

# Understanding Prenatal Alcohol Exposure

## Curriculum Overview

### Designed for:

- Middle school or high school students
- Community education (parenting classes, fathers or male partners groups, foster care providers, social workers)
- Public health organizations (public service, child abuse prevention, and other public health agencies)
- Clinical education (prenatal and postnatal classes)

### Length:

The activities in this curriculum require between 45 and 65 minutes to complete. With supplemental materials, this curriculum can be adapted to a longer block of time (e.g., 80 to 90 minutes).

### Goal:

To help increase awareness of the harm done by maternal alcohol use during pregnancy, and to help reduce the incidence of prenatal alcohol exposure by educating people about it.

### Synopsis:

This curriculum introduces the Realityworks Fetal Alcohol Syndrome Baby, presents documented information about FAS and FASD, and provides a complete curriculum with activities and discussions designed to educate participants and communities about the risks of drinking alcohol during pregnancy and this preventable spectrum of disorders. The Realityworks Fetal Alcohol Syndrome Baby is an instructional aid created to help increase awareness of the results of prenatal alcohol exposure, and to help reduce the incidence of FAS and FASD.

Designed and developed by subject matter professionals, health education and curriculum specialists, this curriculum includes pre- and post-summative assessments. The lesson and activities include objectives, materials required and approximate class time. Supplemental activities are also suggested. U.S. National Health Education Standards and Family and Consumer Sciences supported are listed.

### Issues Addressed:

- FAS and Fetal Alcohol Spectrum Disorders (FASD)
- The impact of those disorders on individuals in their infancy, school years, and adulthood
- The financial, family, and social costs of prenatal alcohol exposure
- The importance of abstaining from drinking any type or amount of alcohol during pregnancy

### Curriculum Components:

- Teacher's guide – complete lesson, including detailed steps of activities, time and materials needed, student worksheets, and instructor information for each lesson
- Student materials
- Survey and assessment tools – to track student knowledge and attitudes prior to and after the learning experience, including summative assessments with answer keys
- Microsoft PowerPoint® presentation slides
- Hyperlinks to web sites with additional information on the topic being discussed, and resource lists of web sites and other materials for additional information

### Learning Objectives:

1. Gain awareness of the facts and concepts surrounding prenatal alcohol exposure
2. Document their initial knowledge about prenatal alcohol exposure before the start of the lesson
3. Define FAS and FASD

4. Describe how nutrients, oxygen, and other substances (e.g., alcohol) reach a developing fetus
5. List the effects of prenatal alcohol exposure
6. Explain what happens developmentally when a pregnant woman and her fetus consume alcohol
7. Identify the long-term consequences of prenatal alcohol exposure for individuals, families, and society
8. Identify guidelines for FASD prevention
9. Identify resources for additional information about prenatal alcohol exposure and its consequences
10. Determine strategies to help a family or mother when prenatal alcohol exposure is a possibility, or when FAS has been diagnosed by a medical professional
11. Summarize important information from the lesson