



Fetal Alcohol Spectrum Disorders Prevention and Health Promotion Resources



Acknowledgements

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Introduction

This document was designed to be used by health professionals working with Aboriginal and Torres Strait Islander communities to reduce alcohol consumption during pregnancy and prevent FASD within their community. This document was developed as part of the FASD Prevention and Health Promotion Resources Project and is designed to complement the training modules included in the package. The resource package and this document contain a suite of resources that were found through four search strategies and passed through inclusion criteria. The search strategies were first conducted in 2015 and updated in 2017 using the following search domains: 1) the Australian Indigenous Health *InfoNet*, 2) relevant organisation websites, 3) grey literature databases, 4) Google search engines and 5) consultation with experts in relevant fields.

The initial search results were passed through the inclusion criteria (outlined on page 3 of this document) to determine their appropriateness for inclusion in the FASD Prevention and Health Promotion Resources Package. Following the updated search in 2017, all copyright owners of the eligible resources were contacted to seek permission to include their resources in the FASD Prevention and Health Promotion Resources Package and this document. Therefore resources may not be included in this document and the resource package for several reasons, including: 1) not meeting inclusion criteria, 2) no longer available at the time of the final review and 3) copyright agreements were not able to be obtained.

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Inclusion criteria:

1. The resource is written in English.
2. The resources is publically available online or able to be ordered online.
3. The resource primarily provides information on one of the following topics:
 - Fetal Alcohol Spectrum Disorder (FASD) prevention
 - Alcohol, tobacco or other drug use during pregnancy
 - Family planning and contraception.
4. The resource is of use or benefit to one of the following key groups:
 - Pregnant women
 - Women of childbearing age (15-45 years of age)
 - Grandmothers and Aunties (a term used to dignify Aboriginal Australian female Elders)
 - Men
 - Other health professionals.
5. The resource aims to fulfil one of the following purposes:
 - Educate or raise awareness of:
 - The risks of FASD and alcohol consumption during pregnancy
 - The risks of tobacco use during pregnancy
 - The risks of drug use during pregnancy
 - Family planning and contraception options
 - Planning or evaluating evidence-based interventions
 - Encourage behavioural change
 - Outlining solutions to potential barriers in FASD prevention.
6. The resource is culturally appropriate for use among Aboriginal and Torres Strait Islander people.
7. The resource adheres to the current Australian Guidelines to Reduce Health Risks from Drinking Alcohol (National Health and Medical Research Council, 2009).
8. The resource adheres to the current Clinical Practice Guidelines: Antenatal Care – Module 1 (Commonwealth of Australia, 2012).
9. The resource complies with the diagnostic categories for FASD and terminology outlined in the Australian Guide to the diagnosis of FASD (Bower & Elliott, 2016).

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Contents table

The FASD Prevention and Health Promotion Resources outlined in this document are categorised by their purpose and the population groups for whom they are intended. Click on a hyperlink in the table below to be directed to a list of relevant resources for that category (e.g. educating and raising awareness of FASD and alcohol consumption during pregnancy resources for pregnant women). An X indicates that no resources are included for this category.

Resource Purpose	Population Group				
	Pregnant women	Women of childbearing age	Grandmothers and Aunties	Men	Health professionals
Educating and raising awareness of:					
- FASD and alcohol consumption during pregnancy	Click here	Click here	Click here	Click here	Click here
- Tobacco use during pregnancy	Click here	Click here	Click here	Click here	Click here
- Drug use during pregnancy	Click here	Click here	Click here	Click here	Click here
- Family planning and contraception options	Click here	Click here	X	Click here	Click here
Planning evidence-based interventions:					
- One-on-one sessions	X	X	X	X	Click here
- Health promotion programs	X	X	X	X	Click here
Frameworks for evaluating interventions	X	X	X	X	Click here
Encouraging behavioural change:					
- Brief interventions or motivational interviewing	X	X	X	X	Click here
- How to support women	X	X	X	Click here	Click here
- Screening tools and guides	X	X	X	X	Click here
Addressing barriers to FASD prevention	Click here	Click here	Click here	Click here	Click here
Additional resources of interest	Click here	Click here	Click here	Click here	Click here

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Educating and raising awareness of FASD and alcohol consumption during pregnancy

Resources for pregnant women

Author	Title and year	Material type	Target population	Details	Location
Newlines Radio	Clear message - No grog while pregnant (2012)	Audio visual – radio segment	All	<p>Free online: http://www.indigenous.gov.au/newslines-radio-clear-message-no-grog-while-pregnant</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> Duration: 12:00 Presenter: Nathan Ramsay Talent:</p> <ul style="list-style-type: none"> - Associate Professor Ted Wilkes, National Indigenous Drug and Alcohol Committee, WA - Scott Wilson, National Indigenous Drug and Alcohol Committee, SA - Anne Russell, Russell Family Foetal Alcohol Disorders Association and Training Connections Australia - Adele Gibson, Anyinginyi Health, NT - Michelle Gray, Drug and Alcohol Office, WA 	Australia
Foundation for Alcohol Research and Education (FARE)	The story of alcohol use in pregnancy (2014)	Audio visual – video	All	<p>Free online: https://vimeo.com/100859137</p> <p><u>Focus:</u> Mainstream with Indigenous elements.</p> <p><u>Summary:</u> This video aims to raise awareness about Fetal alcohol spectrum disorder (FASD) to health and legal professionals and teachers. Information includes:</p> <ul style="list-style-type: none"> - FASD characteristics 	Australia – ACT

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Author	Title and year	Material type	Target population	Details	Location
				<ul style="list-style-type: none"> - diagnosis of FASD - preventing FASD <p>The video includes the Fitzroy Valley community-driven strategy as an example of positive changes with alcohol use in pregnancy.</p>	
NSW Ministry of Health	Stay strong and health Facebook page	Social media	All	<p>Free online: https://www.facebook.com/StayStrongAndHealthy</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> ‘Stay strong and healthy’ on Facebook; provides health information on pregnancy, looking after a new baby, drugs and alcohol and coping with feeling down. Local Aboriginal maternal and infant services are provided on the interactive map as well as healthy Koori recipes.</p>	Australia - NSW
	Stay strong and healthy resource package - FASD Combined (2015)	Audio visual	All	<p>Free to download or order through: http://yourroom.com.au/aboriginal-resources/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> These resources are part of a suite of health promotion resources for</p>	

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Author	Title and year	Material type	Target population	Details	Location
	Stay strong and health - FASD Women (2015)	Audio visual	Pregnant women, women of childbearing age, and grandmothers and Aunties.	<p>Aboriginal women and their families which aim to raise awareness about alcohol and other drugs and mental health issues during or following pregnancy. The materials promote the importance of staying healthy and avoiding alcohol and other drugs at this time. The Stay strong and healthy resource package includes:</p> <ul style="list-style-type: none"> - three posters promoting Aboriginal women's health during pregnancy and after the baby is born - a postcard for Aboriginal women that promotes the availability of professional services and the role of friends and family in supporting pregnant women and women with young babies - a 16 page A5 size booklet with pictures that tells the story of a young Aboriginal woman who gets pregnant, and the healthy choices she and her partner make. The story discusses the risks of drug and alcohol consumption during pregnancy, including Fetal alcohol syndrome disorders (FASD), as well as the potential challenges of dealing with a mental illness. 	
	Stay strong and healthy – FASD Youth (2015)	Audio visual	Pregnant women, women of childbearing age, and men.		
	Stay strong and healthy FASD postcard for women (2015)	Postcard	Pregnant women, women of childbearing age, and grandmothers and Aunties.		
	Stay strong and healthy FASD postcard for young people (2015)	Postcard	Pregnant women, women of childbearing age, and men.		
	Stay strong and healthy	Poster	Pregnant women,		

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Author	Title and year	Material type	Target population	Details	Location
	FASD poster for women (2015)		women of childbearing age, and grandmothers and Aunties.		
	Stay strong and healthy FASD poster for young people (2015)	Poster	Pregnant women, women of childbearing age, and men.		
	Stay strong and healthy FASD story book 1 (2012)	Story book	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.		
	Stay strong and healthy FASD story book 2 – sequel (2015)	Story book	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.		
	Stay strong and healthy new bub poster (2012)	Poster	Pregnant women, women of childbearing		

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Author	Title and year	Material type	Target population	Details	Location
			age, grandmothers and Aunties, and men.		
	Stay strong and healthy postcard (2012)	Postcard	Pregnant women, women of childbearing age, and men.		
	Stay strong and healthy pregnancy poster (2012)	Poster	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.		
	Stay strong and healthy sharing pregnancy poster (2012)	Poster	Pregnant women, women of childbearing age, grandmothers and Aunties and men.		
Catholic Care NT	About Foetal Alcohol Spectrum Disorder	Brochure	Pregnant women and women of childbearing age.	Free to download: http://www.catholicarent.org.au/publications/about-foetal-alcohol-spectrum-disorder-brochure Focus: Specific for Aboriginal and Torres Strait Islander people.	Australia – NT

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Author	Title and year	Material type	Target population	Details	Location
				<p><u>Summary:</u> This leaflet provides information on Fetal alcohol spectrum disorder (FASD) for Aboriginal people living in the Northern Territory. Information includes the negative impact drinking alcohol while pregnant can have on the unborn baby.</p>	
Foundation for Alcohol Research and Education (FARE) & Anyinginyi Public Health Unit	Barkly Fights FASD (2013)	Audio visual – short film	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.	<p><u>Free online:</u> https://www.youtube.com/watch?v=IYgSl4Gkplw</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This short film uses puppets as characters to deliver a strong message about Fetal alcohol spectrum disorder (FASD) and the risks of drinking during pregnancy. It was written and performed by the people of Barkly, Northern Territory. The film follows the story of Mathias, a seven year old boy living with FASD in Tennant Creek, Northern Territory. His mother is pregnant and wants to make sure the new baby does not have FASD like Matias. The video follows the challenges families can face when it comes to alcohol and pregnancy.</p>	Australia – NT
Anyinginyi Health Aboriginal Corporation- FASD Project Public Health Unit – Indigenous Hip Hop Projects (IHHP)	IHHP Tennant Creek: Alcohol It effects your babies - Strong Baby Strong Life (2012)	Audio visual – music video	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.	<p><u>Free online:</u> https://www.youtube.com/watch?v=BWzQ83i6OcU</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This health promotion music video is about drinking during pregnancy and the effects alcohol can have on a developing baby. The song and video clip were written and recorded by Indigenous Hip Hop Projects in collaboration with students from Tennant Creek High School in the Northern Territory.</p>	Australia – NT
	IHHP Tennant	Audio	Pregnant	<u>Free online:</u> https://www.youtube.com/watch?v=p2cspvmNSgE	

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Author	Title and year	Material type	Target population	Details	Location
	Creek: Stand Up (2014)	visual – video	women, women of childbearing age, grandmothers and Aunties, and men.	<p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> Indigenous Hip Hop Projects and stake holders from the whole Broome community banded together to bring you this song about FASD. Fetal Alcohol Spectrum Disorder is a problem that affects all communities, and the deadly youth from Broome have tackled this subject amazingly in their song 'Stand Up'. IHHP team Michael, Dallas, Terra, Tina, Mandy and Tim took on the challenge with passion and serious concern, to create awareness about this disorder.</p>	
Brisbane Indigenous Media Association	FASD info (2015)	Audio visual	All	<p><u>Free online:</u> http://www.bimaprojects.org.au/tag/pregnancy-and-childbirth/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> This video raises awareness of Fetal Alcohol Spectrum Disorder (FASD) and provides information on the risks of consuming alcohol during pregnancy.</p>	Australia – QLD
	Stayin' strong: drugs and alcohol (2015)	Audio visual – video	All	<p><u>Free online:</u> http://www.bimaprojects.org.au/tag/drugs-and-alcohol/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> <i>Stayin' strong: drugs and alcohol</i> is a series of podcasts aimed at informing Aboriginal and Torres Strait Islander people about the impact of alcohol and other drugs on their health and the positive outcomes that can be gained through abstaining from harmful substance use, including ice and volatile substances.</p>	Australia – QLD

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Author	Title and year	Material type	Target population	Details	Location
				<p>Podcasts of particular relevance to this package include:</p> <ul style="list-style-type: none"> - Alcohol and healthy pregnancy - Foetal Alcohol Spectrum Disorder <p>The resources can be used by psychiatrists and other healthcare professionals, researchers, or those aiming to address their own alcohol and other drug use.</p>	
Queensland Department of Health	Growing strong - Alcohol, tobacco and other drugs during pregnancy and breastfeeding (2012)	Booklet	Pregnant women, women of childbearing age, and men.	<p><u>Free to download:</u> http://www.healthinonet.ecu.edu.au/uploads/resources/17641_17641_2012.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> This resource is part of the Growing strong: feeding you and your baby set of resources from Queensland Health. The booklet discusses why alcohol, tobacco and other drugs (legal and illegal) should be avoided during a woman's pregnancy and the breastfeeding of her baby. It outlines the health risks to both the mother and developing baby. In addition, it highlights the harmful effect of family and friends smoking near a pregnant woman. It delivers a powerful message in a clear and easy to understand way. Brochures are available in hard copy to services across Australia, or downloadable as a PDF.</p>	Australia – QLD
Russell Family Fetal Alcohol Disorders Australia	FASD brochure - No blame no shame (2012)	Brochure	Pregnant women, women of childbearing age, and health professionals.	<p><u>Free to download:</u> http://rffada.org/images/stories/documents/rffada_fasd_brochure_Indigenous1.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> This brochure was developed for Aboriginal and Torres Strait Islander</p>	Australia – QLD

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Author	Title and year	Material type	Target population	Details	Location
				women and provides information on Fetal alcohol spectrum disorder (FASD) and includes: <ul style="list-style-type: none"> - what is FASD? - problems caused from FASD - what to do when pregnant - where to find more information - training information for health workers 	
Aboriginal Drug and Alcohol Council (SA) Inc.	Fetal Alcohol Spectrum Disorders (2006)	Flip charts	All	<p>Purchase through: http://www.adac.org.au/resFILE/res6.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> This flipchart has been developed to explain to people who may be thinking about getting pregnant, or who are pregnant, about the dangers of drinking alcohol when pregnant and the risks of fetal alcohol spectrum disorder (FASD). It has been designed especially for Aboriginal drug and alcohol workers and Health Workers and their clients. Topics included in the flipchart include:</p> <ul style="list-style-type: none"> - false stories - the dangers of drinking while pregnant - facial features of children with FASD 	Australia - SA
	None for Nine (2006)	Poster	Pregnant women	<p>For purchase through: http://www.adac.org.au/resources.php?resType=FASD</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> ADAC has produced a Fetal Alcohol Spectrum Disorder (FASD) poster for world FASD day September 9th.</p>	
Alcohol	Women's	Audio	All	Free online: https://www.youtube.com/watch?v=LWhBHzzohEc	Australia –

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Author	Title and year	Material type	Target population	Details	Location
Education and Rehabilitation Foundation	health AERF campaign (2011)	visual – video		<p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> This video clip was produced by the South West Women's Health and Information Centre (SWWHIC). The advertisement is intended as an educational resource for the public, to highlight the risk of drinking alcohol during pregnancy and breastfeeding. A focus group contributed to the advertisement's message, which aimed to be positive and empowering for pregnant and breastfeeding women. The advertisement features local talent from different cultures including a Nyoongar Elder, and was filmed in Bunbury, Western Australia.</p>	WA
Foundation for Alcohol Research and Education (FARE) and Goolari Media	Fetal Alcohol Syndrome - Women's Project (2012)	Audio visual – TVC	Pregnant women, women of childbearing age, and grandmothers and Aunties.	<p><u>Free online:</u> https://www.youtube.com/watch?v=zUA_irPrcCY</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> Broome Aboriginal Media created a media promotions strategy incorporating television and radio adverts focused on Fetal alcohol spectrum disorder (FASD). This is aimed to raise awareness in the Aboriginal and Torres Strait Islander Kimberley community, in Western Australia, of the preventative measures and outcomes of FASD. The series of TV and radio commercials used a peer-to-peer approach that incorporated the language of the region, and aimed to assist in the prevention of FASD, and raise awareness of people affected by FASD and the impact it has on lives.</p>	Australia – WA

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Educating and raising awareness of FASD and alcohol consumption during pregnancy

Resources for women of childbearing age

Author	Title and year	Material type	Target population	Details	Location
Newlines Radio	Clear message - No grog while pregnant (2012)	Audio visual – radio segment	All	<p>Free online: http://www.indigenous.gov.au/newslines-radio-clear-message-no-grog-while-pregnant</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> Duration: 12:00 Presenter: Nathan Ramsay Talent:</p> <ul style="list-style-type: none"> - Associate Professor Ted Wilkes, National Indigenous Drug and Alcohol Committee, WA - Scott Wilson, National Indigenous Drug and Alcohol Committee, SA - Anne Russell, Russell Family Foetal Alcohol Disorders Association and Training Connections Australia - Adele Gibson, Anyinginyi Health, NT - Michelle Gray, Drug and Alcohol Office, WA 	Australia
Foundation for Alcohol Research and Education (FARE)	The story of alcohol use in pregnancy (2014)	Audio visual – video	All	<p>Free online: https://vimeo.com/100859137</p> <p><u>Focus:</u> Mainstream with Indigenous elements.</p> <p><u>Summary:</u> This video aims to raise awareness about Fetal alcohol spectrum disorder (FASD) to health and legal professionals and teachers. Information includes:</p> <ul style="list-style-type: none"> - FASD characteristics - diagnosis of FASD 	Australia – ACT

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Author	Title and year	Material type	Target population	Details	Location
				<ul style="list-style-type: none"> - preventing FASD <p>The video includes the Fitzroy Valley community-driven strategy as an example of positive changes with alcohol use in pregnancy.</p>	
NSW Ministry of Health	Stay strong and health Facebook page	Social media	All	<p>Free online: https://www.facebook.com/StayStrongAndHealthy</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> ‘Stay strong and healthy’ on Facebook; provides health information on pregnancy, looking after a new baby, drugs and alcohol and coping with feeling down. Local Aboriginal maternal and infant services are provided on the interactive map as well as healthy Koori recipes.</p>	Australia - NSW
	Stay strong and healthy resource package - FASD Combined (2015)	Audio visual	All	<p>Free to download or order through: http://yourroom.com.au/aboriginal-resources/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> These resources are part of a suite of health promotion resources for Aboriginal women and their families which aim to raise awareness about alcohol and other drugs and mental health issues during or following pregnancy. The materials promote the importance of staying healthy and</p>	

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Author	Title and year	Material type	Target population	Details	Location
	Stay strong and health - FASD Women (2015)	Audio visual	Pregnant women, women of childbearing age, and grandmothers and Aunties.	<p>avoiding alcohol and other drugs at this time. The Stay strong and healthy resource package includes:</p> <ul style="list-style-type: none"> - three posters promoting Aboriginal women's health during pregnancy and after the baby is born - a postcard for Aboriginal women that promotes the availability of professional services and the role of friends and family in supporting pregnant women and women with young babies - a 16 page A5 size booklet with pictures that tells the story of a young Aboriginal woman who gets pregnant, and the healthy choices she and her partner make. The story discusses the risks of drug and alcohol consumption during pregnancy, including Fetal alcohol syndrome disorders (FASD), as well as the potential challenges of dealing with a mental illness. 	
	Stay strong and healthy – FASD Youth (2015)	Audio visual	Pregnant women, women of childbearing age, and men.		
	Stay strong and healthy FASD postcard for women (2015)	Postcard	Pregnant women, women of childbearing age, and grandmothers and Aunties.		

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Author	Title and year	Material type	Target population	Details	Location
	Stay strong and healthy FASD postcard for young people (2015)	Postcard	Pregnant women, women of childbearing age, and men.		
	Stay strong and healthy FASD poster for women (2015)	Poster	Pregnant women, women of childbearing age, and grandmothers and Aunties.		
	Stay strong and healthy FASD poster for young people (2015)	Poster	Pregnant women, women of childbearing age, and men.		
	Stay strong and healthy FASD story book 1 (2012)	Story book	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.		
	Stay strong and healthy FASD story book 2 – sequel (2015)	Story book	Pregnant women, women of childbearing age,		

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Author	Title and year	Material type	Target population	Details	Location
			grandmothers and Aunties, and men.		
	Stay strong and healthy new bub poster (2012)	Poster	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.		
	Stay strong and healthy postcard (2012)	Postcard	Pregnant women, women of childbearing age, and men.		
	Stay strong and healthy pregnancy poster (2012)	Poster	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.		
	Stay strong and healthy sharing pregnancy poster (2012)	Poster	Pregnant women, women of childbearing age, grandmothers		

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Author	Title and year	Material type	Target population	Details	Location
			and Aunties, and men.		
Catholic Care NT	About Foetal Alcohol Spectrum Disorder	Brochure	Pregnant women and women of childbearing age.	<p><u>Free to download:</u> http://www.catholiccarent.org.au/publications/about-foetal-alcohol-spectrum-disorder-brochure <u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This leaflet provides information on Fetal alcohol spectrum disorder (FASD) for Aboriginal people living in the Northern Territory. Information includes the negative impact drinking alcohol while pregnant can have on the unborn baby.</p>	Australia – NT
Foundation for Alcohol Research and Education (FARE) & Anyinginyi Public Health Unit	Barkly Fights FASD (2013)	Audio visual – short film	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.	<p><u>Free online:</u> https://www.youtube.com/watch?v=IYgSl4Gkplw</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This short film uses puppets as characters to deliver a strong message about Fetal alcohol spectrum disorder (FASD) and the risks of drinking during pregnancy. It was written and performed by the people of Barkly, Northern Territory. The film follows the story of Mathias, a seven year old boy living with FASD in Tennant Creek, Northern Territory. His mother is pregnant and wants to make sure the new baby does not have FASD like Matias. The video follows the challenges families can face when it comes to alcohol and pregnancy.</p>	Australia – NT
Anyinginyi Health Aboriginal Corporation- FASD Project	IHHP Tennant Creek: Alcohol It effects your babies - Strong Baby Strong	Audio visual – music video	Pregnant women, women of childbearing age,	<p><u>Free online:</u> https://www.youtube.com/watch?v=BWzQ83i6Ocu</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u></p>	Australia – NT

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Author	Title and year	Material type	Target population	Details	Location
Public Health Unit – Indigenous Hip Hop Projects (IHHP)	Life (2012)		grandmothers and Aunties, and men.	This health promotion music video is about drinking during pregnancy and the effects alcohol can have on a developing baby. The song and video clip were written and recorded by Indigenous Hip Hop Projects in collaboration with students from Tennant Creek High School in the Northern Territory.	
	IHHP Tennant Creek: Stand Up (2014)	Audio visual – video	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.	<p>Free online: https://www.youtube.com/watch?v=p2cspvmNSgE</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> Indigenous Hip Hop Projects and stake holders from the whole Broome community banded together to bring you this song about FASD. Fetal Alcohol Spectrum Disorder is a problem that affects all communities, and the deadly youth from Broome have tackled this subject amazingly in their song 'Stand Up'. IHHP team Michael, Dallas, Terra, Tina, Mandy and Tim took on the challenge with passion and serious concern, to create awareness about this disorder.</p>	
Brisbane Indigenous Media Association	FASD info (2015)	Audio visual	All	<p>Free online: http://www.bimaprojects.org.au/tag/pregnancy-and-childbirth/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> This video raises awareness of Fetal Alcohol Spectrum Disorder (FASD) and provides information on the risks of consuming alcohol during pregnancy.</p>	Australia – QLD
	Stayin' strong: drugs and alcohol (2015)	Audio visual – video	All	<p>Free online: http://www.bimaprojects.org.au/tag/drugs-and-alcohol/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u></p>	Australia – QLD

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Author	Title and year	Material type	Target population	Details	Location
				<p><i>Stayin strong: drugs and alcohol</i> is a series of podcasts aimed at informing Aboriginal and Torres Strait Islander people about the impact of alcohol and other drugs on their health and the positive outcomes that can be gained through abstaining from harmful substance use, including ice and volatile substances.</p> <p>Podcasts of particular relevance to this package include:</p> <ul style="list-style-type: none"> - Alcohol and healthy pregnancy - Foetal Alcohol Spectrum Disorder <p>The resources can be used by psychiatrists and other healthcare professionals, researchers, or those aiming to address their own alcohol and other drug use.</p>	
Queensland Department of Health	Growing strong - Alcohol, tobacco and other drugs during pregnancy and breastfeeding (2012)	Booklet	Pregnant women, women of childbearing age, and men.	<p>Free to download: http://www.healthinonet.ecu.edu.au/uploads/resources/17641_17641_2012.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> This resource is part of the Growing strong: feeding you and your baby set of resources from Queensland Health. The booklet discusses why alcohol, tobacco and other drugs (legal and illegal) should be avoided during a woman's pregnancy and the breastfeeding of her baby. It outlines the health risks to both the mother and developing baby. In addition, it highlights the harmful effect of family and friends smoking near a pregnant woman. It delivers a powerful message in a clear and easy to understand way. Brochures are available in hard copy to services across Australia, or downloadable as a PDF.</p>	Australia – QLD
Russell Family Fetal Alcohol Disorders Australia	FASD brochure - No blame no shame (2012)	Brochure	Pregnant women, women of childbearing	<p>Free to download: http://rffada.org/images/stories/documents/rffada_fasd_brochure_Indigenous1.pdf</p>	Australia – QLD

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Author	Title and year	Material type	Target population	Details	Location
			age, and health professionals.	<p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> This brochure was developed for Aboriginal and Torres Strait Islander women and provides information on Fetal alcohol spectrum disorder (FASD) and includes:</p> <ul style="list-style-type: none"> - what is FASD? - problems caused from FASD - what to do when pregnant - where to find more information - training information for health workers 	
Aboriginal Drug and Alcohol Council (SA) Inc.	Fetal Alcohol Spectrum Disorders (2006)	Flip charts	All	<p>Purchase through: http://www.adac.org.au/resFILE/res6.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> This flipchart has been developed to explain to people who may be thinking about getting pregnant, or who are pregnant, about the dangers of drinking alcohol when pregnant and the risks of fetal alcohol spectrum disorder (FASD). It has been designed especially for Aboriginal drug and alcohol workers and Health Workers and their clients. Topics included in the flipchart include:</p> <ul style="list-style-type: none"> - false stories - the dangers of drinking while pregnant - facial features of children with FASD 	Australia - SA
Alcohol Education and Rehabilitation Foundation	Women's health AERF campaign (2011)	Audio visual – video	All	<p>Free online: https://www.youtube.com/watch?v=LWhBHzzohEc</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> This video clip was produced by the South West Women's Health and</p>	Australia – WA

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Author	Title and year	Material type	Target population	Details	Location
				Information Centre (SWWHIC). The advertisement is intended as an educational resource for the public, to highlight the risk of drinking alcohol during pregnancy and breastfeeding. A focus group contributed to the advertisement's message, which aimed to be positive and empowering for pregnant and breastfeeding women. The advertisement features local talent from different cultures including a Nyoongar Elder, and was filmed in Bunbury, Western Australia. Free online: https://www.youtube.com/watch?v=zUA_irPrcCY	
Foundation for Alcohol Research and Education (FARE) and Goolari Media	Fetal Alcohol Syndrome - Women's Project (2012)	Audio visual – TVC	Pregnant women, women of childbearing age, and grandmothers and Aunties.	<u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people <u>Summary:</u> Broome Aboriginal Media created a media promotions strategy incorporating television and radio adverts focused on Fetal alcohol spectrum disorder (FASD). This is aimed to raise awareness in the Aboriginal and Torres Strait Islander Kimberley community, in Western Australia, of the preventative measures and outcomes of FASD. The series of TV and radio commercials used a peer-to-peer approach that incorporated the language of the region, and aimed to assist in the prevention of FASD, and raise awareness of people affected by FASD and the impact it has on lives.	Australia – WA

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Educating and raising awareness of FASD and alcohol consumption during pregnancy

Resources for grandmothers and Aunties

Author	Title and year	Material type	Target population	Details	Location
Newlines Radio	Clear message - No grog while pregnant (2012)	Audio visual – radio segment	All	<p><u>Free online:</u> http://www.indigenous.gov.au/newslines-radio-clear-message-no-grog-while-pregnant</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> Duration: 12:00 Presenter: Nathan Ramsay Talent:</p> <ul style="list-style-type: none"> - Associate Professor Ted Wilkes, National Indigenous Drug and Alcohol Committee, WA - Scott Wilson, National Indigenous Drug and Alcohol Committee, SA - Anne Russell, Russell Family Foetal Alcohol Disorders Association and Training Connections Australia - Adele Gibson, Anyinginyi Health, NT - Michelle Gray, Drug and Alcohol Office, WA 	Australia
Foundation for Alcohol Research and Education (FARE)	The story of alcohol use in pregnancy (2014)	Audio visual – video	All	<p><u>Free online:</u> https://vimeo.com/100859137</p> <p><u>Focus:</u> Mainstream with Indigenous elements.</p> <p><u>Summary:</u> This video aims to raise awareness about Fetal alcohol spectrum disorder (FASD) to health and legal professionals and teachers. Information includes:</p> <ul style="list-style-type: none"> - FASD characteristics - diagnosis of FASD 	Australia – ACT

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Author	Title and year	Material type	Target population	Details	Location
				<ul style="list-style-type: none"> - preventing FASD <p>The video includes the Fitzroy Valley community-driven strategy as an example of positive changes with alcohol use in pregnancy.</p>	
NSW Ministry of Health	Stay strong and health Facebook page	Social media	All	<p>Free online: https://www.facebook.com/StayStrongAndHealthy</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> ‘Stay strong and healthy’ on Facebook; provides health information on pregnancy, looking after a new baby, drugs and alcohol and coping with feeling down. Local Aboriginal maternal and infant services are provided on the interactive map as well as healthy Koori recipes.</p>	Australia - NSW
	Stay strong and healthy resource package - FASD Combined (2015)	Audio visual	All	<p>Free to download or order through: http://yourroom.com.au/aboriginal-resources/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> These resources are part of a suite of health promotion resources for Aboriginal women and their families which aim to raise awareness about alcohol and other drugs and mental health issues during or following pregnancy. The materials promote the importance of staying healthy and avoiding alcohol and other drugs at this time. The Stay strong and healthy resource package includes:</p> <ul style="list-style-type: none"> - three posters promoting Aboriginal women’s health during pregnancy and after the baby is born 	

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Author	Title and year	Material type	Target population	Details	Location
	Stay strong and health - FASD Women (2015)	Audio visual	Pregnant women, women of childbearing age, and grandmothers and Aunties.	<ul style="list-style-type: none"> - a postcard for Aboriginal women that promotes the availability of professional services and the role of friends and family in supporting pregnant women and women with young babies - a 16 page A5 size booklet with pictures that tells the story of a young Aboriginal woman who gets pregnant, and the healthy choices she and her partner make. The story discusses the risks of drug and alcohol consumption during pregnancy, including Fetal alcohol syndrome disorders (FASD), as well as the potential challenges of dealing with a mental illness. 	
	Stay strong and healthy FASD postcard for women (2015)	Postcard	Pregnant women, women of childbearing age, and grandmothers and Aunties.		
	Stay strong and healthy FASD poster for women (2015)	Poster	Pregnant women, women of childbearing age, and grandmothers and Aunties.		
	Stay strong and healthy FASD story book 1 (2012)	Story book	Pregnant women, women of childbearing age, grandmothers		

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Author	Title and year	Material type	Target population	Details	Location
			and Aunties, and men.		
	Stay strong and healthy FASD story book 2 – sequel (2015)	Story book	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.		
	Stay strong and healthy new bub poster (2012)	Poster	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.		
	Stay strong and healthy pregnancy poster (2012)	Poster	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.		
	Stay strong and healthy sharing pregnancy	Poster	Pregnant women, women of childbearing		

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Author	Title and year	Material type	Target population	Details	Location
	poster (2012)		age, grandmothers and Aunties, and men.		
Foundation for Alcohol Research and Education (FARE) & Anyinginyi Public Health Unit	Barkly Fights FASD (2013)	Audio visual – short film	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.	<p>Free online: https://www.youtube.com/watch?v=IYgSI4Gkplw</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This short film uses puppets as characters to deliver a strong message about Fetal alcohol spectrum disorder (FASD) and the risks of drinking during pregnancy. It was written and performed by the people of Barkly, Northern Territory. The film follows the story of Mathias, a seven year old boy living with FASD in Tennant Creek, Northern Territory. His mother is pregnant and wants to make sure the new baby does not have FASD like Matias. The video follows the challenges families can face when it comes to alcohol and pregnancy.</p>	Australia – NT
Anyinginyi Health Aboriginal Corporation- FASD Project Public Health Unit – Indigenous Hip Hop Projects (IHHP)	IHHP Tennant Creek: Alcohol It effects your babies - Strong Baby Strong Life (2012)	Audio visual – music video	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.	<p>Free online: https://www.youtube.com/watch?v=BWzQ83i6Ocu</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This health promotion music video is about drinking during pregnancy and the effects alcohol can have on a developing baby. The song and video clip were written and recorded by Indigenous Hip Hop Projects in collaboration with students from Tennant Creek High School in the Northern Territory.</p>	Australia – NT
	IHHP Tennant Creek: Stand Up (2014)	Audio visual – video	Pregnant women, women of	<p>Free online: https://www.youtube.com/watch?v=p2cspvmNSgE</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p>	

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Author	Title and year	Material type	Target population	Details	Location
			childbearing age, grandmothers and Aunties, and men.	<p><u>Summary:</u> Indigenous Hip Hop Projects and stake holders from the whole Broome community banded together to bring you this song about FASD. Fetal Alcohol Spectrum Disorder is a problem that affects all communities, and the deadly youth from Broome have tackled this subject amazingly in their song 'Stand Up'. IHHP team Michael, Dallas, Terra, Tina, Mandy and Tim took on the challenge with passion and serious concern, to create awareness about this disorder.</p>	
Brisbane Indigenous Media Association	FASD info (2015)	Audio visual	All	<p><u>Free online:</u> http://www.bimaprojects.org.au/tag/pregnancy-and-childbirth/ <u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> This video raises awareness of Fetal Alcohol Spectrum Disorder (FASD) and provides information on the risks of consuming alcohol during pregnancy.</p>	Australia – QLD
	Stayin' strong: drugs and alcohol (2015)	Audio visual – video	All	<p><u>Free online:</u> http://www.bimaprojects.org.au/tag/drugs-and-alcohol/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> <i>Stayin strong: drugs and alcohol</i> is a series of podcasts aimed at informing Aboriginal and Torres Strait Islander people about the impact of alcohol and other drugs on their health and the positive outcomes that can be gained through abstaining from harmful substance use, including ice and volatile substances. Podcasts of particular relevance to this package include:</p> <ul style="list-style-type: none"> - Alcohol and healthy pregnancy 	Australia – QLD

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Author	Title and year	Material type	Target population	Details	Location
				<ul style="list-style-type: none"> - Foetal Alcohol Spectrum Disorder <p>The resources can be used by psychiatrists and other healthcare professionals, researchers, or those aiming to address their own alcohol and other drug use.</p>	
Aboriginal Drug and Alcohol Council (SA) Inc.	Fetal Alcohol Spectrum Disorders (2006)	Flip charts	All	<p>Purchase through: http://www.adac.org.au/resFILE/res6.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> This flipchart has been developed to explain to people who may be thinking about getting pregnant, or who are pregnant, about the dangers of drinking alcohol when pregnant and the risks of fetal alcohol spectrum disorder (FASD). It has been designed especially for Aboriginal drug and alcohol workers and Health Workers and their clients.</p> <p>Topics included in the flipchart include:</p> <ul style="list-style-type: none"> - false stories - the dangers of drinking while pregnant - facial features of children with FASD 	Australia - SA
Alcohol Education and Rehabilitation Foundation	Women's health AERF campaign (2011)	Audio visual – video	All	<p>Free online: https://www.youtube.com/watch?v=LWhBHzzohEc</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> This video clip was produced by the South West Women's Health and Information Centre (SWWHIC). The advertisement is intended as an educational resource for the public, to highlight the risk of drinking alcohol during pregnancy and breastfeeding.</p> <p>A focus group contributed to the advertisement's message, which aimed to be positive and empowering for pregnant and breastfeeding women. The advertisement features local talent from different cultures including a Nyoongar Elder, and was filmed in Bunbury, Western Australia.</p>	Australia – WA

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Author	Title and year	Material type	Target population	Details	Location
Foundation for Alcohol Research and Education (FARE) and Goolari Media	Fetal Alcohol Syndrome - Women's Project (2012)	Audio visual – TVC	Pregnant women, women of childbearing age, and grandmothers and Aunties.	<p>Free online: https://www.youtube.com/watch?v=zUA_irPrCY</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> Broome Aboriginal Media created a media promotions strategy incorporating television and radio adverts focused on Fetal alcohol spectrum disorder (FASD). This is aimed to raise awareness in the Aboriginal and Torres Strait Islander Kimberley community, in Western Australia, of the preventative measures and outcomes of FASD. The series of TV and radio commercials used a peer-to-peer approach that incorporated the language of the region, and aimed to assist in the prevention of FASD, and raise awareness of people affected by FASD and the impact it has on lives.</p>	Australia – WA

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Educating and raising awareness of FASD and alcohol consumption during pregnancy

Resources for men

Author	Title and year	Material type	Target population	Details	Location
Newlines Radio	Clear message - No grog while pregnant (2012)	Audio visual – radio segment	All	<p>Free online: http://www.indigenous.gov.au/newslines-radio-clear-message-no-grog-while-pregnant</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> Duration: 12:00 Presenter: Nathan Ramsay Talent:</p> <ul style="list-style-type: none"> - Associate Professor Ted Wilkes, National Indigenous Drug and Alcohol Committee, WA - Scott Wilson, National Indigenous Drug and Alcohol Committee, SA - Anne Russell, Russell Family Foetal Alcohol Disorders Association and Training Connections Australia - Adele Gibson, Anyinginyi Health, NT - Michelle Gray, Drug and Alcohol Office, WA 	Australia
Foundation for Alcohol Research and Education (FARE)	The story of alcohol use in pregnancy (2014)	Audio visual – video	All	<p>Free online: https://vimeo.com/100859137</p> <p><u>Focus:</u> Mainstream with Indigenous elements.</p> <p><u>Summary:</u> This video aims to raise awareness about Fetal alcohol spectrum disorder (FASD) to health and legal professionals and teachers. Information includes:</p> <ul style="list-style-type: none"> - FASD characteristics - diagnosis of FASD 	Australia – ACT

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Author	Title and year	Material type	Target population	Details	Location
				<ul style="list-style-type: none"> - preventing FASD <p>The video includes the Fitzroy Valley community-driven strategy as an example of positive changes with alcohol use in pregnancy.</p>	
NSW Ministry of Health	Stay strong and health Facebook page	Social media	All	<p>Free online: https://www.facebook.com/StayStrongAndHealthy</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> ‘Stay strong and healthy’ on Facebook; provides health information on pregnancy, looking after a new baby, drugs and alcohol and coping with feeling down. Local Aboriginal maternal and infant services are provided on the interactive map as well as healthy Koori recipes.</p>	Australia - NSW
	Stay strong and healthy resource package - FASD Combined (2015)	Audio visual	All	<p><u>Free to download or order through:</u> http://yourroom.com.au/aboriginal-resources/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> These resources are part of a suite of health promotion resources for Aboriginal women and their families which aim to raise awareness about alcohol and other drugs and mental health issues during or following pregnancy. The materials promote the importance of staying healthy and avoiding alcohol and other drugs at this time. The Stay strong and healthy resource package includes:</p> <ul style="list-style-type: none"> - three posters promoting Aboriginal women's health during pregnancy and after the baby is born - a postcard for Aboriginal women that promotes the availability of professional services and the role of friends and family in 	
	Stay strong and health – FASD Youth (2015)	Audio visual	Pregnant women, women of childbearing age, and men.		
	Stay strong	Audio	Men		

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Author	Title and year	Material type	Target population	Details	Location
	and health – FASD Men’s (2015)	visual		<p>supporting pregnant women and women with young babies</p> <ul style="list-style-type: none"> - a 16 page A5 size booklet with pictures that tells the story of a young Aboriginal woman who gets pregnant, and the healthy choices she and her partner make. The story discusses the risks of drug and alcohol consumption during pregnancy, including Fetal alcohol syndrome disorders (FASD), as well as the potential challenges of dealing with a mental illness. 	
	Stay strong and health FASD postcard for young people (2015)	Postcard	Pregnant women, women of childbearing age, and men.		
	Stay strong and health FASD poster for young people (2015)	Poster	Pregnant women, women of childbearing age, and men.		
	Stay strong and healthy FASD poster for men (2015)	Poster	Men		
	Stay strong and healthy FASD story book 1 (2012)	Story book	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.		
	Stay strong and healthy FASD story book 2 – sequel (2015)	Story book	Pregnant women, women of childbearing age,		

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Author	Title and year	Material type	Target population	Details	Location
			grandmothers and Aunties, and men.		
	Stay strong and healthy new bub poster (2012)	Poster	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.		
	Stay strong and healthy pregnancy poster (2012)	Poster	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.		
	Stay strong and healthy sharing pregnancy poster (2012)	Poster	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.		
	Stay strong and healthy postcard	Postcard	Pregnant women, women of		

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Author	Title and year	Material type	Target population	Details	Location
	(2012)		childbearing age, and men.		
Foundation for Alcohol Research and Education (FARE) & Anyinginyi Public Health Unit	Barkly Fights FASD (2013)	Audio visual – short film	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.	<p>Free online: https://www.youtube.com/watch?v=IYgSI4Gkplw</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This short film uses puppets as characters to deliver a strong message about Fetal alcohol spectrum disorder (FASD) and the risks of drinking during pregnancy. It was written and performed by the people of Barkly, Northern Territory. The film follows the story of Mathias, a seven year old boy living with FASD in Tennant Creek, Northern Territory. His mother is pregnant and wants to make sure the new baby does not have FASD like Matias. The video follows the challenges families can face when it comes to alcohol and pregnancy.</p>	Australia – NT
Anyinginyi Health Aboriginal Corporation- FASD Project Public Health Unit – Indigenous Hip Hop Projects (IHHP)	IHHP Tennant Creek: Alcohol It effects your babies - Strong Baby Strong Life (2012)	Audio visual – music video	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.	<p>Free online: https://www.youtube.com/watch?v=BWzQ83i6Ocu</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This health promotion music video is about drinking during pregnancy and the effects alcohol can have on a developing baby. The song and video clip were written and recorded by Indigenous Hip Hop Projects in collaboration with students from Tennant Creek High School in the Northern Territory.</p>	Australia – NT
	IHHP Tennant Creek: Stand Up (2014)	Audio visual – video	Pregnant women, women of childbearing age,	<p>Free online: https://www.youtube.com/watch?v=p2cspvmNSgE</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u></p>	

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Author	Title and year	Material type	Target population	Details	Location
			grandmothers and Aunties, and men.	Indigenous Hip Hop Projects and stake holders from the whole Broome community banded together to bring you this song about FASD. Fetal Alcohol Spectrum Disorder is a problem that affects all communities, and the deadly youth from Broome have tackled this subject amazingly in their song 'Stand Up'. IHHP team Michael, Dallas, Terra, Tina, Mandy and Tim took on the challenge with passion and serious concern, to create awareness about this disorder.	
Brisbane Indigenous Media Association	FASD info (2015)	Audio visual	All	<p><u>Free online:</u> http://www.bimaprojects.org.au/tag/pregnancy-and-childbirth/ <u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> This video raises awareness of Fetal Alcohol Spectrum Disorder (FASD) and provides information on the risks of consuming alcohol during pregnancy.</p>	Australia – QLD
	Stayin' strong: drugs and alcohol (2015)	Audio visual – video	All	<p><u>Free online:</u> http://www.bimaprojects.org.au/tag/drugs-and-alcohol/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> <i>Stayin strong: drugs and alcohol</i> is a series of podcasts aimed at informing Aboriginal and Torres Strait Islander people about the impact of alcohol and other drugs on their health and the positive outcomes that can be gained through abstaining from harmful substance use, including ice and volatile substances.</p> <p>Podcasts of particular relevance to this package include:</p> <ul style="list-style-type: none"> - Alcohol and healthy pregnancy - Foetal Alcohol Spectrum Disorder <p>The resources can be used by psychiatrists and other healthcare</p>	Australia – QLD

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Author	Title and year	Material type	Target population	Details	Location
				professionals, researchers, or those aiming to address their own alcohol and other drug use.	
Queensland Department of Health	Growing strong – How dad’s can help	Booklet	Men	<p><u>Free to download:</u> http://www.healthinonet.ecu.edu.au/uploads/resources/17649_17649_2012.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> This resource is part of the Growing strong: feeding you and your baby set of resources from Queensland Health. The brochure explains the important role of fathers during pregnancy and after, including support to mum, spending time and taking care of the baby to allow mum a rest and promoting a safe lifestyle for the family. The resource includes information on:</p> <ul style="list-style-type: none"> - while mum is pregnant - feeding baby - spending time with baby so mum can rest up - having gaps between your children - smoking - drinking - growing healthy kids. 	Australia – QLD
	Growing strong - Alcohol, tobacco and other drugs during pregnancy and breastfeeding	Booklet	Pregnant women, women of childbearing age, and men.	<p><u>Free to download:</u> http://www.healthinonet.ecu.edu.au/uploads/resources/17641_17641_2012.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> This resource is part of the Growing strong: feeding you and your baby</p>	Australia – QLD

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Author	Title and year	Material type	Target population	Details	Location
	(2012)			set of resources from Queensland Health. The booklet discusses why alcohol, tobacco and other drugs (legal and illegal) should be avoided during a woman's pregnancy and the breastfeeding of her baby. It outlines the health risks to both the mother and developing baby. In addition, it highlights the harmful effect of family and friends smoking near a pregnant woman. It delivers a powerful message in a clear and easy to understand way. Brochures are available in hard copy to services across Australia, or downloadable as a PDF.	
Aboriginal Drug and Alcohol Council (SA) Inc.	Fetal Alcohol Spectrum Disorders (2006)	Flip charts	All	<p>Purchase through: http://www.adac.org.au/resFILE/res6.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> This flipchart has been developed to explain to people who may be thinking about getting pregnant, or who are pregnant, about the dangers of drinking alcohol when pregnant and the risks of fetal alcohol spectrum disorder (FASD). It has been designed especially for Aboriginal drug and alcohol workers and Health Workers and their clients.</p> <p>Topics included in the flipchart include:</p> <ul style="list-style-type: none"> - false stories - the dangers of drinking while pregnant - facial features of children with FASD 	Australia - SA
Alcohol Education and Rehabilitation Foundation	Women's health AERF campaign (2011)	Audio visual – video	All	<p>Free online: https://www.youtube.com/watch?v=LWhBHzzohEc</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> This video clip was produced by the South West Women's Health and Information Centre (SWWHIC). The advertisement is intended as an educational resource for the public, to highlight the risk of drinking alcohol during pregnancy and breastfeeding.</p>	Australia – WA

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Author	Title and year	Material type	Target population	Details	Location
				<p>A focus group contributed to the advertisement's message, which aimed to be positive and empowering for pregnant and breastfeeding women. The advertisement features local talent from different cultures including a Nyoongar Elder, and was filmed in Bunbury, Western Australia.</p>	

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Educating and raising awareness of FASD and alcohol consumption during pregnancy

Resources for health professionals

Author	Title and year	Material type	Target population	Details	Location
Newlines Radio	Clear message - No grog while pregnant (2012)	Audio visual – radio segment	All	<p>Free online: http://www.indigenous.gov.au/newslines-radio-clear-message-no-grog-while-pregnant</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> Duration: 12:00 Presenter: Nathan Ramsay Talent:</p> <ul style="list-style-type: none"> - Associate Professor Ted Wilkes, National Indigenous Drug and Alcohol Committee, WA - Scott Wilson, National Indigenous Drug and Alcohol Committee, SA - Anne Russell, Russell Family Foetal Alcohol Disorders Association and Training Connections Australia - Adele Gibson, Anyinginyi Health, NT <p>Michelle Gray, Drug and Alcohol Office, WA</p>	Australia
The Australian Government NHMRC	Australian Guidelines to reduce health risks from drinking alcohol (2009)	Guidelines	Health professionals	<p>Free to download: http://alcoholthinkagain.com.au/Portals/0/documents/publications/Resources%20for%20Health%20Professionals/Nhmrc-Guidelines.pdf</p> <p><u>Focus:</u> Mainstream with Indigenous elements</p> <p><u>Summary:</u> In 2009, the National Health and Medical Research Council (NHMRC) introduced revised guidelines that depart from specifying 'risky' and 'high risk' levels of drinking. The guidelines seek to estimate the overall risk of</p>	Australia

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				<p>alcohol-related harm over a lifetime and to reduce the level of risk to one death for every 100 people.</p> <p>There is no longer any difference in the guidelines based on gender; the guidelines are universal for adults over 18 years (Guidelines 1 and 2). Specific guidance is also provided for children and young people (Guideline 3), and pregnant and breastfeeding women (Guideline 4).</p> <ul style="list-style-type: none"> - Guideline one: to reduce the lifetime risk of harm from alcohol-related disease or injury, no more than two standard drinks should be consumed on any day - Guideline two: to reduce the risk of injury on a single occasion of drinking, no more than four standard drinks should be consumed - Guideline three: recommends that children under 15 years are at the greatest risk of harm from drinking and that for this age group, not drinking alcohol is especially important. For young people aged 15-17 years, the safest option is to delay the initiation of drinking for as long as possible <p>Guideline four: recommends for women who are pregnant, breastfeeding or planning to become pregnant, not drinking is the safest option.</p>	
Foundation for Alcohol Research and Education (FARE)	The story of alcohol use in pregnancy (2014)	Audio visual – video	All	<p>Free online: https://vimeo.com/100859137</p> <p><u>Focus:</u> Mainstream with Indigenous elements.</p> <p><u>Summary:</u> This video aims to raise awareness about Fetal alcohol spectrum disorder (FASD) to health and legal professionals and teachers. Information includes:</p> <ul style="list-style-type: none"> - FASD characteristics - diagnosis of FASD - preventing FASD <p>The video includes the Fitzroy Valley community-driven strategy as an example of positive changes with alcohol use in pregnancy.</p>	Australia – ACT
NSW Ministry of Health	Stay strong and health	Social media	All	<p>Free online: https://www.facebook.com/StayStrongAndHealthy</p>	Australia – NSW

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	Facebook page			<p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> ‘Stay strong and healthy’ on Facebook; provides health information on pregnancy, looking after a new baby, drugs and alcohol and coping with feeling down. Local Aboriginal maternal and infant services are provided on the interactive map as well as healthy Koori recipes.</p>	
	Stay strong and healthy - FASD Combined (2015)	Audio visual	All	<p>Free to download or order through: http://yourroom.com.au/aboriginal-resources/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> These resources are part of a suite of health promotion resources for Aboriginal women and their families which aim to raise awareness about alcohol and other drugs and mental health issues during or following pregnancy. The materials promote the importance of staying healthy and avoiding alcohol and other drugs at this time. The Stay strong and healthy resource package includes:</p> <ul style="list-style-type: none"> - three posters promoting Aboriginal women's health during pregnancy and after the baby is born - a postcard for Aboriginal women that promotes the availability of professional services and the role of friends and family in supporting pregnant women and women with young babies - a 16 page A5 size booklet with pictures that tells the story of a young Aboriginal woman who gets pregnant, and the healthy choices she and her partner make. The story discusses the risks of drug and alcohol consumption during pregnancy, including Fetal alcohol syndrome disorders (FASD), as well as the potential challenges of dealing with a mental illness. 	
	Stay strong and healthy - FASD Professional (2015)	Audio visual	Health professionals	<p><u>Free to download:</u> http://sydney.edu.au/medicine/addiction/indigenous/resources/</p>	Australia - NSW

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	Drug Work (2012)			<p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> The Handbook for Aboriginal Alcohol and Drug Work is a practical tool to use in your everyday work with clients. It can help build on your skills and knowledge.</p>	
Anyinginyi Public Health Unit	IHHP Tennant Creek: Stand Up (2014)	Audio visual – video	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.	<p>Free online: https://www.youtube.com/watch?v=p2cspvmNSgE</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> Indigenous Hip Hop Projects and stake holders from the whole Broome community banded together to bring you this song about FASD. Fetal Alcohol Spectrum Disorder is a problem that affects all communities, and the deadly youth from Broome have tackled this subject amazingly in their song 'Stand Up'. IHHP team Michael, Dallas, Terra, Tina, Mandy and Tim took on the challenge with passion and serious concern, to create awareness about this disorder.</p>	Australia – NT
	IHHP Tennant Creek: Alcohol It effects your babies - Strong Baby Strong Life (2012)	Audio visual – music video	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.	<p>Free online: https://www.youtube.com/watch?v=BWzQ83i6Ocu</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This health promotion music video is about drinking during pregnancy and the effects alcohol can have on a developing baby. The song and video clip were written and recorded by Indigenous Hip Hop Projects in collaboration with students from Tennant Creek High School in the Northern Territory.</p>	
Foundation for Alcohol Research and Education (FARE) &	Barkly Fights FASD (2013)	Audio visual – short film	Pregnant women, women of childbearing age,	<p>Free online: https://www.youtube.com/watch?v=IYgSI4Gkplw</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u></p>	Australia – NT

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Anyinginyi Public Health Unit			grandmothers and Aunties, and men.	<p>This short film uses puppets as characters to deliver a strong message about Fetal alcohol spectrum disorder (FASD) and the risks of drinking during pregnancy. It was written and performed by the people of Barkly, Northern Territory.</p> <p>The film follows the story of Mathias, a seven year old boy living with FASD in Tennant Creek, Northern Territory. His mother is pregnant and wants to make sure the new baby does not have FASD like Matias. The video follows the challenges families can face when it comes to alcohol and pregnancy.</p>	
Brisbane Indigenous Media Association	FASD info (2015)	Audio visual	All	<p><u>Free online:</u> http://www.bimaprojects.org.au/tag/pregnancy-and-childbirth/ <u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> This video raises awareness of Fetal Alcohol Spectrum Disorder (FASD) and provides information on the risks of consuming alcohol during pregnancy.</p>	Australia – QLD
	Stayin' strong: drugs and alcohol (2015)	Audio visual – video	All	<p><u>Free online:</u> http://www.bimaprojects.org.au/tag/drugs-and-alcohol/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> <i>Stayin strong: drugs and alcohol</i> is a series of podcasts aimed at informing Aboriginal and Torres Strait Islander people about the impact of alcohol and other drugs on their health and the positive outcomes that can be gained through abstaining from harmful substance use, including ice and volatile substances.</p> <p>Podcasts of particular relevance to this package include:</p> <ul style="list-style-type: none"> - Alcohol and healthy pregnancy - Foetal Alcohol Spectrum Disorder <p>The resources can be used by psychiatrists and other healthcare professionals, researchers, or those aiming to address their own alcohol</p>	Australia – QLD

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				and other drug use.	
Russell Family Fetal Alcohol Disorders Australia	FASD brochure - No blame no shame (2012)	Brochure	Pregnant women, women of childbearing age, and health professionals.	<p><u>Free to download:</u> http://rffada.org/images/stories/documents/rffada_fasd_brochure_Indigenous1.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> This brochure was developed for Aboriginal and Torres Strait Islander women and provides information on Fetal alcohol spectrum disorder (FASD) and includes:</p> <ul style="list-style-type: none"> - what is FASD? - problems caused from FASD - what to do when pregnant - where to find more information - training information for health workers 	Australia – QLD
Aboriginal Drug and Alcohol Council (SA) Inc.	Fetal Alcohol Spectrum Disorders (2006)	Flip charts	All	<p><u>Purchase through:</u> http://www.adac.org.au/resFILE/res6.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> This flipchart has been developed to explain to people who may be thinking about getting pregnant, or who are pregnant, about the dangers of drinking alcohol when pregnant and the risks of fetal alcohol spectrum disorder (FASD). It has been designed especially for Aboriginal drug and alcohol workers and Health Workers and their clients. Topics included in the flipchart include:</p> <ul style="list-style-type: none"> - false stories - the dangers of drinking while pregnant - facial features of children with FASD 	Australia - SA
Drug Education Network	Pregnancy & alcohol don't mix: the FASD	Tool	Health professionals	<p><u>Free to download:</u> http://interactive.den.org.au/toolbox/TheFASDHandbook_DEN2016_Online.pdf</p>	Australia – TAS

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	handbook for health professionals			<p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> A useful toolkit for health professionals that provides detailed information including:</p> <ul style="list-style-type: none"> - about Fetal Alcohol Spectrum Disorder - understanding the problem - women and alcohol - the prevention of FASD - resources toolbox 	
Kimberley Diamond Company and Variety	The Marulu Strategy	Audio visual	Health professionals	<p><u>Free online:</u> https://alcoholpregnancy.telethonkids.org.au/resources/australian-indigenous-resources/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> In 2012, the Kimberley Diamond Company and Variety -- the Children's Charity made a ground-breaking commitment to support the Marulu Strategy and the fight against Fetal Alcohol Spectrum Disorders (FASD) -- endemic amongst indigenous children living the Fitzroy Valley. This community driven strategy has one goal - to make FASD history in the Fitzroy Valley. With education, early intervention therapy and support for carers and families, we can make this possible - but we need your help. Please donate today at www.varietywa.org.au. Produced by Feral Films. With thanks to June Oscar OAM, Marninwarntikura Women's Resource Centre, The Lililwan Project (The George Institute for Global Health) and the Kimberley Diamond Company.</p>	Australia – WA
National Drug Research Institute	National Indigenous FASD Resources Project	Fact sheet	Health professionals	<p><u>Free to download:</u> http://www.healthinonet.ecu.edu.au/uploads/resources/26967_26967.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p>	Australia – WA

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	Snapshot for Communities (2014)			<p><u>Summary:</u> This factsheet provides a summary of the National Indigenous Fetal alcohol spectrum disorders (FASD) project for communities. The factsheet covers:</p> <ul style="list-style-type: none"> - the projects aims - how the project was conducted - information about consultations and the key findings - lessons learnt from the project - resources developed 	
Telethon Kids Institute	Making FASD history in the Fitzroy Valley	Audio visual	Health professionals	<p><u>Free online:</u> https://alcoholpregnancy.telethonkids.org.au/resources/australian-videos--dvds/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> Dr James Fitzpatrick and his travelling health team travel to Muludja in WA's Fitzroy Valley to screen for Fetal Alcohol Spectrum Disorder (FASD).</p>	Australia – WA
	Pilbara FASD project	Audio visual	Health professionals	<p><u>Free online:</u> https://alcoholpregnancy.telethonkids.org.au/resources/australian-videos--dvds/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> A new project aimed at reducing Fetal Alcohol Spectrum Disorder (FASD) in the Pilbara has been launched in South Hedland. The project called 'Warajanga Marnti Warrarnja - Together we walk on country' is a partnership between the Telethon Kids Institute and BHP Billiton in collaboration with Wirraka Maya Health Services and the Hedland FASD Network. Working with the community, the project has the bold goal to make FASD history in the Pilbara and builds upon the successful FASD</p>	Australia – WA

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				<p>prevention model in the Kimberley, the Marulu Strategy. The research in the Pilbara is focussed on three main areas:</p> <ul style="list-style-type: none"> - Reducing the prevalence of FASD in the Hedland area - Diagnosis of children who might have FASD - Support for children and families affected by FASD. 	
	Warajanga Marnti Warrarnja – Together we walk on country – Launch video	Audio visual	Health professionals	<p>Free online: https://vimeo.com/186221069</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> Today we launched a new project to make FASD history in the Pilbara. We are thrilled to be working with BHP Billiton, Wirraka Maya Health Services and the community to improve child health and wellbeing.</p>	Australia – WA
Alcohol Education and Rehabilitation Foundation	Women’s health AERF campaign (2011)	Audio visual – video	All	<p>Free online: https://www.youtube.com/watch?v=LWhBHzzohEc</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This video clip was produced by the South West Women's Health and Information Centre (SWWHIC). The advertisement is intended as an educational resource for the public, to highlight the risk of drinking alcohol during pregnancy and breastfeeding. A focus group contributed to the advertisement's message, which aimed to be positive and empowering for pregnant and breastfeeding women. The advertisement features local talent from different cultures including a Nyoongar Elder, and was filmed in Bunbury, Western Australia.</p>	Australia – WA



Educating and raising awareness of the impact of smoking tobacco during pregnancy

Resources for pregnant women

Author	Title and year	Material type	Target population	Details	Location
Deadly Choices	Smoking Television Commercial #1 (2013)	Audio visual – TVC	All	<p><u>Free online:</u> https://www.youtube.com/watch?v=72STfEeAldM&feature=youtu.be</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> Duration: 60 seconds This television commercial was developed for Aboriginal and Torres Strait Islander peoples and shows the negative impact smoking tobacco can have on pregnant women, their unborn baby and the people around them, including children.</p>	Australia
New South Wales Health	Yarning About Quitting – video series (2016)	Audio visual	Pregnant women and women of childbearing age.	<p><u>Free online:</u> https://www.youtube.com/playlist?list=PLpXDJ5In7QhS6JwJKKbLJbvumK3Q15ZxM</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> A video series of women’s personal accounts of their experiences with quit smoking during pregnancy:</p> <ul style="list-style-type: none"> - Introduction - Chrissie Scene 01 - Chrissie Scene 02 - Lisa Scene 01 - Lisa Scene 02 - Marlene Scene 01 - Marlene Scene 02 - Conclusion 	Australia – NSW
Menzies School	Smoking and	Audio	Pregnant	<p><u>Free online:</u> https://vimeo.com/41419736</p>	Australia –

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Author	Title and year	Material type	Target population	Details	Location
of Health Research and nosmokes.com.au	pregnancy (2013)	visual – video	women, women of childbearing age, and grandmother and Aunties.	<p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This video resource was created for Aboriginal and Torres Strait Islander women and shows the negative impact smoking has on the pregnant woman and her unborn baby.</p>	NT
Brisbane Indigenous Media Association	Mums, babies and smoking (2013)	Audio visual	Pregnant women, women of childbearing age, grandmother and Aunties, and men.	<p><u>Free online:</u> http://www.bimaprojects.org.au/tag/pregnancy-and-childbirth/page/2/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p>	Australia - QLD
Aboriginal Health Council of South Australia	Stickin' it up the smokes: Ellie Lovegrove and Daniel Summer (2013)	Audio visual – music video	Pregnant women and women of childbearing age.	<p><u>Free online:</u> https://www.youtube.com/watch?v=ulcGB6gxTT4</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This song aims to help decrease smoking rates among pregnant Aboriginal women. The song is performed by Ellie Lovegood and Daniel Sumner and was written for the Aboriginal Health Council of South Australia's Stickin' it up the smokes social marketing campaign.</p>	Australia – SA
Gippsland Tobacco & Healthy Lifestyle Team	Smoking...are you kidding? (2016)	Poster	Pregnant women and women of childbearing age.	<p><u>Free online:</u> http://gtahl.org.au/index.php/the-posters/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This series of posters have been developed to provide smoking prevention messages to Aboriginal and Torres Strait Islander people, and</p>	Australia – VIC

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Author	Title and year	Material type	Target population	Details	Location
				<p>can be printed and displayed in a number of different spaces. Posters in the series include:</p> <ul style="list-style-type: none"> - Smoking are you kidding? Cigarettes and children don't mix - Culture or killer - It's your choice - Don't give up your family for cigarettes - Smoking are you kidding? I've got too much to live for. <p>The posters were developed by the Gippsland Tobacco and Healthy Lifestyle Team and are a partnership effort with Aboriginal Quitline.</p>	
Australian Council on Smoking and Health	Mary G' campaign (2013)	Audio visual – radio segments	All	<p><u>Free online:</u> http://www.healthinonet.ecu.edu.au/key-resources/promotion-resources?page=3&sorter=year-DESC&health_topic%5b%5d=20&year_start=1995&year_end=2015&lid=29150&ref=38</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> These six radio podcasts were performed by 'Mary G' and provide information of the dangers of smoking whilst pregnant for Aboriginal women. The series also address the dangers of second hand smoke and the associated risks for other people, particularly young children, when around people who smoke tobacco. The radio podcasts were sent to 162 Aboriginal and Torres Strait Islander radio stations across Australia and to all Aboriginal and Torres Strait Islander health services with supporting information.</p>	Australia – WA
Drug and Alcohol Office West Australian Department of Health	Getting the best start – Protecting our children and pregnant women from	Brochure	All	<p><u>Free to download:</u> http://www.healthinonet.ecu.edu.au/uploads/resources/23912_23912_getting-the-best-start.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p>	Australia – WA

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Author	Title and year	Material type	Target population	Details	Location
	second hand smoke (2011)			<p><u>Summary:</u> This brochure provides information about protecting children and pregnant women from second hand smoke. Information includes:</p> <ul style="list-style-type: none"> - why second hand smoke is harmful to pregnant women and children - things you can do about second hand smoke - help and support options. <p>The brochure uses culturally appropriate illustrations and language for Aboriginal and Torres Strait Islander people in Western Australia.</p>	
Drug and Alcohol Office West Australian Department of Health	Tobacco free family (2011)	Booklet	All	<p><u>Free to download:</u> http://www.healthinonet.ecu.edu.au/uploads/resources/23912_23912_qalt-tobacco-free-family-booklet.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This booklet provides information on how to have a tobacco free family. The resources were produced as part of the <i>Western Australian Quitline Aboriginal Liaison Team (QALT) community engagement project.</i></p>	Australia – WA



Educating and raising awareness of the impact of smoking tobacco during pregnancy

Resources for women of childbearing age

Author	Title and year	Material type	Target population	Details	Location
Deadly Choices	Smoking Television Commercial #1 (2013)	Audio visual – TVC	All	<p><u>Free online:</u> https://www.youtube.com/watch?v=72STfEeAldM&feature=youtu.be</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> Duration: 60 seconds This television commercial was developed for Aboriginal and Torres Strait Islander peoples and shows the negative impact smoking tobacco can have on pregnant women, their unborn baby and the people around them, including children.</p>	Australia
New South Wales Health	Yarning About Quitting – video series (2016)	Audio visual	Pregnant women and women of childbearing age.	<p><u>Free online:</u> https://www.youtube.com/playlist?list=PLpXDJ5In7QhS6JwJKKbLJbvumK3Q15ZxM</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> A video series of women’s personal accounts of their experiences with quit smoking during pregnancy:</p> <ul style="list-style-type: none"> - Introduction - Chrissie Scene 01 - Chrissie Scene 02 - Lisa Scene 01 - Lisa Scene 02 - Marlene Scene 01 - Marlene Scene 02 - Conclusion 	Australia – NSW
Menzies School	Smoking and	Audio	Pregnant	<p><u>Free online:</u> https://vimeo.com/41419736</p>	Australia –

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Author	Title and year	Material type	Target population	Details	Location
of Health Research and nosmokes.com.au	pregnancy (2013)	visual – video	women, women of childbearing age, and grandmother and Aunties.	<p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This video resource was created for Aboriginal and Torres Strait Islander women and shows the negative impact smoking has on the pregnant woman and her unborn baby.</p>	NT
Brisbane Indigenous Media Association	Mums, babies and smoking (2013)	Audio visual	Pregnant women, women of childbearing age, grandmother and Aunties, and men.	<p><u>Free online:</u> http://www.bimaprojects.org.au/tag/pregnancy-and-childbirth/page/2/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p>	Australia - QLD
Aboriginal Health Council of South Australia	Stickin' it up the smokes: Ellie Lovegrove and Daniel Summer (2013)	Audio visual – music video	Pregnant women and women of childbearing age.	<p><u>Free online:</u> https://www.youtube.com/watch?v=ulcGB6gxTT4</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This song aims to help decrease smoking rates among pregnant Aboriginal women. The song is performed by Ellie Lovegood and Daniel Sumner and was written for the Aboriginal Health Council of South Australia's Stickin' it up the smokes social marketing campaign.</p>	Australia – SA
Gippsland Tobacco & Healthy Lifestyle Team	Smoking...are you kidding? (2016)	Poster	Pregnant women and women of childbearing age.	<p><u>Free online:</u> http://gtahl.org.au/index.php/the-posters/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This series of posters have been developed to provide smoking prevention messages to Aboriginal and Torres Strait Islander people, and</p>	Australia – VIC

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Author	Title and year	Material type	Target population	Details	Location
				<p>can be printed and displayed in a number of different spaces. Posters in the series include:</p> <ul style="list-style-type: none"> - Smoking are you kidding? Cigarettes and children don't mix - Culture or killer - It's your choice - Don't give up your family for cigarettes - Smoking are you kidding? I've got too much to live for. <p>The posters were developed by the Gippsland Tobacco and Healthy Lifestyle Team and are a partnership effort with Aboriginal Quitline.</p>	
Australian Council on Smoking and Health	Mary G' campaign (2013)	Audio visual – radio segments	All	<p><u>Free online:</u> http://www.healthinonet.ecu.edu.au/key-resources/promotion-resources?page=3&sorter=year-DESC&health_topic%5b%5d=20&year_start=1995&year_end=2015&lid=29150&ref=38</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> These six radio podcasts were performed by 'Mary G' and provide information of the dangers of smoking whilst pregnant for Aboriginal women. The series also address the dangers of second hand smoke and the associated risks for other people, particularly young children, when around people who smoke tobacco. The radio podcasts were sent to 162 Aboriginal and Torres Strait Islander radio stations across Australia and to all Aboriginal and Torres Strait Islander health services with supporting information.</p>	Australia – WA



Educating and raising awareness of the impact of smoking tobacco during pregnancy

Resources for grandmothers and Aunties

Author	Title and year	Material type	Target population	Details	Location
Deadly Choices	Smoking Television Commercial #1 (2013)	Audio visual – TVC	All	<p><u>Free online:</u> https://www.youtube.com/watch?v=72STfEeAldM&feature=youtu.be</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> Duration: 60 seconds This television commercial was developed for Aboriginal and Torres Strait Islander peoples and shows the negative impact smoking tobacco can have on pregnant women, their unborn baby and the people around them, including children.</p>	Australia
Menzies School of Health Research and nosmokes.com.au	Smoking and pregnancy (2013)	Audio visual – video	Pregnant women, women of childbearing age, and grandmother and Aunties.	<p><u>Free online:</u> https://vimeo.com/41419736</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This video resource was created for Aboriginal and Torres Strait Islander women and shows the negative impact smoking has on the pregnant woman and her unborn baby.</p>	Australia – NT
Brisbane Indigenous Media Association	Mums, babies and smoking (2013)	Audio visual	Pregnant women, women of childbearing age, grandmother and Aunties, and men.	<p><u>Free online:</u> http://www.bimaprojects.org.au/tag/pregnancy-and-childbirth/page/2/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p>	Australia - QLD
Australian	Mary G'	Audio	All	<u>Free online:</u>	Australia –

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Author	Title and year	Material type	Target population	Details	Location
Council on Smoking and Health	campaign (2013)	visual – radio segments		<p>http://www.healthinfonet.ecu.edu.au/key-resources/promotion-resources?page=3&sorter=year-DESC&health_topic%5b%5d=20&year_start=1995&year_end=2015&lid=29150&ref=38</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> These six radio podcasts were performed by 'Mary G' and provide information of the dangers of smoking whilst pregnant for Aboriginal women. The series also address the dangers of second hand smoke and the associated risks for other people, particularly young children, when around people who smoke tobacco. The radio podcasts were sent to 162 Aboriginal and Torres Strait Islander radio stations across Australia and to all Aboriginal and Torres Strait Islander health services with supporting information.</p>	WA



Educating and raising awareness of the impact of smoking tobacco during pregnancy

Resources for men

Author	Title and year	Material type	Target population	Details	Location
Deadly Choices	Smoking Television Commercial #1 (2013)	Audio visual – TVC	All	<p><u>Free online:</u> https://www.youtube.com/watch?v=72STfEeAldM&feature=youtu.be</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> Duration: 60 seconds This television commercial was developed for Aboriginal and Torres Strait Islander peoples and shows the negative impact smoking tobacco can have on pregnant women, their unborn baby and the people around them, including children.</p>	Australia
Brisbane Indigenous Media Association	Mums, babies and smoking (2013)	Audio visual	Pregnant women, women of childbearing age, grandmother and Aunties, and men.	<p><u>Free online:</u> http://www.bimaprojects.org.au/tag/pregnancy-and-childbirth/page/2/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p>	Australia – QLD
Australian Council on Smoking and Health	Mary G' campaign (2013)	Audio visual – radio segments	All	<p><u>Free online:</u> http://www.healthinonet.ecu.edu.au/key-resources/promotion-resources?page=3&sorter=year-DESC&health_topic%5b%5d=20&year_start=1995&year_end=2015&lid=29150&ref=38</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u></p>	Australia – WA

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Author	Title and year	Material type	Target population	Details	Location
				<p>These six radio podcasts were performed by 'Mary G' and provide information of the dangers of smoking whilst pregnant for Aboriginal women. The series also address the dangers of second hand smoke and the associated risks for other people, particularly young children, when around people who smoke tobacco.</p> <p>The radio podcasts were sent to 162 Aboriginal and Torres Strait Islander radio stations across Australia and to all Aboriginal and Torres Strait Islander health services with supporting information.</p>	

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Educating and raising awareness of the impact of smoking tobacco during pregnancy

Resources for health professionals

Author	Title and year	Material type	Target population	Details	Location
Deadly Choices	Smoking Television Commercial #1 (2013)	Audio visual – TVC	All	<p><u>Free online:</u> https://www.youtube.com/watch?v=72STfEeAldM&feature=youtu.be</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> Duration: 60 seconds This television commercial was developed for Aboriginal and Torres Strait Islander peoples and shows the negative impact smoking tobacco can have on pregnant women, their unborn baby and the people around them, including children.</p>	Australia
Australian Institute of Health and Welfare	Anti-tobacco programs for Aboriginal and Torres Strait Islander people (2011)	Fact sheet	Health professionals	<p><u>Free to download:</u> http://www.aihw.gov.au/uploadedFiles/ClosingTheGap/Content/Publications/2011/ctgc-rs04.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This factsheet discusses the harms resulting from tobacco use in Aboriginal and Torres Strait Islander communities, and evidence-based approaches to reducing harms. Information includes:</p> <ul style="list-style-type: none"> - life expectancy - prevalence of tobacco use - why a high proportion of Aboriginal and Torres Strait Islander people smoke - the effectiveness of current responses. 	Australia - ACT
University of	Handbook	Handbook	Health	<p><u>Free to download:</u></p>	Australia -

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Author	Title and year	Material type	Target population	Details	Location
Sydney	for Aboriginal Alcohol and Drug Work (2012)		professionals	http://sydney.edu.au/medicine/addiction/indigenous/resources/ <u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people. <u>Summary:</u> The Handbook for Aboriginal Alcohol and Drug Work is a practical tool to use in your everyday work with clients. It can help build on your skills and knowledge.	NSW
Australian Council on Smoking and Health	Mary G' campaign (2013)	Audio visual – radio segments	All	<u>Free online:</u> http://www.healthinfonet.ecu.edu.au/key-resources/promotion-resources?page=3&sorter=year-DESC&health_topic%5b%5d=20&year_start=1995&year_end=2015&lid=29150&ref=38 <u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people. <u>Summary:</u> These six radio podcasts were performed by 'Mary G' and provide information of the dangers of smoking whilst pregnant for Aboriginal women. The series also address the dangers of second hand smoke and the associated risks for other people, particularly young children, when around people who smoke tobacco. The radio podcasts were sent to 162 Aboriginal and Torres Strait Islander radio stations across Australia and to all Aboriginal and Torres Strait Islander health services with supporting information.	Australia – WA
Kimberley Aboriginal Medical Services Council	Smoking Cessation (2015)	Brochure	Health professionals	<u>Free to download:</u> http://resources.kamsc.org.au/downloads/cd_sces.pdf <u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.	Australia – WA

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Educating and raising awareness of the impact of drug use during pregnancy

Resources for pregnant women and women of childbearing age

Author	Title and year	Material type	Target population	Details	Location
National Cannabis Prevention and Information Centre	Could it be the gunja? having a baby (2013)	Brochure	All	Free to download: https://ncpic.org.au/shop/all-resources/?id=5287 <u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.	Australia – NSW
	Could it be the gunja? pregnancy (2013)	Brochure	All	<u>Summary:</u> A series of downloadable posters and pamphlets that aims to get people thinking about whether gunja could be contributing to health and social issues.	
	Gunja and pregnancy (2013)	Booklet	All	Free to download: https://ncpic.org.au/static/pdfs/gunja-low-literacy-resources/gunja-and-pregnancy-booklet.pdf <u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people. <u>Summary:</u> This booklet was produced to provide information on cannabis for Aboriginal and Torres Strait Islander people with low literacy skills. It describes the health risks of using cannabis during and after pregnancy with the use of culturally-specific illustrations and language.	
	Gunja and pregnancy (2013)	Poster	All	Free to download: https://ncpic.org.au/static/pdfs/gunja-low-literacy-resources/gunja-and-pregnancy-poster.pdf <u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people. <u>Summary:</u> This poster was produced to provide information on cannabis for Aboriginal and Torres Strait Islander people with low literacy skills. It	

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Author	Title and year	Material type	Target population	Details	Location
				describes the health risks of using cannabis during and after pregnancy with the use of culturally-specific illustrations and language.	

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Educating and raising awareness of the impact of drug use during pregnancy

For grandmothers and Aunties, and men.

Author	Title and year	Material type	Target population	Details	Location
National Cannabis Prevention and Information Centre	Could it be the gunja? having a baby (2013)	Brochure	All	Free to download: https://ncpic.org.au/shop/all-resources/?id=5287 <u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.	Australia – NSW
	Could it be the gunja? pregnancy (2013)	Brochure	All	<u>Summary:</u> A series of downloadable posters and pamphlets that aims to get people thinking about whether gunja could be contributing to health and social issues.	
	Gunja and pregnancy (2013)	Booklet	All	Free to download: https://ncpic.org.au/static/pdfs/gunja-low-literacy-resources/gunja-and-pregnancy-booklet.pdf <u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people. <u>Summary:</u> This booklet was produced to provide information on cannabis for Aboriginal and Torres Strait Islander people with low literacy skills. It describes the health risks of using cannabis during and after pregnancy with the use of culturally-specific illustrations and language.	
	Gunja and pregnancy (2013)	Poster	All	Free to download: https://ncpic.org.au/static/pdfs/gunja-low-literacy-resources/gunja-and-pregnancy-poster.pdf <u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people. <u>Summary:</u> This poster was produced to provide information on cannabis for Aboriginal and Torres Strait Islander people with low literacy skills. It	

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Author	Title and year	Material type	Target population	Details	Location
				describes the health risks of using cannabis during and after pregnancy with the use of culturally-specific illustrations and language.	

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Educating and raising awareness of the impact of drug use during pregnancy

Resources for health professionals

Author	Title and year	Material type	Target population	Details	Location
National Cannabis Prevention and Information Centre	Could it be the gunja? having a baby (2013)	Brochure	All	Free to download: https://ncpic.org.au/shop/all-resources/?id=5287 <u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.	Australia – NSW
	Could it be the gunja? pregnancy (2013)	Brochure	All	<u>Summary:</u> A series of downloadable posters and pamphlets that aims to get people thinking about whether gunja could be contributing to health and social issues.	
	Gunja and pregnancy (2013)	Booklet	All	Free to download: https://ncpic.org.au/static/pdfs/gunja-low-literacy-resources/gunja-and-pregnancy-booklet.pdf <u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people. <u>Summary:</u> This booklet was produced to provide information on cannabis for Aboriginal and Torres Strait Islander people with low literacy skills. It describes the health risks of using cannabis during and after pregnancy with the use of culturally-specific illustrations and language.	
	Gunja and pregnancy (2013)	Poster	All	Free to download: https://ncpic.org.au/static/pdfs/gunja-low-literacy-resources/gunja-and-pregnancy-poster.pdf <u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people. <u>Summary:</u> This poster was produced to provide information on cannabis for Aboriginal and Torres Strait Islander people with low literacy skills. It	

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Author	Title and year	Material type	Target population	Details	Location
				describes the health risks of using cannabis during and after pregnancy with the use of culturally-specific illustrations and language.	
University of Sydney	Handbook for Aboriginal Alcohol and Drug Work (2012)	Handbook	Health professionals	<p><u>Free to download:</u> http://sydney.edu.au/medicine/addiction/indigenous/resources/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u></p> <ul style="list-style-type: none"> - The Handbook for Aboriginal Alcohol and Drug Work is a practical tool to use in your everyday work with clients. It can help build on your skills and knowledge. 	Australia - NSW

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Educating and raising awareness of family planning and contraception options

Resources for pregnant women, women of childbearing age, and men.

Author	Title and year	Material type	Target population	Details	Location
Brisbane Indigenous Media Association	Parents and contraception (nd)	Audio-visual	Pregnant women, women of childbearing age, and men.	<p><u>Free online:</u> http://www.bimaprojects.org.au/tag/sexual-health/page/11/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p>	Australia
Victorian Aboriginal Community Controlled Health Organisation (VACCHO)	Condoms (2009)	Fact sheet	Pregnant women, women of childbearing age, men, and health professionals.	<p><u>Free to download:</u> http://www.vaccho.org.au/vcwp/wp-content/uploads/2011/03/3.3.2-Sexual-Health-Program-image-12.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This one page fact sheet has been produced to encourage condom use among Indigenous people. The fact sheet provides answers to the following questions: what are condoms; how do condoms work; when should you use a condom; and how do you use condoms. Included in the fact sheet is artwork and text that is culturally appropriate for the Indigenous population.</p>	Australia – VIC
Victorian Aboriginal Community Controlled Health Organisation (VACCHO) & Family planning Victoria	Contraception it's your choice (2013)	Booklet	Pregnant women, women of childbearing age, men, and health professionals.	<p><u>Free to download:</u> http://www.vaccho.org.au/assets/01-RESOURCES/TOPIC-AREA/SEX-HEALTH/VACCHO-CONTRACEPTION-GUIDE-2016.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This easy to read booklet contains information to help individuals make an informed decision about which type of contraception may best suit you.</p>	Australia – VIC

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Educating and raising awareness of family planning and contraception options

Resources for health professionals

Author	Title and year	Material type	Target population	Details	Location
Victorian Aboriginal Community Controlled Health Organisation (VACCHO)	Condoms (2009)	Fact sheet	Pregnant women, women of childbearing age, men, and health professionals.	<p>Free to download: http://www.vaccho.org.au/vcwp/wp-content/uploads/2011/03/3.3.2-Sexual-Health-Program-image-12.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This one page fact sheet has been produced to encourage condom use among Indigenous people. The fact sheet provides answers to the following questions: what are condoms; how do condoms work; when should you use a condom; and how do you use condoms. Included in the fact sheet is artwork and text that is culturally appropriate for the Indigenous population.</p>	Australia – VIC
Victorian Aboriginal Community Controlled Health Organisation (VACCHO) & Family planning Victoria	Contraception it's your choice (2013)	Booklet	Pregnant women, women of childbearing age, men, and health professionals.	<p>Free to download: http://www.vaccho.org.au/assets/01-RESOURCES/TOPIC-AREA/SEX-HEALTH/VACCHO-CONTRACEPTION-GUIDE-2016.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This easy to read booklet contains information to help individuals make an informed decision about which type of contraception may best suit you.</p>	Australia – VIC

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Planning evidence-based interventions for one-on-one sessions

Resources for health professionals

Author	Title and year	Material type	Target population	Details	Location
Drug Education Network	Pregnancy & alcohol don't mix: the FASD handbook for health professionals	Tool	Health professionals	<p><u>Free to download:</u> http://interactive.den.org.au/toolbox/TheFASDHandbook_DEN2016_Online.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> A useful toolkit for health professionals that provides detailed information including:</p> <ul style="list-style-type: none">- about Fetal Alcohol Spectrum Disorder- understanding the problem- women and alcohol- the prevention of FASD- resources toolbox	Australia – TAS

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Planning evidence-based interventions for health promotion programs

Resources for health professionals

Author	Title and year	Material type	Target population	Details	Location
University of Sydney	Handbook for Aboriginal Alcohol and Drug Work (2012)	Handbook	Health professionals	<p><u>Free to download:</u> http://sydney.edu.au/medicine/addiction/indigenous/resources/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> The Handbook for Aboriginal Alcohol and Drug Work is a practical tool to use in your everyday work with clients. It can help build on your skills and knowledge.</p>	Australia - NSW

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Frameworks for evaluating interventions

Resources for health professionals

Author	Title and year	Material type	Target population	Details	Location
Marilyn Van Bibber, Sharon Hume, Carol Hubbertstey, Deborah Rutman and Nancy Poole	Mapping Evaluation of FASD Programs in Aboriginal Communities (2012)	Tool	Health professionals	<p>Free to download with authors permission to reprint: http://bcewh.bc.ca/wp-content/uploads/2014/06/MAP-FASD-Aboriginal-feb22-2013.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This map is intended to help program staff, planners and funders to more easily identify the aspects of programs that contribute to positive client and community outcomes and the range of outcomes that can result from or be associated with certain approaches and program activities. It also provides a common framework for thinking about how to conduct evaluations across programs or across communities.</p>	Canada

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Tools for encouraging behaviour change – brief interventions and motivational interviewing

Resources for health professionals

Author	Title and year	Material type	Target population	Details	Location
Page J	My Story Cards	Therapeutic tool	Health professionals	<p>For purchase through: http://www.mystorycards.com.au/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> These story cards were produced as an Aboriginal specific therapy tool in the alcohol and other drugs sector. The resource kit contains picture cards, which depict 25 'life areas'. health workers use the cards to encourage communication between counsellor and client, and engage the participant(s) in a therapy session. The story cards were developed in partnership with Aboriginal people to ensure that they were appropriate and culturally sensitive as a therapeutic (healing) tool.</p>	Australia
Realityworks	RealCare™ Fetal Alcohol Syndrome Baby (nd)	Simulator dolls	Health professionals	<p>For purchase through: http://www.realityworks.com/products/realcare-fetal-alcohol-syndrome-baby</p> <p><u>Focus:</u> Dolls may be purchased with customised features.</p> <p><u>Summary:</u> By showing the potential physical effects of prenatal alcohol use, the RealCare™ Fetal Alcohol Syndrome Baby shows the potential impacts of alcohol use while pregnant. You can use this experiential learning tool and the included curriculum to facilitate engaging discussions on:</p> <ul style="list-style-type: none"> - Prenatal alcohol use - Alcohol abuse prevention - Child development and more 	USA

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Author	Title and year	Material type	Target population	Details	Location
				<p>Each lifelike, non-electronic baby simulator features:</p> <ul style="list-style-type: none"> - Small gestational size - Small head, widely set eyes - Low nasal bridge - Bigger, lower ears - Shorter nose and smaller chin - Flattened mid-face - Curved fingers and joints - Available in two skin tones <p>Target Audience - Use this FAS baby simulator as a powerful demonstrator in:</p> <ul style="list-style-type: none"> - Alcohol and substance abuse prevention programs - Family and consumer sciences, child development and health classes - Childbirth, prenatal and parenting classes - Health occupations and child care career courses 	
Realityworks	RealCare™ Drug-Affected Baby (nd)	Simulator dolls	Health professionals	<p><u>For purchase through:</u> http://www.realityworks.com/products/realcare-drug-affected-baby</p> <p><u>Focus:</u> Dolls may be purchased with customised features.</p> <p><u>Summary:</u> By emitting the cries and demonstrating the withdrawal tremors of a drug-affected infant, the RealCare™ Drug-Affected Baby shows the potential impacts of drug use while pregnant. Combine this experiential learning tool with the included curriculum to facilitate engaging discussion of:</p> <ul style="list-style-type: none"> - Prenatal drug exposure - Drug abuse prevention - Child development 	USA

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Author	Title and year	Material type	Target population	Details	Location
				<p>Each lifelike, electronic infant simulator features:</p> <ul style="list-style-type: none"> - A painful facial expression - Tiny limbs - Small gestational size - Emits cries of a drug-affected infant - Demonstrates withdrawal tremors <p>Target Audience - Use this FAS baby simulator as a powerful demonstrator in:</p> <ul style="list-style-type: none"> - Alcohol and substance abuse prevention programs - Family and consumer sciences, child development and health classes - Childbirth, prenatal and parenting classes - Health occupations and child care career courses 	
Alcohol and Drug Foundation	Healthy Spirit Healthy Community: A Guide to Drugs and Alcohol within our Community (2016)	Guide	Health professionals	<p>Free to download: http://adf.org.au/wp-content/uploads/2016/10/NSWHEALTH_BOOKLET_13-Updated-03.02.17.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p>	Australia – QLD
NSW Ministry of Health	Standard drinks guide (2015)	Poster	Health professionals	<p>For purchase through: www.yourroom.com.au/aboriginal-resources/</p> <p><u>Focus:</u> Mainstream with Indigenous elements.</p> <p><u>Summary:</u> A quick reference guide to the number of standard drinks in a range of alcoholic drinks. A standard drink is the measure of alcohol used to work out safe drinking levels. This guide can be used by health professionals when discussing alcohol</p>	Australia – NSW

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Author	Title and year	Material type	Target population	Details	Location
				with a woman during pregnancy.	
	Stay strong and healthy - FASD Combined (2015)	Audio visual	All	Free to download or order through: http://yourroom.com.au/aboriginal-resources/ <u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people	Australia - NSW
	Stay strong and healthy - FASD Professional (2015)	Audio visual	Health professionals	<u>Summary:</u> These resources are part of a suite of health promotion resources for Aboriginal women and their families which aim to raise awareness about alcohol and other drugs and mental health issues during or following pregnancy. The materials promote the importance of staying healthy and avoiding alcohol and other drugs at this time. The Stay strong and healthy resource package includes:	
	Stay strong and healthy FASD guide for health workers - Advising Aboriginal women about alcohol and pregnancy (2012)	Information sheet	Health professionals	<ul style="list-style-type: none"> - three posters promoting Aboriginal women's health during pregnancy and after the baby is born - a postcard for Aboriginal women that promotes the availability of professional services and the role of friends and family in supporting pregnant women and women with young babies - a 16 page A5 size booklet with pictures that tells the story of a young Aboriginal woman who gets pregnant, and the healthy choices she and her partner make. The story discusses the risks of drug and alcohol consumption during pregnancy, including Fetal alcohol syndrome disorders (FASD), as well as the potential challenges of dealing with a mental illness. 	
Queensland Department of Health	No shame: yarn about it (2014)	Audio visual – video	Health professionals	<u>Free online:</u> http://www.health.qld.gov.au/clinical-practice/guidelines-procedures/sex-health/training/default.asp <u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people. <u>Summary:</u>	Australia - QLD

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Author	Title and year	Material type	Target population	Details	Location
				<p>This video aims to educate Aboriginal and Torres Strait Islander sexual health workers to engage with, and talk to, their clients about sexual health issues.</p> <p>In the video helps sexual health workers talk about how they:</p> <ul style="list-style-type: none"> - support young people and elders to feel safe about coming to their clinic - break the ice and get clients yarning about sexual health - ensure the clients know the information shared is kept confidential - ensure they provide a comfortable and safe place to yarn about sexual health so the clients feel safe <p>This video also has information on the important things to tell clients about Sexually Transmitted Infections (STIs) and the tests involved. Viewers of this video are respectfully warned that some of the people whose images appear in this video may have passed away. The video was developed by family planning Queensland and funded by Queensland Health.</p>	
Drug Education Network	Pregnancy & alcohol don't mix: the FASD handbook for health professionals	Tool	Health professionals	<p><u>Free to download:</u> http://interactive.den.org.au/toolbox/TheFASDHandbook_DEN2016_Online.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> A useful toolkit for health professionals that provides detailed information including:</p> <ul style="list-style-type: none"> - about Fetal Alcohol Spectrum Disorder - understanding the problem - women and alcohol - the prevention of FASD resources toolbox	Australia – TAS

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Author	Title and year	Material type	Target population	Details	Location
Kimberley Aboriginal Medical Services Council	Smoking Cessation (2015)	Brochure	Health professionals	<p><u>Free to download:</u> http://resources.kamsc.org.au/downloads/cd_sces.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p>	Australia – WA

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Tools for encouraging behaviour change – how to support women

Resources for men

Author	Title and year	Material type	Target population	Details	Location
NSW Ministry of Health	Stay strong and healthy - FASD Men (2015)	Audio visual	Men	<p>Free to download or order through: http://yourroom.com.au/aboriginal-resources/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> These resources are part of a suite of health promotion resources for Aboriginal women and their families which aim to raise awareness about alcohol and other drugs and mental health issues during or following pregnancy. The materials promote the importance of staying healthy and avoiding alcohol and other drugs at this time. The Stay strong and healthy resource package includes:</p> <ul style="list-style-type: none"> - three posters promoting Aboriginal women's health during pregnancy and after the baby is born - a postcard for Aboriginal women that promotes the availability of professional services and the role of friends and family in supporting pregnant women and women with young babies - a 16 page A5 size booklet with pictures that tells the story of a young Aboriginal woman who gets pregnant, and the healthy choices she and her partner make. The story discusses the risks of drug and alcohol consumption during pregnancy, including Fetal alcohol syndrome disorders (FASD), as well as the potential challenges of dealing with a mental illness. 	Australia - NSW
Queensland Department of Health	Growing strong – How dad's can help	Booklet	Men	<p>Free to download: http://www.healthinonet.ecu.edu.au/uploads/resources/17649_17649_2012.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p>	Australia – QLD

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Author	Title and year	Material type	Target population	Details	Location
				<p><u>Summary:</u> This resource is part of the Growing strong: feeding you and your baby set of resources from Queensland Health. The brochure explains the important role of fathers during pregnancy and after, including support to mum, spending time and taking care of the baby to allow mum a rest and promoting a safe lifestyle for the family. The resource includes information on:</p> <ul style="list-style-type: none"> - while mum is pregnant - feeding baby - spending time with baby so mum can rest up - having gaps between your children - smoking - drinking - growing healthy kids. 	

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Tools for encouraging behaviour change – how to support women

Resources for health professionals

Author	Title and year	Material type	Target population	Details	Location
University of Sydney	Handbook for Aboriginal Alcohol and Drug Work (2012)	Handbook	Health professionals	<p><u>Free to download:</u> http://sydney.edu.au/medicine/addiction/indigenous/resources/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> The Handbook for Aboriginal Alcohol and Drug Work is a practical tool to use in your everyday work with clients. It can help build on your skills and knowledge.</p>	Australia - NSW
National Drug & Alcohol Research Centre	Supporting pregnant women who use alcohol or other drugs: a review of the evidence (2014)	Tool	Health professionals	<p><u>Free to download:</u> https://ndarc.med.unsw.edu.au/sites/default/files/ndarc/resources/Supporting%20Pregnant%20Women%20who%20use%20Alcohol%20or%20Other%20Drugs%20-%20A%20review%20of%20the%20evidence.pdf</p> <p><u>Focus:</u> Mainstream with Indigenous elements.</p> <p><u>Summary:</u> This report identifies a comprehensive range of strategies for primary health care professionals to assist pregnant women who use alcohol and other drugs. The report outlines a framework for preventing exposure to alcohol and other drugs during pregnancy and to minimise harm from substance use. It incorporates findings from a review of the literature, an audit of available specialist antenatal services across Australia, and consultation with national experts who are involved in the care of pregnant or substance using women. A practice resource <i>Supporting pregnant women who use alcohol or other drugs: a guide for primary health care professionals</i> was developed based</p>	Australia – NSW

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Author	Title and year	Material type	Target population	Details	Location
	Supporting pregnant women who use alcohol or other drugs - A Guide for Primary Health Care Professionals (nd)	Guide	Health professionals	<p>on the evidence from the report.</p> <p><u>Free to download:</u> http://ndarc.med.unsw.edu.au/sites/default/files/ndarc/resources/Supporting%20Pregnant%20Women%20who%20use%20Alcohol%20or%20Other%20Drugs%20Resource.pdf</p> <p><u>Focus:</u> Mainstream with Indigenous elements.</p> <p><u>Summary:</u> This guide is for primary health care professionals who work with pregnant women. It outlines best practice for supporting pregnant women who use alcohol or other drugs including: <ul style="list-style-type: none"> ○ using screening tools ○ providing early access to treatment ○ providing brief intervention ○ responding to domestic violence ○ providing comprehensive care ○ addressing barriers to care. The guide also provides information on further resources and specialist services.</p>	

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Tools for encouraging behaviour change – screening tools and guides

Resources for health professionals

Author	Title and year	Material type	Target population	Details	Location
The Australian Government NHMRC	Australian Guidelines to reduce health risks from drinking alcohol (2009)	Guidelines	Health professionals	<p><u>Free to download:</u> http://alcoholthinkagain.com.au/Portals/0/documents/publications/Resources%20for%20Health%20Professionals/Nhmrc-Guidelines.pdf</p> <p><u>Focus:</u> Mainstream with Indigenous elements.</p> <p><u>Summary:</u> In 2009, the National Health and Medical Research Council (NHMRC) introduced revised guidelines that depart from specifying 'risky' and 'high risk' levels of drinking. The guidelines seek to estimate the overall risk of alcohol-related harm over a lifetime and to reduce the level of risk to one death for every 100 people. There is no longer any difference in the guidelines based on gender; the guidelines are universal for adults over 18 years (Guidelines 1 and 2). Specific guidance is also provided for children and young people (Guideline 3), and pregnant and breastfeeding women (Guideline 4).</p> <ul style="list-style-type: none"> - Guideline one: to reduce the lifetime risk of harm from alcohol-related disease or injury, no more than two standard drinks should be consumed on any day - Guideline two: to reduce the risk of injury on a single occasion of drinking, no more than four standard drinks should be consumed - Guideline three: recommends that children under 15 years are at the greatest risk of harm from drinking and that for this age group, not drinking alcohol is especially important. For young people aged 15-17 years, the safest option is to delay the initiation of drinking for as long as possible - Guideline four: recommends for women who are pregnant, breastfeeding or planning to become pregnant, not drinking is 	Australia

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Author	Title and year	Material type	Target population	Details	Location
				the safest option.	
National Drug Research Institute, The Frontier Group	FASD PosterMaker [Mobile application software] (2014)	Tool	Health professionals	<p>Free online, registration required: http://www.appszoom.com/iphone_applications/education/fasd-postermaker_hmqdx.html</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> FASD PosterMaker is a free, easy to use app, designed to make locally relevant and culturally appropriate resources on Fetal alcohol spectrum disorders (FASD). FASD PosterMaker comes with pre-loaded messages and images that can be used to create local health promotion resources. It includes:</p> <ul style="list-style-type: none"> - a library of evidence-based text messages around prevention, safety, symptoms, responsibility, and healthy lifestyles - a library of images to choose from to reflect the messages chosen for the created resources - the ability to add your own text and images for use in the resources - videos to show you how to create resources - a colour palette to choose colours appropriate for your setting - links to information on alcohol, pregnancy and FASD - the ability to give feedback on how to improve the app. <p>The FASD PosterMaker is available to download as a web app for computer users, or as an app from the Apple iTunes store for iPad. The FASD PosterMaker was developed by The Frontier Group for the National Drug Research Institute (NDRI) at Curtin University as part of the National Foetal alcohol spectrum disorders (FASD) resources project, and was developed with Aboriginal and Torres Strait Islander communities across Australia. Funding for this project was provided by the Australian Government</p>	Australia

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Author	Title and year	Material type	Target population	Details	Location
				Department of Health and Ageing under the National Drug Strategy. NDRI is supported by funding from the Australian Government under the Substance misuse prevention and service improvement grants fund.	
University of Sydney	Handbook for Aboriginal Alcohol and Drug Work (2012)	Handbook	Health professionals	<p>Free to download: http://sydney.edu.au/medicine/addiction/indigenous/resources/</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> The Handbook for Aboriginal Alcohol and Drug Work is a practical tool to use in your everyday work with clients. It can help build on your skills and knowledge.</p>	Australia - NSW
Remote AOD Workforce Program	Alcohol and other drugs BRIEF assessment section 1A (2012)	Tool	Health professionals	<p>Free to download: http://remoteaod.com.au/sites/default/files/images/Microsoft%20Word%20-%20Brief%20Assessment%201A%20AOD%20Workers%20161110.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This form provides a brief assessment tool for alcohol and other drug workers to find out more information about a person's alcohol and other drug (AOD) use. It is suitable for working with Aboriginal and Torres Strait Islander clients living in the Northern Territory. The form includes information on:</p> <ul style="list-style-type: none"> - concerns about use - impact of use on family and friends - what keeps people strong - risk check - goal setting - outcomes 	Australia – NT

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Author	Title and year	Material type	Target population	Details	Location
	Alcohol and other drugs comprehensive assessment section 1B (2012)	Tool	Health professionals	<p><u>Free to download:</u> http://remoteaod.com.au/sites/default/files/images/Microsoft%20Word%20-%20Comprehensive%20Assessment%201B%20for%20AOD%20Workers%20170810_1.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This form provides a comprehensive assessment tool to be used by alcohol and other drugs (AOD) workers with their Aboriginal and Torres Strait Islander clients. It provides information on: <ul style="list-style-type: none"> - what drug/s are being used - what drug/s the client may be worried about - what a standard drink is - audit C - risk assessment - outcome - client goals </p>	
	Yarning about alcohol and pregnancy (2015)	Tool	Health professionals	<p><u>Free to download:</u> http://remoteaod.com.au/sites/default/files/images/Yarning%20about%20Alcohol%20%26%20Pregnancy%202015.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This resource aims to provide information about alcohol and pregnancy to health professionals working with Aboriginal and Torres Strait Islander women in the Northern Territory (NT). <i>Yarning about alcohol and pregnancy</i> was developed to assist health care</p>	

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Author	Title and year	Material type	Target population	Details	Location
				<p>practitioners, educators, drug and alcohol workers and Aboriginal Health Practitioners to assess and provide interventions for alcohol use with clients.</p> <p>The resource is a booklet that can be filled out in conjunction with a patient, and discusses:</p> <ul style="list-style-type: none"> - health risks to you and your baby - no amount of alcohol is safe when pregnant - if alcohol is a worry - reasons to change - tips for change. <p>The resource was produced by the Remote Alcohol and Other Drugs Workforce Program, in conjunction with the Foundation for Alcohol Research and Education (FARE), Menzies School of Health Research and Aboriginal and Islander Initiative.</p>	
	Yarning about alcohol and pregnancy (2015)	Tool	Health professionals	<p><u>Free to download:</u> http://remoteaod.com.au/sites/default/files/images/Yarning%20about%20Alcohol%20%26%20Pregnancy%202015.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This resource aims to provide information about alcohol and pregnancy to health professionals working with Aboriginal and Torres Strait Islander women in the Northern Territory (NT). <i>Yarning about alcohol and pregnancy</i> was developed to assist health care practitioners, educators, drug and alcohol workers and Aboriginal Health Practitioners to assess and provide interventions for alcohol use with clients.</p> <p>The resource is a booklet that can be filled out in conjunction with a patient, and discusses:</p> <ul style="list-style-type: none"> - health risks to you and your baby 	

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Author	Title and year	Material type	Target population	Details	Location
				<ul style="list-style-type: none"> - no amount of alcohol is safe when pregnant - if alcohol is a worry - reasons to change - tips for change. <p>The resource was produced by the Remote Alcohol and Other Drugs Workforce Program, in conjunction with the Foundation for Alcohol Research and Education (FARE), Menzies School of Health Research and Aboriginal and Islander Initiative.</p>	
Drug Education Network	Pregnancy & alcohol don't mix: the FASD handbook for health professionals	Tool	Health professionals	<p><u>Free to download:</u> http://interactive.den.org.au/toolbox/TheFASDHandbook_DEN2016_Online.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people</p> <p><u>Summary:</u> A useful toolkit for health professionals that provides detailed information including:</p> <ul style="list-style-type: none"> - about Fetal Alcohol Spectrum Disorder - understanding the problem - women and alcohol - the prevention of FASD <p>resources toolbox</p>	Australia – TAS

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Addressing barriers to FASD prevention

Resources for pregnant women, women of childbearing age, grandmothers and Aunties, and men.

Author	Title and year	Material type	Target population	Details	Location
Anyinginyi Health Aboriginal Corporation- FASD Project Public Health Unit – Indigenous Hip Hop Projects (IHHP)	IHHP Tennant Creek: Alcohol It effects your babies - Strong Baby Strong Life (2012)	Audio visual – music video	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.	<p>Free online: https://www.youtube.com/watch?v=BWzQ83i6Ocu</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This health promotion music video is about drinking during pregnancy and the effects alcohol can have on a developing baby. The song and video clip were written and recorded by Indigenous Hip Hop Projects in collaboration with students from Tennant Creek High School in the Northern Territory.</p>	Australia – NT
	IHHP Tennant Creek: Stand Up (2014)	Audio visual – video	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.	<p>Free online: https://www.youtube.com/watch?v=p2cspvmNSgE</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> Indigenous Hip Hop Projects and stake holders from the whole Broome community banded together to bring you this song about FASD. Fetal Alcohol Spectrum Disorder is a problem that affects all communities, and the deadly youth from Broome have tackled this subject amazingly in their song 'Stand Up'. IHHP team Michael, Dallas, Terra, Tina, Mandy and Tim took on the challenge with passion and serious concern, to create awareness about this disorder.</p>	
Foundation for Alcohol Research and Education (FARE) & Anyinginyi Public Health Unit	Barkly Fights FASD (2013)	Audio visual – short film	Pregnant women, women of childbearing age, grandmother	<p>Free online: https://www.youtube.com/watch?v=IYgSI4Gkplw</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This short film uses puppets as characters to deliver a strong message</p>	Australia – NT

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Author	Title and year	Material type	Target population	Details	Location
			s and Aunties, and men.	<p>about Fetal alcohol spectrum disorder (FASD) and the risks of drinking during pregnancy. It was written and performed by the people of Barkly, Northern Territory.</p> <p>The film follows the story of Mathias, a seven year old boy living with FASD in Tennant Creek, Northern Territory. His mother is pregnant and wants to make sure the new baby does not have FASD like Matias. The video follows the challenges families can face when it comes to alcohol and pregnancy.</p>	

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Addressing barriers to FASD prevention

Resources for health professionals

Author	Title and year	Material type	Target population	Details	Location
Anyinginyi Health Aboriginal Corporation- FASD Project Public Health Unit – Indigenous Hip Hop Projects (IHHP)	IHHP Tennant Creek: Alcohol It effects your babies - Strong Baby Strong Life (2012)	Audio visual – music video	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.	<p>Free online: https://www.youtube.com/watch?v=BWzQ83i6Ocu</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This health promotion music video is about drinking during pregnancy and the effects alcohol can have on a developing baby. The song and video clip were written and recorded by Indigenous Hip Hop Projects in collaboration with students from Tennant Creek High School in the Northern Territory.</p>	Australia – NT
	IHHP Tennant Creek: Stand Up (2014)	Audio visual – video	Pregnant women, women of childbearing age, grandmothers and Aunties, and men.	<p>Free online: https://www.youtube.com/watch?v=p2cspvmNSgE</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> Indigenous Hip Hop Projects and stake holders from the whole Broome community banded together to bring you this song about FASD. Fetal Alcohol Spectrum Disorder is a problem that affects all communities, and the deadly youth from Broome have tackled this subject amazingly in their song 'Stand Up'. IHHP team Michael, Dallas, Terra, Tina, Mandy and Tim took on the challenge with passion and serious concern, to create awareness about this disorder.</p>	
Foundation for Alcohol Research and Education (FARE) & Anyinginyi Public Health Unit	Barkly Fights FASD (2013)	Audio visual – short film	Pregnant women, women of childbearing age, grandmother	<p>Free online: https://www.youtube.com/watch?v=IYgSI4Gkplw</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This short film uses puppets as characters to deliver a strong message</p>	Australia – NT

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Author	Title and year	Material type	Target population	Details	Location
			s and Aunties, and men.	about Fetal alcohol spectrum disorder (FASD) and the risks of drinking during pregnancy. It was written and performed by the people of Barkly, Northern Territory. The film follows the story of Mathias, a seven year old boy living with FASD in Tennant Creek, Northern Territory. His mother is pregnant and wants to make sure the new baby does not have FASD like Matias. The video follows the challenges families can face when it comes to alcohol and pregnancy.	
National Centre for Education and Training on Addiction	Feeling Deadly, Working Deadly resources (2013)	Set of guides	Health professionals	<p><u>Free to download:</u> http://nceta.flinders.edu.au/files/7313/8509/5450/W1.pdf http://nceta.flinders.edu.au/files/9313/8509/5452/W4.pdf http://nceta.flinders.edu.au/files/5213/8509/5446/Handbook.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> The 'Feeling Deadly, Working Deadly' Resource Kit is aimed at reducing stress and burnout, and enhancing wellbeing amongst Aboriginal and Torres Strait Islander alcohol and other drug (AOD) workers. It forms part of NCETA's work on Aboriginal and Torres Strait Islander Worker Wellbeing. It was funded by the Australian Government Department of Health.</p> <p>This kit is intended for use by Indigenous AOD workers, their managers and supervisors. Mainstream AOD workers and managers may also find the Kit useful. The Kit aims to reduce the risks of stress and burnout amongst this critically important, but vulnerable, group of workers. Download or order hard copies of the Kit online or by phoning 08 8201 7535.</p> <p>Resources of interest include:</p> <ul style="list-style-type: none"> - Worker Wellbeing: Working Deadly: A Guide for Workers 	Australia – SA

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Author	Title and year	Material type	Target population	Details	Location
				<ul style="list-style-type: none"> - Setting Work Goals: A Guide: A Guide for Workers - Staying Deadly: Strategies for preventing stress and burnout among Aboriginal and Torres Strait Islander alcohol and other drug workers 	

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Additional resources of interest

Resources for pregnant women and women of childbearing age.

* The table below contains a list of valuable resources that, due to limited culturally appropriate messages for Aboriginal and Torres Strait Islander communities, did not meet the selection criteria for inclusion in the FASD Prevention and Health Promotion Resources Package but may be useful.

Author	Title and year	Material type	Target population	Details	Location
SBS Insight	Drinking when pregnant (2013)	Audio-visual	All	<p><u>Free online:</u> http://www.sbs.com.au/news/insight/tvepisode/drinking-when-pregnant</p> <p><u>Focus:</u> Mainstream with Indigenous elements.</p> <p><u>Summary:</u> This episode of SBS Insight features three young people who open up to a studio audience about what it's like to have Fetal Alcohol Spectrum Disorder. The video discusses how drinking when pregnant can lead to a whole host of physical, behavioural and developmental problems known as Fetal Alcohol Spectrum Disorder (FASD).</p> <p>Presenter: Jenny Brockie Producer: Hannah Meagher Associate Producer: Kyle Taylor</p>	Australia
ACT Government Health	Health in pregnancy: our mob (nd)	Fact sheet	All	<p><u>Free to download:</u> http://health.act.gov.au/sites/default/files/Health%20in%20Pregnancy%20Booklet.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This fact sheet touches on some of the risks of consuming alcohol, tobacco, and other drugs during pregnancy and provides advice for what</p>	Australia – ACT

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Author	Title and year	Material type	Target population	Details	Location
				is best during pregnancy.	
Department of Health and Ageing	If you are breastfeeding, the safest option is not to drink alcohol (2009)	Brochure	Pregnant women and women of childbearing age.	<p>Free to download: http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/D068D37123F7837BCA2576730076F850/\$File/breastbr.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This brochure provides clear messages and advice to women who are currently breastfeeding or planning to breastfeed on what is safest with alcohol consumption.</p>	Australia – ACT
	If you are breastfeeding, the safest option is not to drink alcohol (2009)	Poster	Pregnant women and women of childbearing age.	<p>Free to download: http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/AF880353B6746D83CA25767400040367/\$File/breastpo.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This poster provides clear messages to women who are currently breastfeeding or planning to breastfeed on what is safest with alcohol consumption.</p>	
	If you are pregnant...the safest option is to not drink alcohol (nd)	Brochure	Pregnant women and women of childbearing age.	<p>Free to download: http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/83B8C7EC9E890F23CA25767300752E39/\$File/pregnant.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This poster provides advice on alcohol consumption during pregnancy based on the current guidelines.</p>	

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Author	Title and year	Material type	Target population	Details	Location
	If you're pregnant, no alcohol is the safest choice (nd)	Poster	Pregnant women and women of childbearing age.	<p>Free to download: https://www.mhc.wa.gov.au/media/1143/if-youre-pregnant-no-alc-is-the-safest-choice.pdf Focus: Mainstream with no Indigenous elements.</p>	
Foundation for Alcohol Research and Education (FARE)	Pregnant Pause TVC 30s (2016)	Audio-visual	Pregnant women, women of childbearing age, grandmother and Aunties, and men.	<p>Free online: https://vimeo.com/178849130 Focus: Mainstream with no Indigenous elements.</p> <p>Summary: Pregnant Pause is an initiative developed by the Foundation for Alcohol Research and Education (FARE), an independent not-for-profit working to stop the harm caused by alcohol. The campaign encourages Australians to go alcohol free during their pregnancy, or the pregnancy of their partner, family member, friend or loved one.</p>	Australia – ACT
	Women want to know: Information for women about pregnancy and alcohol (2014)	Brochure	Pregnant women and women of childbearing age.	<p>Free to download: http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/wwtk-cons-leaflet/\$file/FARE%20WWTk%20Consumer%20DL_v14.pdf Focus: Mainstream with no Indigenous elements.</p> <p>Summary: The 'Women want to know' resource package provides information for health professionals and women about pregnancy and alcohol. Resources include:</p> <ul style="list-style-type: none"> - information for health professionals on pregnancy and alcohol - guidelines to reduce health risks from drinking alcohol - information for health professionals on assessing alcohol consumption in pregnancy using AUDIT-C - information for women about pregnancy and alcohol 	Australia – ACT

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Author	Title and year	Material type	Target population	Details	Location
				<ul style="list-style-type: none"> - guidelines to reduce health risks from drinking alcohol Accredited training programs and short videos of health professionals discussing alcohol consumption with pregnant women are also available.	
Quitline	My QuitBuddy (2015)	Electronic source	Pregnant women, women of childbearing age, grandmother and aunties, and men.	<p>Free to download: http://www.quitnow.gov.au/internet/quitnow/publishing.nsf/Content/quit-buddy</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This mobile phone application (app) is a personalised app to help people who smoke to become smoke-free. It provides a countdown to the quit attempt and statistics to track quitting progress, such as days smoke-free, cigarettes avoided and dollars saved.</p> <p>Users are able to record personal goals and motivation using pictures, words and audio messages. There is a community board where people can gain motivation and support from other people quitting tobacco smoking.</p>	Australia – ACT
MotherSafe: NSW Medications in Pregnancy and Breastfeeding Service	Smoking cessation and Nicotine Replacement Therapy in pregnancy and breastfeeding (2014)	Fact sheet	All	<p>Free to download: http://www.seslhd.health.nsw.gov.au/Mothersafe/documents/SmokingandNRTfactsheet.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This fact sheet covers information specific to the risks of smoking during pregnancy and breastfeeding and provides advice on therapy options to aid in smoking cessation.</p>	Australia – NSW
	Alcohol consumption in pregnancy	Fact sheet	All	<p>Free to download: http://www.seslhd.health.nsw.gov.au/Mothersafe/documents/AlcoholPregnancyFactsheet2014dk.pdf</p>	

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Author	Title and year	Material type	Target population	Details	Location
	(2013)			<p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This fact sheet covers information specific to the risks of alcohol consumption during pregnancy and provides an overview of Fetal Alcohol Spectrum Disorder (FASD). <i>*Please note that the term FAS is no longer used in Australia and therefore this section of the fact sheet should be disregarded.</i></p>	
Menzies School of Health Research	The tobacco story (2012)	Flip chart	All	<p>Free to download: http://nosmokes.com.au/wp-content/uploads/2015/02/TobaccoFlipchart_Sept2012_A4.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This fact sheet provides clear facts about the harmful effects of tobacco on the body. Topics covered of particular interest to this resource package include:</p> <ul style="list-style-type: none"> - helpful tips information on quitting and helping someone else quit - smoking during pregnancy and after baby is born <p>passive smoking</p>	Australia – NT
Children Youth and Women's Health Service	Pregnancy and Alcohol – risks and effects on the developing baby (2014)	Fact sheet	All	<p>Free online: http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=122&id=1950</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This fact sheet provides information on alcohol and the effects of drinking during pregnancy. Information includes:</p>	Australia – SA

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Author	Title and year	Material type	Target population	Details	Location
				<ul style="list-style-type: none"> - Fetal alcohol spectrum disorder (FASD) - how does alcohol affect babies - FASD in Aboriginal communities - protecting babies from FAS and FASD <p><i>*Please note that the term FAS is no longer used in Australia and therefore this section of the fact sheet should be disregarded.</i></p>	
	Parents on drugs (2008)	Fact sheet	All	<p>Free online: http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=305&id=1587</p> <p>Focus: Mainstream with no Indigenous elements.</p>	
Telethon Kids Institute	What is a safe amount to drink? (nd)	Audio-visual	All	<p>Free online: https://alcoholpregnancy.telethonkids.org.au/resources/australian-videos--dvds/</p> <p>Focus: Mainstream with no Indigenous elements.</p> <p>This video clearly outlines that there is no known safe amount of alcohol that can be consumed while pregnant.</p>	Australia – WA
	Smoking and pregnancy (2010)	Poster	All	<p>Free to download: http://www.beststart.org/resources/tobacco/pdf/BS_tobacco_posters.pdf</p> <p>Focus: Mainstream with no Indigenous elements.</p> <p>Summary: This poster outlines the potential consequences of smoking tobacco during pregnancy and provides advice on quitting.</p>	Canada
Best Start Resource Centre	Pregnancy and Alcohol (2012)	Brochure	Pregnant women, women of	<p>Free to download or order online: http://www.beststart.org/resources/alc_reduction/FASD_Brochure_A20A.pdf</p>	

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Author	Title and year	Material type	Target population	Details	Location
			childbearing age, grandmother and Aunties, and men.	<p><u>Focus:</u> Specific to Indigenous people.</p> <p><u>Summary:</u> This brochure is a resource for an Aboriginal population that provides information on alcohol and pregnancy. Topics include: the effects of drinking, traditional teachings about pregnancy and where to get help in Ontario.</p>	
	My Family Wanted Me to be as Healthy as Possible (2001)	Poster	Pregnant women, women of childbearing age, grandmother and Aunties, and men.	<p><u>Free to download or order online:</u> http://www.beststart.org/resources/alc_reduction/FAS_eng.jpg</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This bilingual colour poster depicts a healthy, smiling baby with three key messages about alcohol and substance use for pregnant women. The poster provides the phone numbers for Motherisk and the Alcohol and Substance Use Helpline.</p>	
	Warning - drinking alcohol during pregnancy can cause birth defects and brain damage to your baby (2004)	Poster	Pregnant women and women of childbearing.	<p><u>Free to download or order online:</u> http://www.beststart.org/resources/alc_reduction/pdf/warnsign.eng.clr.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This colour poster depicts a pregnant woman's torso embraced by a male from behind. The poster says "Warning: Drinking alcohol during pregnancy can cause birth defects and brain damage to your baby".</p>	
	Be Safe - Have an Alcohol Free	Poster	Pregnant women and women of	<p><u>Free to download or order online:</u> http://www.beststart.org/resources/alc_reduction/pdf/13x17_poster_lr.pdf</p>	

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Author	Title and year	Material type	Target population	Details	Location
	Pregnancy (2004)		childbearing age.	<p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This colour poster promotes alcohol-free pregnancies. Includes contact information for the FAS-INFO line.</p>	
	Be Safe - Have an Alcohol Free Pregnancy (2009)	Brochure	Pregnant women and women of childbearing age.	<p><u>Free to download:</u> http://www.beststart.org/resources/alc_reduction/pdf/bs_brochure_lr.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This colour brochure provides information and tips for expectant parents about alcohol use in pregnancy.</p>	
	Be Safe - Have an Alcohol Free Pregnancy (2011)	Tear-off-sheets	Pregnant women and women of childbearing age.	<p><u>For order through:</u> http://www.beststart.org/resources/alc_reduction/Be_Safe_4x4_tear_of_f_2011_LR.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This pad of tear-off colour sheets provides information for expectant parents about alcohol use in pregnancy. One side says "Be Safe: Have an alcohol-free pregnancy" and includes visuals that illustrate the dangers to the baby from alcohol use in pregnancy. The other side includes phone contact information for Motherisk, Telehealth, etc.</p>	
	Be Safe - Have an Alcohol Free Pregnancy	Flyer	Pregnant women, women of childbearing	<p><u>Free to download or order online:</u> http://www.beststart.org/resources/alc_reduction/alcohol_pregnancy_EN.pdf</p>	

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Author	Title and year	Material type	Target population	Details	Location
	(2012)		age, and men.	<p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This handout provides information and tips for expectant parents about alcohol use in pregnancy.</p>	
FASDAY	I say "No Thanks" resources (nd)	Wallet card and poster	Pregnant women and women of childbearing age.	<p><u>Free to download:</u> Wallet cards - http://come-over.to/FAS/brochures/NoThanks.pdf Poster - http://come-over.to/FAS/brochures/FASDAYposter.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This wallet card and poster provide a brief, clear message about no drinking during pregnancy.</p>	Canada
FASWorld	For the love of children don't drink while pregnant (nd)	Audio visual – TVC	All	<p><u>Free online:</u> http://www.fasworld.com/</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p>	Canda
Government of Canada	The sensible guide to a healthy pregnancy (2012)	Booklet	Pregnant women and women of childbearing age.	<p><u>Free to download:</u> http://www.phac-aspc.gc.ca/hp-gs/guide/assets/pdf/hpguide-eng.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This booklet provides a range of information and advice on various aspects of health pregnancies including:</p> <ul style="list-style-type: none"> - prenatal nutrition - folic acid - alcohol and pregnancy - physical activity and pregnancy - smoking and pregnancy 	Canada

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Author	Title and year	Material type	Target population	Details	Location
				- oral health - emotional health	
Saskatchewan Prevention Institute	Alcohol & Pregnancy: Things you need to know	Brochure	Pregnant women and women of childbearing age.	Free to download: http://www.skprevention.ca/wp-content/uploads/2013/07/3-142_ARA_Brochure.pdf Focus: Mainstream with no Indigenous elements.	Canada
FASawareUK	Who are you drinking with tonight? (2014)	Poster	Pregnant women and women of childbearing age.	Free to download: http://fasaware.co.uk/wp-content/uploads/2014/10/whoareyoudrinkingwith.pdf Focus: Mainstream with no Indigenous elements. Summary: This poster aims to raise awareness among women of childbearing age who may not realise they are currently pregnancy that it is safest to not drink during pregnancy.	UK
	Drinking when pregnant could leave you with a hangover for life. (nd)	Poster	All	Free to download: http://fasaware.co.uk/wp-content/uploads/2014/10/FAS-new-ads-Vitabiotics.pdf Focus: Mainstream with no Indigenous elements. Summary: This poster aims to raise awareness of FASD and provide clear messages that it is safest to not drink during pregnancy.	
	FASawareUK Poster (nd)	Poster	Pregnant women and women of childbearing	Free to download: http://fasaware.co.uk/wp-content/uploads/2014/10/leaflet.pdf Focus: Mainstream with no Indigenous elements.	

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Author	Title and year	Material type	Target population	Details	Location
			age.	<p><u>Summary:</u> This poster raises awareness of FASD and the potential consequences of consuming alcohol during pregnancy.</p>	
NOFAS.UK	A child for life	Audio visual – DVD	All	<p>Free to order through: http://www.nofas-uk.org/?cat=20</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This video provides detailed clinical information on the risks of consuming alcohol during pregnancy delivered by experts, along with personal stories shared by mothers of children with FASD and individuals living with FASD.</p>	UK
Centers for Disease Control and Prevention	An alcohol free pregnancy is the best choice for your baby (nd)	Brochure	Pregnant women and women of childbearing age.	<p>Free to download: http://www.cdc.gov/ncbddd/fasd/documents/fasdbrochure_final.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This brochure describes the risks of drinking alcohol during pregnancy, including Fetal Alcohol Spectrum Disorders. The brochure contains resources and helpful questions and answers for women.</p>	USA
	An Alcohol-Free Pregnancy is the Best Choice for Your Baby (nd)	Poster	Pregnant women and women of childbearing age.	<p>Free to download: http://www.cdc.gov/ncbddd/fasd/documents/fasd-poster_alcohol-free-pregnancy_woman-looking-ahead.pdf</p> <p><u>Focus:</u> Specific to African American people.</p> <p><u>Summary:</u> This poster describes the risks of drinking alcohol during pregnancy, including Fetal Alcohol Spectrum Disorders. It shows a smiling</p>	

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Author	Title and year	Material type	Target population	Details	Location
				Black/African American pregnant woman.	
	An Alcohol-Free Pregnancy is the Best Choice for Your Baby (nd)	Poster	Pregnant women and women of childbearing age.	<p><u>Free to download:</u> http://www.cdc.gov/ncbddd/fasd/documents/fasd-poster_alcohol-freepregnancy_woman-looking-down.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This poster describes the risks of drinking alcohol during pregnancy, including Fetal Alcohol Spectrum Disorders. It shows a smiling White pregnant woman looking down.</p>	
	Pregnancy and Alcohol Don't Mix (nd)	Poster	Pregnant women and women of childbearing age.	<p><u>Free to download:</u> http://www.cdc.gov/ncbddd/fasd/documents/fasd-poster-pregnancy-and-alcohol-don-t-mix.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This poster describes the risks of drinking alcohol during pregnancy, including Fetal Alcohol Spectrum Disorders. It shows a pregnant woman refusing a glass of wine.</p>	
Center for Substance Abuse Prevention - Department of Health and Human Services	What you need to know: effects of alcohol on a fetus (2007)	Fact sheet	All	<p><u>Free to download:</u> http://www.fasdcenter.samhsa.gov/documents/wynk_effects_fetus.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This fact sheet provides detailed information of the risks and potential effects alcohol can have on a developing fetus.</p>	USA
National	Recovering	Audio	All	<u>Free online (bottom of link):</u>	USA

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Author	Title and year	Material type	Target population	Details	Location
Organisation for Fetal Alcohol Spectrum Disorders (NOFASD)	Hope – Mothers and Children on FASD: A four part series (nd)	visual – series of videos		http://www.nofasd.org.au/resources/what-is-fasd-1 <u>Focus:</u> Mainstream with no Indigenous elements. <u>Summary:</u> This four part video series follows mothers of children with FASD and describes their experiences, challenges and ways in finding hope with their children.	
	Alcohol and pregnancy: "be kind to me stay alcohol free" (2011)	Poster	Pregnant women and women of childbearing age.	<u>Free to download:</u> http://www.nofasd.org.au/LiteratureRetrieve.aspx?ID=138226 <u>Focus:</u> Mainstream with no Indigenous elements. <u>Summary:</u> These resources were produced by the National Organisation for Fetal Alcohol Spectrum Disorders (NOFASD), and contain information for women that will enable them to make healthy choices during pregnancy. The resources consist of a brochure and a poster, both containing the message: 'be kind to me stay alcohol free'.	
	An alcohol free pregnancy is the best choice for your baby (2014)	Fact sheet	Pregnant women and women of childbearing age.	<u>Free to download:</u> http://www.nofasd.org.au/LiteratureRetrieve.aspx?ID=174047 <u>Focus:</u> Mainstream with no Indigenous elements. <u>Summary:</u> This pamphlet promotes an alcohol-free pregnancy. It provides information about the effects of drinking while pregnant including: <ul style="list-style-type: none"> - there is no safe limit for drinking while pregnant - Fetal alcohol spectrum disorders are completely preventable. 	
	An alcohol free	Poster	Pregnant women and	<u>Free to download:</u> http://www.nofasd.org.au/LiteratureRetrieve.aspx?ID=181483	

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Author	Title and year	Material type	Target population	Details	Location
	pregnancy is the best choice for your baby (nd)		women of childbearing age.	<p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> These resources were produced by the National Organisation for Fetal Alcohol Spectrum Disorders (NOFASD), and contain information for women that will enable them to make healthy choices during pregnancy. The resources consist of a brochure and a poster, both containing the message: 'be kind to me stay alcohol free'.</p>	
U.S. Department of Health and Human Services (HHS)	Recovering Hope: Mothers Speak Out About Fetal Alcohol Spectrum Disorders (2004)	Brochure	Pregnant women and women of childbearing age.	<p><u>Free to download or order online:</u> http://store.samhsa.gov/shin/content//PH408/PH408.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This brochure encourages women to talk about Fetal Alcohol Spectrum Disorders (FASD), explains how alcohol hurts pregnancy, and describes its effect on a developing baby. Includes quotes from real people affected by FASD and resources for pregnant women and their families.</p>	USA
	Recovering Hope: Mothers Speak Out About Fetal Alcohol Spectrum Disorders (FASD) (2004)	Audio visual – DVD	All	<p><u>Free online:</u> http://store.samhsa.gov/product/Recovering-Hope-Mothers-Speak-Out-About-Fetal-Alcohol-Spectrum-Disorders-FASD-/SMA09-3979</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This video contains interviews with mothers of children with Fetal Alcohol Spectrum Disorders (FASD). Encourages other mothers to get help for themselves and their children. Includes a printed discussion guide for addiction counsellors and brochures for consumers.</p>	

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Additional resources of interest

Resources for grandmothers and Aunties

* The table below contains a list of valuable resources that, due to limited culturally appropriate messages for Aboriginal and Torres Strait Islander communities, did not meet the selection criteria for inclusion in the FASD Prevention and Health Promotion Resources Package but may be useful for some health professionals and health services.

Author	Title and year	Material type	Target population	Details	Location
SBS Insight	Drinking when pregnant (2013)	Audio-visual	All	<p><u>Free online:</u> http://www.sbs.com.au/news/insight/tvepisode/drinking-when-pregnant</p> <p><u>Focus:</u> Mainstream with Indigenous elements.</p> <p><u>Summary:</u> This episode of SBS Insight features three young people who open up to a studio audience about what it's like to have Fetal Alcohol Spectrum Disorder. The video discusses how drinking when pregnant can lead to a whole host of physical, behavioural and developmental problems known as Fetal Alcohol Spectrum Disorder (FASD).</p> <p>Presenter: Jenny Brockie Producer: Hannah Meagher Associate Producer: Kyle Taylor</p>	Australia
ACT Government Health	Health in pregnancy: our mob (nd)	Fact sheet	All	<p><u>Free to download:</u> http://health.act.gov.au/sites/default/files/Health%20in%20Pregnancy%20Booklet.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This fact sheet touches on some of the risks of consuming alcohol,</p>	Australia – ACT

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Author	Title and year	Material type	Target population	Details	Location
				tobacco, and other drugs during pregnancy and provides advice for what is best during pregnancy.	
Foundation for Alcohol Research and Education (FARE)	Pregnant Pause TVC 30s (2016)	Audio-visual	Pregnant women, women of childbearing age, grandmother and Aunties, and men.	<p>Free online: https://vimeo.com/178849130</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> Pregnant Pause is an initiative developed by the Foundation for Alcohol Research and Education (FARE), an independent not-for-profit working to stop the harm caused by alcohol. The campaign encourages Australians to go alcohol free during their pregnancy, or the pregnancy of their partner, family member, friend or loved one.</p>	Australia – ACT
Quitline	My QuitBuddy (2015)	Electronic source	Pregnant women, women of childbearing age, grandmother and aunties, and men.	<p>Free to download: http://www.quitnow.gov.au/internet/quitnow/publishing.nsf/Content/quit-buddy</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This mobile phone application (app) is a personalised app to help people who smoke to become smoke-free. It provides a countdown to the quit attempt and statistics to track quitting progress, such as days smoke-free, cigarettes avoided and dollars saved.</p> <p>Users are able to record personal goals and motivation using pictures, words and audio messages. There is a community board where people can gain motivation and support from other people quitting tobacco smoking.</p>	Australia – ACT
MotherSafe: NSW Medications in Pregnancy and Breastfeeding	Smoking cessation and Nicotine Replacement	Fact sheet	All	<p>Free to download: http://www.seslhd.health.nsw.gov.au/Mothersafe/documents/SmokingandNRTfactsheet.pdf</p>	Australia – NSW

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Author	Title and year	Material type	Target population	Details	Location
Service	Therapy in pregnancy and breastfeeding (2014)			<p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This fact sheet covers information specific to the risks of smoking during pregnancy and breastfeeding and provides advice on therapy options to aid in smoking cessation.</p>	
	Alcohol consumption in pregnancy (2013)	Fact sheet	All	<p><u>Free to download:</u> http://www.seslhd.health.nsw.gov.au/Mothersafe/documents/AlcoholPregnancyFactsheet2014dk.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This fact sheet covers information specific to the risks of alcohol consumption during pregnancy and provides an overview of Fetal Alcohol Spectrum Disorder (FASD). <i>*Please note that the term FAS is no longer used in Australia and therefore this section of the fact sheet should be disregarded.</i></p>	
Menzies School of Health Research	The tobacco story (2012)	Flip chart	All	<p><u>Free to download:</u> http://nosmokes.com.au/wp-content/uploads/2015/02/TobaccoFlipchart_Sept2012_A4.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This fact sheet provides clear facts about the harmful effects of tobacco on the body. Topics covered of particular interest to this resource package include:</p> <ul style="list-style-type: none"> - helpful tips information on quitting and helping someone else quit - smoking during pregnancy and after baby is born <p>passive smoking</p>	Australia – NT

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Author	Title and year	Material type	Target population	Details	Location
Children Youth and Women's Health Service	Pregnancy and Alcohol – risks and effects on the developing baby (2014)	Fact sheet	All	<p>Free online: http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=122&id=1950</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This fact sheet provides information on alcohol and the effects of drinking during pregnancy. Information includes: <ul style="list-style-type: none"> - Fetal alcohol spectrum disorder (FASD) - how does alcohol affect babies - FASD in Aboriginal communities - protecting babies from FAS and FASD <i>*Please note that the term FAS is no longer used in Australia and therefore this section of the fact sheet should be disregarded.</i></p>	Australia – SA
	Parents on drugs (2008)	Fact sheet	All	<p>Free online: http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=305&id=1587</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p>	
Telethon Kids Institute	What is a safe amount to drink? (nd)	Audio-visual	All	<p>Free online: https://alcoholpregnancy.telethonkids.org.au/resources/australian-videos--dvds/</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This video clearly outlines that there is no known safe amount of alcohol that can be consumed while pregnant.</p>	Australia – WA
Best Start	Smoking and pregnancy (2010)	Poster	All	<p>Free to download: http://www.beststart.org/resources/tobacco/pdf/BS_tobacco_posters.pdf</p>	Canada

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Author	Title and year	Material type	Target population	Details	Location
				<p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This poster outlines the potential consequences of smoking tobacco during pregnancy and provides advice on quitting.</p>	
	Pregnancy and Alcohol (2012)	Brochure	Pregnant women, women of childbearing age, grandmother and Aunties, and men.	<p><u>Free to download or order online:</u> http://www.beststart.org/resources/alc_reduction/FASD_Brochure_A20A.pdf</p> <p><u>Focus:</u> Specific to Indigenous people.</p> <p><u>Summary:</u> This brochure is a resource for an Aboriginal population that provides information on alcohol and pregnancy. Topics include: the effects of drinking, traditional teachings about pregnancy and where to get help in Ontario.</p>	
	My Family Wanted Me to be as Healthy as Possible (2001)	Poster	Pregnant women, women of childbearing age, grandmother and Aunties, and men.	<p><u>Free to download or order online:</u> http://www.beststart.org/resources/alc_reduction/FAS_eng.jpg</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This bilingual colour poster depicts a healthy, smiling baby with three key messages about alcohol and substance use for pregnant women. The poster provides the phone numbers for Motherisk and the Alcohol and Substance Use Helpline.</p>	
FASWorld	For the love of children don't drink while	Audio visual – TVC	All	<p><u>Free online:</u> http://www.fasworld.com/</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p>	Canda

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Author	Title and year	Material type	Target population	Details	Location
	pregnant (nd)				
FASawareUK	Drinking when pregnant could leave you with a hangover for life. (nd)	Poster	All	<p>Free to download: http://fasaware.co.uk/wp-content/uploads/2014/10/FAS-new-ads-Vitabiotics.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This poster aims to raise awareness of FASD and provide clear messages that it is safest to not drink during pregnancy.</p>	UK
NOFAS.UK	A child for life	Audio visual – DVD	All	<p>Free to order through: http://www.nofas-uk.org/?cat=20</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This video provides detailed clinical information on the risks of consuming alcohol during pregnancy delivered by experts, along with personal stories shared by mothers of children with FASD and individuals living with FASD.</p>	UK
Center for Substance Abuse Prevention - Department of Health and Human Services	What you need to know: effects of alcohol on a fetus (2007)	Fact sheet	All	<p>Free to download: http://www.fasdcenter.samhsa.gov/documents/wynk_effects_fetus.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This fact sheet provides detailed information of the risks and potential effects alcohol can have on a developing fetus.</p>	USA
National Organisation for Fetal Alcohol	Recovering Hope – Mothers and	Audio visual – series of	All	<p>Free online (bottom of link): http://www.nofasd.org.au/resources/what-is-fasd-1</p>	USA

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Author	Title and year	Material type	Target population	Details	Location
Spectrum Disorders (NOFASD)	Children on FASD: A four part series (nd)	videos		<p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This four part video series follows mothers of children with FASD and describes their experiences, challenges and ways in finding hope with their children.</p>	

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Additional resources of interest

Resources for men

* The table below contains a list of valuable resources that, due to limited culturally appropriate messages for Aboriginal and Torres Strait Islander communities, did not meet the selection criteria for inclusion in the FASD Prevention and Health Promotion Resources Package but may be useful for some health professionals and health services.

Author	Title and year	Material type	Target population	Details	Location
SBS Insight	Drinking when pregnant (2013)	Audio-visual	All	<p><u>Free online:</u> http://www.sbs.com.au/news/insight/tvepisode/drinking-when-pregnant</p> <p><u>Focus:</u> Mainstream with Indigenous elements.</p> <p><u>Summary:</u> This episode of SBS Insight features three young people who open up to a studio audience about what it's like to have Fetal Alcohol Spectrum Disorder. The video discusses how drinking when pregnant can lead to a whole host of physical, behavioural and developmental problems known as Fetal Alcohol Spectrum Disorder (FASD).</p> <p>Presenter: Jenny Brockie Producer: Hannah Meagher Associate Producer: Kyle Taylor</p>	Australia
ACT Government Health	Health in pregnancy: our mob (nd)	Fact sheet	All	<p><u>Free to download:</u> http://health.act.gov.au/sites/default/files/Health%20in%20Pregnancy%20Booklet.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This fact sheet touches on some of the risks of consuming alcohol,</p>	Australia – ACT

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Author	Title and year	Material type	Target population	Details	Location
				tobacco, and other drugs during pregnancy and provides advice for what is best during pregnancy.	
Foundation for Alcohol Research and Education (FARE)	Pregnant Pause TVC 30s (2016)	Audio-visual	Pregnant women, women of childbearing age, grandmother and Aunties, and men.	<p>Free online: https://vimeo.com/178849130</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> Pregnant Pause is an initiative developed by the Foundation for Alcohol Research and Education (FARE), an independent not-for-profit working to stop the harm caused by alcohol. The campaign encourages Australians to go alcohol free during their pregnancy, or the pregnancy of their partner, family member, friend or loved one.</p>	Australia – ACT
Quitline	My QuitBuddy (2015)	Electronic source	Pregnant women, women of childbearing age, grandmother and Aunties, and men.	<p>Free to download: http://www.quitnow.gov.au/internet/quitnow/publishing.nsf/Content/quit-buddy</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This mobile phone application (app) is a personalised app to help people who smoke to become smoke-free. It provides a countdown to the quit attempt and statistics to track quitting progress, such as days smoke-free, cigarettes avoided and dollars saved.</p> <p>Users are able to record personal goals and motivation using pictures, words and audio messages. There is a community board where people can gain motivation and support from other people quitting tobacco smoking.</p>	Australia – ACT
MotherSafe: NSW Medications in Pregnancy and Breastfeeding	Smoking cessation and Nicotine Replacement	Fact sheet	All	<p>Free to download: http://www.seslhd.health.nsw.gov.au/Mothersafe/documents/SmokingandNRTfactsheet.pdf</p>	Australia – NSW

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Author	Title and year	Material type	Target population	Details	Location
Service	Therapy in pregnancy and breastfeeding (2014)			<p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This fact sheet covers information specific to the risks of smoking during pregnancy and breastfeeding and provides advice on therapy options to aid in smoking cessation.</p>	
	Alcohol consumption in pregnancy (2013)	Fact sheet	All	<p><u>Free to download:</u> http://www.seslhd.health.nsw.gov.au/Mothersafe/documents/AlcoholPregnancyFactsheet2014dk.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This fact sheet covers information specific to the risks of alcohol consumption during pregnancy and provides an overview of Fetal Alcohol Spectrum Disorder (FASD). <i>*Please note that the term FAS is no longer used in Australia and therefore this section of the fact sheet should be disregarded.</i></p>	
Menzies School of Health Research	The tobacco story (2012)	Flip chart	All	<p><u>Free to download:</u> http://nosmokes.com.au/wp-content/uploads/2015/02/TobaccoFlipchart_Sept2012_A4.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This fact sheet provides clear facts about the harmful effects of tobacco on the body. Topics covered of particular interest to this resource package include:</p> <ul style="list-style-type: none"> - helpful tips information on quitting and helping someone else quit - smoking during pregnancy and after baby is born <p>passive smoking</p>	Australia – NT

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Author	Title and year	Material type	Target population	Details	Location
Children Youth and Women's Health Service	Pregnancy and Alcohol – risks and effects on the developing baby (2014)	Fact sheet	All	<p>Free online: http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=122&id=1950</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This fact sheet provides information on alcohol and the effects of drinking during pregnancy. Information includes: <ul style="list-style-type: none"> - Fetal alcohol spectrum disorder (FASD) - how does alcohol affect babies - FASD in Aboriginal communities - protecting babies from FAS and FASD <i>*Please note that the term FAS is no longer used in Australia and therefore this section of the fact sheet should be disregarded.</i></p>	Australia – SA
	Parents on drugs (2008)	Fact sheet	All	<p>Free online: http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=305&id=1587</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p>	
Drug Education Network	Dads to be can support pregnant women to be alcohol-free during pregnancy (2016)	Postcard	Men	<p>Free to download: http://interactive.den.org.au/toolbox/HealthyPregnancyPostcards_DEN2_016_AllPostcards.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements</p> <p><u>Summary:</u> This postcard is designed to educate men on how they can best support their partners to be alcohol-free during their pregnancy.</p>	Australia – TAS
Telethon Kids Institute	What is a safe amount to	Audio-visual	All	<p>Free online: https://alcoholpregnancy.telethonkids.org.au/resources/australian-</p>	Australia – WA

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Author	Title and year	Material type	Target population	Details	Location
	drink? (nd)			videos--dvds/ <u>Focus:</u> Mainstream with no Indigenous elements. <u>Summary:</u> This video clearly outlines that there is no known safe amount of alcohol that can be consumed while pregnant.	
Best Start Resource Centre	Be Safe - Have an Alcohol Free Pregnancy (2012)	Flyer	Pregnant women, women of childbearing age, and men.	<u>Free to download or order online:</u> http://www.beststart.org/resources/alc_reduction/alcohol_pregnancy_EN.pdf <u>Focus:</u> Mainstream with no Indigenous elements. <u>Summary:</u> This handout provides information and tips for expectant parents about alcohol use in pregnancy.	Canada
	Smoking and pregnancy (2010)	Poster	All	<u>Free to download:</u> http://www.beststart.org/resources/tobacco/pdf/BS_tobacco_posters.pdf <u>Focus:</u> Mainstream with no Indigenous elements. <u>Summary:</u> This poster outlines the potential consequences of smoking tobacco during pregnancy and provides advice on quitting.	
	Pregnancy and Alcohol (2012)	Brochure	Pregnant women, women of childbearing age, grandmother	<u>Free to download or order online:</u> http://www.beststart.org/resources/alc_reduction/FASD_Brochure_A20A.pdf <u>Focus:</u> Specific to Indigenous people.	

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Author	Title and year	Material type	Target population	Details	Location
			and Aunties, and men.	<p><u>Summary:</u> This brochure is a resource for an Aboriginal population that provides information on alcohol and pregnancy. Topics include: the effects of drinking, traditional teachings about pregnancy and where to get help in Ontario.</p>	
	My Family Wanted Me to be as Healthy as Possible (2001)	Poster	Pregnant women, women of childbearing age, grandmother and Aunties, and men.	<p><u>Free to download or order online:</u> http://www.beststart.org/resources/alc_reduction/FAS_eng.jpg</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This bilingual colour poster depicts a healthy, smiling baby with three key messages about alcohol and substance use for pregnant women. The poster provides the phone numbers for Motherisk and the Alcohol and Substance Use Helpline.</p>	
CanFASD	Alcohol, Pregnancy and Prevention of Fetal Alcohol Spectrum Disorder: What Men Can do to Help (2014)	Fact sheet	Men	<p><u>Free to download:</u> http://bccewh.bc.ca/wp-content/uploads/2014/05/what-men-can-do-final-feb-2014.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> Fetal Alcohol Spectrum Disorder (FASD) is the leading known cause of developmental disability. FASD is the result of exposure to alcohol in utero and is believed to affect 1% of the population. While men's alcohol use is not a direct contributor to FASD, there are many ways that men can help to prevent FASD. Researchers and service providers who are part of the Canada FASD Research Network have some suggestions for men who want to make a difference.</p>	Canada
FASWorld	For the love of children don't	Audio visual –	All	<p><u>Free online:</u> http://www.fasworld.com/</p>	Canda

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Author	Title and year	Material type	Target population	Details	Location
	drink while pregnant (nd)	TVC		<u>Focus:</u> Mainstream with no Indigenous elements.	
FASawareUK	Drinking when pregnant could leave you with a hangover for life. (nd)	Poster	All	<p>Free to download: http://fasaware.co.uk/wp-content/uploads/2014/10/FAS-new-ads-Vitabiotics.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This poster aims to raise awareness of FASD and provide clear messages that it is safest to not drink during pregnancy.</p>	UK
NOFAS.UK	A child for life	Audio visual – DVD	All	<p>Free to order through: http://www.nofas-uk.org/?cat=20</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This video provides detailed clinical information on the risks of consuming alcohol during pregnancy delivered by experts, along with personal stories shared by mothers of children with FASD and individuals living with FASD.</p>	UK
Center for Substance Abuse Prevention - Department of Health and Human Services	What you need to know: effects of alcohol on a fetus (2007)	Fact sheet	All	<p>Free to download: http://www.fasdcenter.samhsa.gov/documents/wynk_effects_fetus.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This fact sheet provides detailed information of the risks and potential effects alcohol can have on a developing fetus.</p>	USA
National Organisation for	Recovering Hope –	Audio visual –	All	<p>Free online (bottom of link): http://www.nofasd.org.au/resources/what-is-fasd-1</p>	USA

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Author	Title and year	Material type	Target population	Details	Location
Fetal Alcohol Spectrum Disorders (NOFASD)	Mothers and Children on FASD: A four part series (nd)	series of videos		<p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This four part video series follows mothers of children with FASD and describes their experiences, challenges and ways in finding hope with their children.</p>	

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Additional resources of interest

Resources for health professionals

* The table below contains a list of valuable resources that, due to limited culturally appropriate messages for Aboriginal and Torres Strait Islander communities, did not meet the selection criteria for inclusion in the FASD Prevention and Health Promotion Resources Package but may be useful for some health professionals and health services.

Author	Title and year	Material type	Target population	Details	Location
BeyondBlue	Stories for keeping strong – keep yourself healed	Audio visual	Health professionals	<p>Free online: https://www.youtube.com/watch?v=fcNNA_xgx-Q</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> In this video Victorian Aboriginal social and emotional wellbeing workers share their practical tips and strategies for keeping strong and well while working in their complex and challenging jobs. The video runs for seven minutes and thirteen seconds and covers these topics:</p> <ul style="list-style-type: none"> - keep yourself healed - working with community - looking after yourself - signs of burnout to watch out for - tips for looking after yourself - advice to health workers. <p>The video was produced by the Victorian Aboriginal Community Controlled Health Service and beyondblue.</p>	Australia
SBS Insight	Drinking when pregnant (2013)	Audio-visual	All	<p>Free online: http://www.sbs.com.au/news/insight/tvepisode/drinking-when-pregnant</p> <p><u>Focus:</u> Mainstream with Indigenous elements.</p>	Australia

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Author	Title and year	Material type	Target population	Details	Location
				<p><u>Summary:</u> This episode of SBS Insight features three young people who open up to a studio audience about what it's like to have Fetal Alcohol Spectrum Disorder. The video discusses how drinking when pregnant can lead to a whole host of physical, behavioural and developmental problems known as Fetal Alcohol Spectrum Disorder (FASD).</p> <p>Presenter: Jenny Brockie Producer: Hannah Meagher Associate Producer: Kyle Taylor</p>	
ACT Government Health	Health in pregnancy: our mob (nd)	Fact sheet	All	<p><u>Free to download:</u> http://health.act.gov.au/sites/default/files/Health%20in%20Pregnancy%20Booklet.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This fact sheet touches on some of the risks of consuming alcohol, tobacco, and other drugs during pregnancy and provides advice for what is best during pregnancy.</p>	Australia – ACT
Foundation for Alcohol Research and Education (FARE)	Women want to know: Discussing pregnancy and alcohol with women (2014)	Audio visual – video	Health professionals	<p><u>Free online:</u> https://www.youtube.com/watch?v=aknKDNEbRmU&feature=youtu.be</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> Women Want to Know: Best practice examples of health professionals discussing pregnancy and alcohol with women (example 2). In this video a Midwife initiates a conversation about pregnancy and alcohol with a woman who is pregnant for the first time. The woman had an episode of binge drinking before she was aware of the pregnancy and is concerned</p>	Australia – ACT

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Author	Title and year	Material type	Target population	Details	Location
				harm that may have been caused. In this scenario the Midwife uses the 5As approach (Ask, Assess, Advise, Assist and Arrange) to guide and structure the conversation. Each of these areas highlighted in the video.	
	Women want to know: General Practitioner discussing alcohol with pregnant woman who drank in her previous pregnancy (2014)	Audio visual – video	Health professionals	<p>Free online: https://www.youtube.com/watch?v=9g36z2v_vMk&feature=youtu.be</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> Women Want to Know: Best practice examples of health professionals discussing pregnancy and alcohol with women (example 1). In this video a General Practitioner (GP) initiates a conversation about pregnancy and alcohol with a woman who is pregnant with her second child. The woman drank alcohol in her previous pregnancy and is unclear on the guidelines for alcohol consumption during pregnancy. In this scenario the GP will use the 5As approach (Ask, Assess, Advise, Assist and Arrange) to guide and structure the conversation. Each of these areas are highlighted in the video.</p>	
	Women Want to Know: Information for health professionals on assessing alcohol consumption in Pregnancy using (AUDIT-C) (2014)	Leaflet	Health professionals	<p>Free to download: http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/wwtk-audit-c/\$file/FARE%20WWTK%20AuditC%20A4%20flyer_v14-LOWRES.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This resource package provides information for health professionals and women about pregnancy and alcohol. Resources include:</p>	
	Women want to know:	Leaflet	Health professionals	<ul style="list-style-type: none"> - information for health professionals on pregnancy and alcohol - guidelines to reduce health risks from drinking alcohol 	

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Author	Title and year	Material type	Target population	Details	Location
	Information for health professionals on pregnancy and alcohol (2014)			<ul style="list-style-type: none"> - information for health professionals on assessing alcohol consumption in pregnancy using AUDIT-C - information for women about pregnancy and alcohol - guidelines to reduce health risks from drinking alcohol 	
MotherSafe: NSW Medications in Pregnancy and Breastfeeding Service	Smoking cessation and Nicotine Replacement Therapy in pregnancy and breastfeeding (2014)	Fact sheet	All	<p><u>Free to download:</u> http://www.seslhd.health.nsw.gov.au/Mothersafe/documents/SmokingandNRTfactsheet.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This fact sheet covers information specific to the risks of smoking during pregnancy and breastfeeding and provides advice on therapy options to aid in smoking cessation.</p>	Australia – NSW
	Alcohol consumption in pregnancy (2013)	Fact sheet	All	<p><u>Free to download:</u> http://www.seslhd.health.nsw.gov.au/Mothersafe/documents/AlcoholPregnancyFactsheet2014dk.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This fact sheet covers information specific to the risks of alcohol consumption during pregnancy and provides an overview of Fetal Alcohol Spectrum Disorder (FASD). <i>*Please note that the term FAS is no longer used in Australia and therefore this section of the fact sheet should be disregarded.</i></p>	
National Drug & Alcohol Research Centre	Identifying women at risk from alcohol,	Fact sheet	Health professionals	<p><u>Free to download:</u> http://ndarc.med.unsw.edu.au/sites/default/files/ndarc/resources/Quick%20Guide%20Identifying%20women%20at%20risk.pdf</p>	Australia – NSW

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Author	Title and year	Material type	Target population	Details	Location
	smoking or other drug use during pregnancy (nd)			<u>Focus:</u> Mainstream with no Indigenous elements.	
Menzies School of Health Research	The tobacco story (2012)	Flip chart	All	<p>Free to download: http://nosmokes.com.au/wp-content/uploads/2015/02/TobaccoFlipchart_Sept2012_A4.pdf</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This fact sheet provides clear facts about the harmful effects of tobacco on the body. Topics covered of particular interest to this resource package include:</p> <ul style="list-style-type: none"> - helpful tips information on quitting and helping someone else quit - smoking during pregnancy and after baby is born <p>passive smoking</p>	Australia – NT
Children Youth and Women's Health Service	Pregnancy and Alcohol – risks and effects on the developing baby (2014)	Fact sheet	All	<p>Free online: http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=122&id=1950</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This fact sheet provides information on alcohol and the effects of drinking during pregnancy. Information includes:</p> <ul style="list-style-type: none"> - Fetal alcohol spectrum disorder (FASD) - how does alcohol affect babies - FASD in Aboriginal communities - protecting babies from FAS and FASD 	Australia – SA

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Author	Title and year	Material type	Target population	Details	Location
				<p><i>*Please note that the term FAS is no longer used in Australia and therefore this section of the fact sheet should be disregarded.</i></p> <p>Free online: http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=305&id=1587</p> <p>Focus: Mainstream with no Indigenous elements.</p>	
	Parents on drugs (2008)	Fact sheet	All		
Druginfo	Pregnancy and alcohol (2013)	Fact sheet	Pregnant women, women of childbearing age, and health professionals	<p>Free to download: http://www.druginfo.adf.org.au/attachments/602_FS_preg_alc2012.pdf</p> <p>Focus: Mainstream with no Indigenous elements.</p> <p>Summary: This factsheet provides information about pregnancy and alcohol including:</p> <ul style="list-style-type: none"> - the effects of alcohol on your pregnancy - ways to reduce the harm of alcohol use in pregnancy - pregnancy care and advice after the birth of the baby - breastfeeding - sudden infant death syndrome (SIDS) - alcohol and other drug counselling 	Australia – VIC
Mental Health First Aid Australia	Problem drinking: guidelines for providing mental health first aid to an Aboriginal or Torres Strait	Guide	Health professionals	<p>Free to download: https://mhfa.com.au/sites/mhfa.com.au/files/AMHFA_Drinking_guidelines_email_2012.pdf</p> <p>Focus: Specific for Aboriginal and Torres Strait Islander people.</p>	Australia – VIC

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Author	Title and year	Material type	Target population	Details	Location
	Islander person (2008)				
Sista Girl Productions	Caring for Aboriginal Mothers and Babies - Maternal Examination (2014)	Audio visual	Health professionals	<p><u>Free online:</u> https://www.youtube.com/watch?v=IMWaGTbJOuQ</p> <p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This video resource has been produced for midwives, nurses and Aboriginal Health Workers to help them provide culturally safe maternity care to Aboriginal and Torres Strait Islander mothers.</p> <p>A midwife explains the process involved when performing a post natal examination of a Aboriginal mother before being discharged from hospital.</p> <p>The video highlights the importance of discussing with the mother:</p> <ul style="list-style-type: none"> - the maternal physical examination - sexual health and contraception options - pap tests - maternal care plan. <p>The video also highlights the vital role of the Aboriginal Liaison Officer.</p> <p>The video was produced in partnership with the Victorian Aboriginal Community Controlled Health Organisation (VACCHO), Koori Maternity Services and Maternity services program.</p>	Australia – VIC
The women's - the royal women's hospital	Drug and Alcohol - Alcohol Withdrawal Management	Protocol	Health professionals	<p><u>Free to download:</u> https://thewomens.r.worldssl.net/images/uploads/downloadable-records/clinical-guidelines/drug-and-alcohol-alcohol-withdrawal-management.pdf</p>	Australia – VIC

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Author	Title and year	Material type	Target population	Details	Location
	(2012) Drug and Alcohol - Methadone Stabilisation in Pregnancy (2015)	Guidelines	Health professionals	<p>Focus: Mainstream with no Indigenous elements.</p> <p>Free to download: https://thewomens.r.worldssl.net/images/uploads/downloadable-records/clinical-guidelines/drug-and-alcohol-methadone-stabilisation-in-pregnancy_091015.pdf</p> <p>Focus: Mainstream with no Indigenous elements.</p>	
Victorian Department of Human Services	About inhalant abuse for health and community workers (2011)	Booklet	Health professionals	<p>Free to download: http://www.healthinonet.ecu.edu.au/key-resources/promotion-resources?page=7&sorter=year-DESC&health_topic%5b%5d=22&year_start=1995&year_end=2016&lid=30394&ref=17</p> <p>Focus: Specific for Aboriginal and Torres Strait Islander people.</p>	Australia – VIC
Telethon Kids Institute	What is a safe amount to drink? (nd)	Audio-visual	All	<p>Free online: https://alcoholpregnancy.telethonkids.org.au/resources/australian-videos--dvds/</p> <p>Focus: Mainstream with no Indigenous elements.</p> <p>This video clearly outlines that there is no known safe amount of alcohol that can be consumed while pregnant.</p>	Australia – WA
Western Australian Alcohol and Drug Authority	Counselling guidelines: Alcohol and other drug issues (3rd ed.) (2013)	Tool	Health professionals	<p>Free to download: http://dao.health.wa.gov.au/DesktopModules/Bring2mind/DMX/Download.aspx?Command=Core_Download&EntryId=844&PortalId=0&TabId=212</p> <p>Focus: Mainstream with Indigenous elements.</p>	Australia – WA
Wunan Community	Swimming the river	Audio visual	Health professionals	<p>Free online: https://www.youtube.com/watch?v=pce3xrgmi7w</p>	Australia – WA

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Author	Title and year	Material type	Target population	Details	Location
Ceduna Aboriginal Corporation				<p><u>Focus:</u> Specific for Aboriginal and Torres Strait Islander people.</p> <p><u>Summary:</u> This video depicts the impact of European settlement, the damage to people and culture that has resulted and the challenges for many Aboriginal people of a changing environment. It proposes a solution - living change - whereby Aboriginal people accept responsibility for their future, capitalise on their abilities and, with help, learn to 'swim the river' and prosper from the opportunities that exist across the region and beyond.</p>	
Best Start Resources Centre	Supporting Change - Effective Practices in Screening for Alcohol Use in Pregnancy (2005)	Audio visual – video	Health professionals	<p><u>Free online or order at cost:</u> https://www.youtube.com/watch?v=XvLjYxUF6Y</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This 17-minute video is a training tool to support physicians in the effective practice of screening for alcohol use in pregnancy. An accompanying facilitator guide provides ideas on how to use the video and includes suggestions for activities and hand-outs.</p>	Canada
	Smoking and pregnancy (2010)	Poster	All	<p><u>Free to download:</u> http://www.beststart.org/resources/tobacco/pdf/BS_tobacco_posters.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This poster outlines the potential consequences of smoking tobacco during pregnancy and provides advice on quitting.</p>	
British Columbia Centre of	Evaluation of FASD	Guide	Health professionals	<p><u>Free to download:</u> http://bccewh.bc.ca/wp-content/uploads/2014/06/Evaluation-of-FASD-</p>	Canada

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Author	Title and year	Material type	Target population	Details	Location
Excellence for Women's Health	Prevention and FASD Support Programs: An Introductory Guide (2014)			Prevention-programs-Intro-Guide.pdf <u>Focus:</u> Mainstream with no Indigenous elements.	
Deborah Rutman, Carol Hubbertstey, Nancy Poole, Sharon Hume and Marilyn Van Bibber	Mapping Evaluation of FASD Prevention Programs (2012)	Tool	Health professionals	<u>Free to download with authors permission to reprint:</u> http://bccewh.bc.ca/wp-content/uploads/2014/06/MAP-FASD-Aboriginal-feb22-2013.pdf <u>Focus:</u> Mainstream with no Indigenous elements. <u>Summary:</u> This map is intended to help program staff, planners and funders to more easily identify the aspects of programs that contribute to positive client and community outcomes and the range of outcomes that can result from or be associated with certain approaches and program activities. It also provides a common framework for thinking about how to conduct evaluations across programs or across communities.	Canada
Fasstar Enterprises	FASD and the Brain (nd)	Brochure	Health professionals	<u>Free to download:</u> http://come-over.to/FAS/brochures/FASbrainBrochure.pdf <u>Focus:</u> Mainstream with no Indigenous elements.	Canada
FASWorld	For the love of children don't drink while pregnant (nd)	Audio visual – TVC	All	<u>Free online:</u> http://www.fasworld.com/ <u>Focus:</u> Mainstream with no Indigenous elements.	Canda
FASawareUK	Drinking when pregnant could leave	Poster	All	<u>Free to download:</u> http://fasaware.co.uk/wp-content/uploads/2014/10/FAS-new-ads-Vitabiotics.pdf	UK

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Author	Title and year	Material type	Target population	Details	Location
	you with a hangover for life. (nd)			<p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This poster aims to raise awareness of FASD and provide clear messages that it is safest to not drink during pregnancy.</p>	
NOFAS.UK	A child for life	Audio visual – DVD	All	<p>Free to order through: http://www.nofas-uk.org/?cat=20</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This video provides detailed clinical information on the risks of consuming alcohol during pregnancy delivered by experts, along with personal stories shared by mothers of children with FASD and individuals living with FASD.</p>	UK
Centers for Disease Control and Prevention	Alcohol Use and Pregnancy (2005)	Fact sheet	Health professionals	<p>Free to download: http://www.cdc.gov/ncbddd/fasd/documents/fas_alcoholuse.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p> <p><u>Summary:</u> This fact sheet provides an overview of the recommendation not to drink alcohol during pregnancy. It can be viewed and printed; it is not available for ordering.</p>	USA
	Fetal Alcohol Spectrum Disorders (2005)	Fact sheet	Health professionals	<p>Free to download: http://www.cdc.gov/ncbddd/fasd/documents/fas.pdf</p> <p><u>Focus:</u> Mainstream with no Indigenous elements.</p>	
	Planning and Implementing	Guide	Health professionals	<p>Free to download: http://www.cdc.gov/ncbddd/fasd/documents/alcoholsbiimplementation</p>	

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Author	Title and year	Material type	Target population	Details	Location
	Screening and Brief Intervention for Risky Alcohol Use: A Step-by-Step Guide for Primary Care Practices (2014)			guide.pdf <u>Focus:</u> Mainstream with no Indigenous elements. <u>Summary:</u> This guide provides a process and resources to help staff in any primary care practice to plan and implement alcohol screening and brief intervention (SBI) to reduce alcohol use, an evidence-based approach recommended for all adults, including pregnant women. The guide also presents information on risky alcohol use and how it can be addressed through alcohol SBI.	
Center for Substance Abuse Prevention - Department of Health and Human Services	What you need to know: effects of alcohol on a fetus (2007)	Fact sheet	All	<u>Free to download:</u> http://www.fasdcenter.samhsa.gov/documents/wynk_effects_fetus.pdf <u>Focus:</u> Mainstream with no Indigenous elements. <u>Summary:</u> This fact sheet provides detailed information of the risks and potential effects alcohol can have on a developing fetus.	USA
National Organisation for Fetal Alcohol Spectrum Disorders (NOFASD)	Fetal alcohol spectrum disorder: the preventable disability (2011)	Brochure	Health professionals	<u>Free to download:</u> http://www.nofasd.org.au/LiteratureRetrieve.aspx?ID=138227&A=SearchResult&SearchID=26894265&ObjectID=138227&ObjectType=6 <u>Focus:</u> Mainstream with no Indigenous elements.	USA
	Recovering Hope – Mothers and Children on FASD: A four part series	Audio visual – series of videos	All	<u>Free online (bottom of link):</u> http://www.nofasd.org.au/resources/what-is-fasd-1 <u>Focus:</u> Mainstream with no Indigenous elements. <u>Summary:</u>	

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Author	Title and year	Material type	Target population	Details	Location
	(nd)			This four part video series follows mothers of children with FASD and describes their experiences, challenges and ways in finding hope with their children.	
	NOFASD - Training of Trainer Program (2012)	Training	Health professionals	<p>Free: http://www.nofasd.org.au/Education-and-Training/training-of-trainer-program</p> <p>Focus: Mainstream with no Indigenous elements.</p>	

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