

I HAVE FAS
IT IS A BIRTH DEFECT CAUSED BY THE
MOTHER DRINKING WHILE SHE IS
PREGNANT
I AM SMALL
I HAVE A DIFFERENT FACE (NOT TOO
NOTICEABLE ANYMORE), BONE PROBLEMS
AND LOTS OF LEARNING PROBLEMS

MOMS DO NOT DO THIS ON PURPOSE
DO NOT BE MEAN OR MAD OR BLAME

THEM

ALCOHOLISM IS A DISEASE

I AM 20 YEARS OLD AND HAVE HAD FAS
ALL MY LIFE

I WILL HAVE IT FOREVER

IT WILL NEVER GO AWAY

DON'T BE MEAN OR MAD OR BLAME

ME

C.J. LUTKE

THINGS I WOULD LIKE TEACHERS TO KNOW

- I ALWAYS TRY MY BEST
- I AM NOT LAZY
- TELLING ME TO TRY HARDER DOES NOT HELP
- LIGHTEN THE WORK LOAD
- I NEED EXTRA TIME TO COMPLETE WORK (ACCEPT LATES)
- EXPLAIN THINGS SIMPLY
- I NEED THINGS TO BE REPEATED MANY, MANY TIMES
- I NEED MINIMUM DISTRACTIONS (NOISE, PEOPLE, OTHER SOUNDS AND OTHER VISUALS)
- I DON'T GET HYPER ON PURPOSE – I CAN'T HELP IT. I WOULD LIKE TO, BUT I CAN'T
- THERE ARE SOME THINGS I CANNOT LEARN NO MATTER WHAT!!! OR WHO TEACHES IT!!
- I GET FRUSTRATED EASILY, WHEN I CAN'T DO THINGS I THINK I AM SUPPOSED TO
- I LEARN THINGS SLOWER THAN OTHER PEOPLE
- I DON'T MEAN TO FORGET MY HOMEWORK
- I AM NOT TRYING TO BE ANNOYING ON PURPOSE
- I MOVE AROUND IN MY DESK A LOT OF TIMES (FIDGETING)
- I LOSE THINGS A LOT!!! (LIKE TEXTBOOKS)
- I CAN'T PAY ATTENTION FOR A LONG TIME
- I FORGET MANY THINGS (NOT ON PURPOSE – I GET JUST AS FRUSTRATED AS THE TEACHER!!!)

- I NEED TO ASK A LOT OF QUESTIONS – SOMETIMES THE SAME ONE OVER AND OVER
- I AM NOT GOOD AT ORGANIZATION (I NEED LOTS OF HELP)
- I HAVE TROUBLE TELLING TIME AND I DON'T KNOW HOW LONG THE CLASSES ARE. I DON'T UNDERSTAND HOW TIME WORKS
- I DON'T MEAN TO BE LATE FOR CLASS
- I NEED TO DO THINGS IN THE SAME ORDER ALL THE TIME. IF I DON'T, MY WHOLE DAY GETS MESSED UP!!!
- I NEED EXPECTATIONS I CAN MEET – DIFFERENT FROM THE OTHER KIDS
- MY HANDWRITING AND DRAWING SKILLS SUCK!!!! I HAVE TROUBLE WITH HAND-EYE CO-ORDINATION. I CAN USE A COMPUTER AND IT CAN CHECK MY SPELLING TOO
- I LOVE GYM BUT I HAVE A HARD TIME BALANCING
- OTHER KIDS ARE SOMETIMES A LITTLE NASTY TO ME (THEY DON'T LIKE ANYONE DIFFERENT OR SLOWER)
- COMBINATION LOCKS ARE IMPOSSIBLE (YOU HAVE TO DO MANY DIRECTIONS)
- I NEED PEOPLE TO TALK TO ME IN SMALL WORDS AND TO SLOW DOWN WHEN THEY TALK TO ME SO I CAN UNDERSTAND WHAT THEY ARE TALKING ABOUT
- *DO NOT GIVE UP ON TEACHING ME – I CAN LEARN LOTS OF THINGS – JUST DIFFERENT THINGS*

THESE ARE MY OWN THOUGHTS FROM EXPERIENCE
I WROTE THIS MYSELF
I THINK THESE THINGS ARE TRUE OR SIMILAR FOR MOST
KIDS WITH FAS