

One summer in the village, the people in the town gathered for a picnic. As they leisurely shared food and conversation, someone noticed a baby in the river, struggling and crying. The baby was going to drown!

Soon, more babies were seen drowning in the river, and the townspeople were pulling them out as fast as they could.

Someone rushed to save the baby. Then, they noticed another screaming baby in the river, and they pulled that baby out. Soon, more babies were seen drowning in the river, and the townspeople were pulling them out as fast as they could.

It took great effort, and they began to organize their activities in order to save the babies as they came down the river. As everyone else was busy in the rescue efforts to save the babies, two of the townspeople started to run away along the shore of the river.

"Where are you going?" shouted one of the rescuers. "We need you here to help save these babies!"

In response, they shouted, "We are going upstream to stop whoever is throwing them in!"

You can help us look up the river and save lives from struggling with FASD.

Spread the word. NineZero.



Prevention:
Fetal Alcohol Spectrum Disorders



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A prevention campaign that targets a significant health issue – mental retardation through fetal alcohol exposure.

The NineZero Project provides youth an opportunity to:

- Learn about the number one cause of mental retardation
- Promote the inherent value of all people
- Educate their peers about FASD
- Enhance their student leadership and public speaking skills

Their help will ensure that future generations are born without Fetal Alcohol Spectrum Disorders.

Healthy babies are good for everybody.

Top Ten Reasons

for making Fetal Alcohol Spectrum Disorders a Prevention & National Public Health Priority

1. The Surgeon General's updated report on FASD says this is a serious public health problem and recommends no alcohol throughout pregnancy.
2. FASD is the number one known cause of mental retardation, yet is 100% preventable.
3. One newborn in 100 is born with a disability from prenatal alcohol exposure in the United States.
4. People under 21 drink 20% of all alcoholic beverages consumed in the United States. Among teens, girls drink more frequently than boys.
5. 55% of women are drinking at the time they become pregnant.
6. Every community benefits. FASD affects all strata of our society and is not something that simply happens to those "other people."
7. FASD is one of the major reasons "why Johnny can't learn," and why he frequently comes in contact with the police and has substance abuse, mental health and behavioral problems.
8. Treatment and intervention of those impaired by FASD is a great financial burden on our economy; \$800,000 are spent each year to provide services for people with FAS.
9. Undiagnosed, FASD is even costlier, in human *and* financial terms.
10. We can do it! By making FASD a priority, we can greatly increase the awareness and motivation of young people and influence their future behavior through innovative projects like the NineZero Project.

You can change the lives of future generations!

There are many ways you can get involved with The NineZero Project. Here are a few:

- Spread the message ("Nine months, Zero alcohol") to all of your friends, family, coworkers and peers!
- Become a NineZero Peer Educator
- Create and submit a prevention video to the NineZero Project's YouTube, MySpace and Facebook profiles.
- September is FASDay— have a NineZero awareness party at your house, host a booth at school, or sell NineZero wristbands.
- Download FREE NineZero materials at NineZero.org and distribute them at schools and health and pregnancy clinics in your area.
- Advocate for individuals with intellectual disabilities.
- Prevent the #1 cause of intellectual disabilities in the country.
- Support healthy babies.
- Visit NineZero.org and take the NineZero Pledge.

