
TEENS HAVE THE POWER

Volume 1, Issue 1 – Mo'Angels

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Teens Can Stop Our # 1 Birth Defect - Fetal Alcohol

*We often don't think we have the power to make a difference
BUT WE DO.*

By Lil' Mama

*Better Endings
New Beginnings*

There's a disaster in our country and not many are paying attention. It's a shame. A person shouldn't have to live their whole life with brain damage because no one knew that drinking and pregnancy don't mix.

Fetal alcohol spectrum disorder is NO JOKE!



Mission

Let TEENS KNOW that THEY HAVE THE POWER to choose their future paths in regard to healthy choices . . . relationships, sexuality, alcohol, tobacco or drugs.

Purpose

To give teens the COURAGE and KNOWLEDGE to make healthy choices. To empower teens to build awareness of fetal alcohol which is our nation's #1 Birth Defect, affecting over 40,000 babies a year.

Target Market

Grade 5 through 8 and above.



INSIDE THIS ISSUE

- 1 Teens Can Stop Fetal Alcohol Spectrum Disorder
Mission, Purpose, Target Market & Who We Are
- 2 School Speaking, FAS Awareness Day, What One Person
Can Do
- 3 How you can help our efforts!

Who are Mo'Angels

We are an urban girl group who believes that things don't have to stay the way they are. Together we can make a difference in building unity among different people groups . . . that neither men nor women should be treated as things or possessions . . . that everyone who is willing to work hard deserves an opportunity to a successful future.

*We believe teens have the COURAGE
to make a difference in the world. It only takes
one person to begin making huge changes.
Join us . . . www.moangels.com.*

It doesn't go away when a kid gets older. And if a person isn't helped and supported their life can get worse and worse. No one understands them because the FAS look only happens during two days of pregnancy. That means there are a lot of kids who have brain damage but no one knows that they need help. It can make them feel really alone or that they are 'bad.' They get in trouble with school and with the law. A lot of the girls get pregnant and the boys become dads when they are not ready. They may get into alcohol or drugs and start the whole cycle over again.

I want people to know that this birth defect is . . .

100% Preventable!

When I was 13 I wrote a book called *"The Best I Can Be – Living with*

Fetal Alcohol Syndrome or Effects." I believed it was important for people to understand what it is like to live with this. I know. I have to live with it every day and I work really hard to do my best. It is not easy. My book helped me win the Tiger Woods/Target National Scholarship called Start Something. With the scholarship money I started Mo'Angels and wrote songs and lyrics. We have been performing all summer around the Twin Cities.



A lot of time teens think that they CAN'T do something. I can tell you that is not true because my life is hard and I still try to do my best. It is important to stay tough in this world today. It is important to stand up for what is right and help change things.

That's what me and my gurlz are all about. *Makin' a Difference.* We are working really hard on our CD to finish it. It takes a lot of team work. We are all very different but we have learned to work together and respect each other and our good points and our challenges.

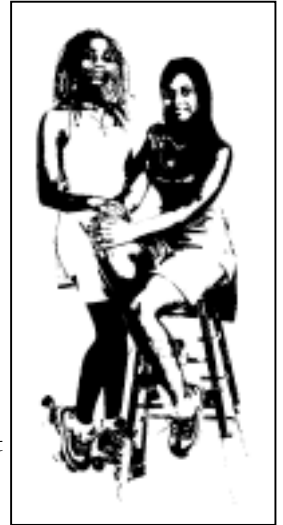
Liz Myrbez

School Speaking on Fetal Alcohol

We do performances and also peer education about fetal alcohol. We believe when teens talk to each other there is a better chance that we listen. We talk straight about FASD what it is like to live with it and how to become a 'real' friend to a person with fetal alcohol.

September 9 is International Fetal Alcohol Awareness Day! Join Us!

At 9:09 on the ninth month we begin ringing bells in New Zealand at the dateline – any kind of bell – church bells, school bells, court house bells . You can even ring handbells! Then at every hour for the whole day we ring bells around the world. The bell ringing is to ring out danger and warning and let people know about fetal alcohol. Learn about FAS Awareness Day at www.mofas.org under the events section. Also our website has a lot of ideas that TEENS CAN DO to MAKE A DIFFERENCE.



What can one person or a tiny group do?

- Visit our website www.moangels.com and also www.fasteens.com. where you can learn more about fetal alcohol. These sites offer information for you to do reports, science experiments, plays, monologues, speeches and other projects that you can build awareness and also get some good grades. We also have tips on how to say NO to drinking and myths about alcohol. Plus we have loads of recipes for GREAT NON-ALCOHOLIC DRINKS you can make.
- Get your place of worship to RING BELLS and have your own little rally. The details including press releases are on our website!
- Read Liz's book *The Best I Can Be* and learn what it is really like to live with this.
- Help our movement TEENS HAVE THE POWER grow. We are only a little group, but we can grow and grow and grow.
- HELP SUPPORT OUR EFFORTS by sponsoring us to speak, sing or buying our CD's , T-shirts or other Angel gear!
- JOIN OUR FAN CLUB and get our newsletter.
- Email jodee@connetworks.com to learn more!

mo' Angels

WE ARE AVAILABLE FOR PERFORMANCES

Email jodee@connetworks.com for more information regarding Mo'Angel performances. We would love to help you with your school or community event. We are also interested in participating in health fairs.

From Baby Gurl: Fetal Alcohol is a sad thing it messes up your baby's brain, face and body. If you decide to become sober the baby still has to live with it.

From Baby Star: I love Lil' Mama and would do anything for her. I will help her and she knows that. She has been workin' really hard on her dream and she is going for it. Nothing is going to stop her. I'm telling everyone now, please don't drink with a baby in your stomach. Your child could get fetal alcohol and I know how hard Lil' Mama works to be the best she can be. Way harder than me and my gurlz. Think before you drink and have a healthy baby.

The primary symptoms of prenatal alcohol damage are:

- **Poor Impulse Control**
- **Poor Judgment**
- **Immature or Inappropriate Behavior**

Children whose mothers drank during pregnancy might have no physical signs and may have normal or above normal intelligence, but still may suffer from the effects of prenatal exposure to alcohol. These children have Fetal Alcohol Effects (FAE) and may have problems with school and family and friends that are not identified as FAE.



Help Support Our Efforts

We are high school students and working hard to get grades. Some of us are in special education and that still doesn't stop us from working hard for A's and B's. We are offering these products to help us earn money to finish our CD and make new music. We also appreciate donations and are looking for grant opportunities.

The Best I Can Be:
Living With Fetal Alcohol Syndrome or Effects by Liz Myrhez
Liz takes you inside her life and her brain to help you understand what it is like to be a teen living with Fetal Alcohol Exposure.
\$12.95 plus \$1.90 shipping and handling



Mo'Angels Sampler CD
5 original songs which will be featured on our Makin' a Difference CD coming out soon.
\$6.00 plus \$1.90 shipping and handling

FAS Affect Kits
A Training Kit to provide other teens the experience of what it is like to live with FASD.
\$2.00 per kit (10 kit minimum order)
Plus \$5.00 shipping and handling

TEEN FASD Slide Show
Slide show in Power Point available for classes with notes about fetal alcohol.
\$25.00 plus \$2.50 Shipping and handling

T-SHIRTS
S, M, L and XL with 4 choices of design MoAngels Logo, MoAngels Photo, Think Before You Drink and Makin A Difference. 1 Imprint \$10.00
2 Imprints \$12.00 plus \$2.50 shipping and handling.



TO ORDER EMAIL jodee@connetworks.com

What is FAS?

FAS is the leading cause of mental retardation in America today!
(Journal of American Medical Association).

FAS stands for **Fetal Alcohol Syndrome**. FAS is caused by a mother's drinking alcoholic beverages during pregnancy. **Drinking alcohol during pregnancy can cause birth defects.**

There is no safe level of drinking during pregnancy. Even one drinking binge can cause damage.

According to the World Health Organization, FAS affects approximately **one in every 500** children born in Australia, Europe and North America, and seems to be even more frequent in some developing countries, like South Africa.

This newsletter can be reprinted as is. Mo' Angels

Become a friend to a teen with special needs

Mo'Angels

Everyone has differences and sometimes just because of the way a person talks or acts or learns we fear getting to know them. We have found that when we reach out to others and really become friends we all learn and grow. When we reach out we stay tough to the positive things and keep ourselves safe.

Our lyrics are written to make people think, to help TEENS reach out and make choices that make a positive difference in someone else's life.

"Some of my friends say I act stupid and say really bad things about me. It makes me feel mad.

Some friend care about me and when I act weird they just say 'Ok Liz you can settle down' or just act weird with me and we laugh and have fun."

Best I Can Be by Liz Myrbez

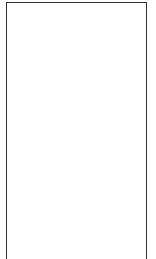
Return Address

www.moangels.com

Jodee Kulp, Manager

763-531-9548

jodee@connetworks.com



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