

THIS IS ME

A Tool for Learning About and Working with People Who Have Fetal Alcohol Spectrum Disorder

This is Me is a visual learning tool designed to assist people with Fetal Alcohol Spectrum Disorder (FASD), along with their families, caregivers, educators, practitioners and others, to gain a better understanding of the disorder.

It includes an animated presentation on CD-ROM that visually demonstrates many concepts related to FASD and a learning guide designed to both teach some core concepts relating to FASD and explain the use of the presentation.

This is Me was originally inspired by a need to provide people working in the criminal justice system with a clearer understanding of how FASD plays a part in the recurrence of offenses among youth with FASD. For example, it can explain why people with FASD may have difficulty remembering and understanding the constraints applied to them and how this can lead to repeat offenses and incarceration.

Minimum playback requirements for *This is ME* CD-ROM

Windows

Windows 98, Pentium II, 64MB

Windows 2000, Pentium III, 128MB

Windows XP, Pentium III, 128MB

Microsoft Internet Explorer 6sp1, 5.5sp2,
5.01sp2

Macintosh

Power Macintosh G3 running OS 10.1.5,
10.2.6, 10.3 for DVD playback, 128 MB RAM

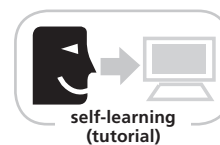
Power Macintosh G3 , OS 9.2, 64 MB RAM

Microsoft Internet Explorer 5.2 or later
Netscape 7.1, Safari 1.1

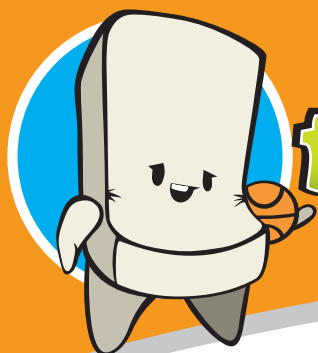
- ✓ *This is Me* offers respectful, visually interesting, animated examples of the strengths and challenges faced by people with FASD, along with some strategies to accommodate people with FASD.
- ✓ *This is Me* is flexible for both self-guided learning or as part of a facilitator-led workshop. Discussion topics included in this guide help stimulate participant creativity in developing strategies for adapting environments to be a better fit for people with FASD.
- ✓ The guide also assists participants in exploring their understanding of primary, secondary and tertiary characteristics of FASD, as demonstrated in scenes from *This is Me*.
- ✓ *This is Me* provides an effective tool to reduce confusion and increase understanding of FASD. *This is Me* can help bring a deeper appreciation of the strengths of people with FASD and introduce effective strategies for improving their outlook and quality of life.

Great for Using with Individuals or Groups

This is Me can be used effectively in many different learning situations.



This is Me is simple enough for facilitators to use with children or youth interacting with others who have FASD, or to help children or youth with FASD better understand themselves.



this is me

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Who Have Fetal Alcohol Spectrum Disorder

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Please send _____ copies of *This is Me* @ \$135.00 each \$ _____

Actual shipping and handling will be invoiced with the product.
Invoice will be sent when item is mailed.

Any questions about ordering the resource may be directed to:

Program Coordinator at (204) 582-8658, Ext. 101 or
Emailed to IFASD@newdirections.mb.ca

Orders may be mailed to the following address:

Interagency Fetal Alcohol Spectrum Disorder Program
10-254 Stella Walk
Winnipeg, Manitoba R2W 2T3
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