

What is FASD?

Find out at www.yourroom.com.au



Drinking alcohol during pregnancy can harm your baby.

Tips for saying no to grog

- I've got footy practice tomorrow morning
- I'm not feeling good
- I have to help my aunty
- I've got work in the morning
- I don't feel like it
- Grog's not that cool

No grog during pregnancy and while breast feeding is best for your baby.

If you are not ready for a baby and are sexually active use a condom.

Find out more at www.yourroom.com.au



StayStrongAndHealthy



Health

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