in general – beyond September. You might like to:

* [subscribe](https://fare.org.au/action/) to FARE’s fortnightly newsletter to stay in touch with our work
* [donate](https://fare.org.au/donate/) to support our projects to reduce alcohol harm in Australia
* share your experiences with alcohol with us through the [Voices of Change project](https://fare.org.au/voicesofchange/).

**For more information**

* See our [information and resources](https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Feverymomentmatters.org.au%2Ffor-health-professionals%2F&data=05%7C01%7CSteven.Rummukainen%40fare.org.au%7C61200ce3b3c24afe386708dba538378e%7C529fe962c9ab412f8a3ca9731674181d%7C0%7C0%7C638285433104621218%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=wE474XBh1t8e1oNT2ZXnM8uo%2FoI%2BTMJiL9t0up6qNtQ%3D&reserved=0) for health professionals
* Learn about the [background](https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ffare.org.au%2Ffasd-program%2F&data=05%7C01%7CSteven.Rummukainen%40fare.org.au%7C61200ce3b3c24afe386708dba538378e%7C529fe962c9ab412f8a3ca9731674181d%7C0%7C0%7C638285433104777871%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2BNta%2BGICq6zwXxsNd8qpVQe%2FDEhNJyXVkAhTkYFh50U%3D&reserved=0) of the *Every Moment Matters* campaign
* Look at [resources and support](https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ffare.org.au%2Fresources%2F&data=05%7C01%7CSteven.Rummukainen%40fare.org.au%7C61200ce3b3c24afe386708dba538378e%7C529fe962c9ab412f8a3ca9731674181d%7C0%7C0%7C638285433104777871%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Eku%2FLhrRVOATVFCmHnkfAD93vsk3EtY009KpcY5yTPE%3D&reserved=0) to make a change around alcohol