

# Top Tips for Older Students

Moving on from primary school brings different challenges. No longer is there just one classroom with one teacher, so it's important that students feel empowered to speak up and know how to access help and support if needed.

Key to this process is explaining your allergies and helping others to understand them. You can help others learn about allergy and anaphylaxis and understand the effects it can have emotionally and in everyday life. Deciding who to tell about your allergies varies from person to person. But when it comes to telling teachers and those who care for you, not telling them isn't an option. A few simple messages for fellow students are;

- Always take allergies seriously, severe allergies are no joke.
- Be respectful of another student's medication.
- Know what your friends are allergic to and if they are having symptoms of an allergic reaction, get help immediately.
- Do not pressure your friends to eat food that they are allergic to.
- Do not share your food with friends who have food allergies.
- Wash your hands after eating.

## Dealing with peer pressure

Unfortunately, many children have to contend with some sort of bullying. However, bullying children with food allergy can take on a new meaning if behaviour potentially causes a life threatening event.

If you have feelings of either negative peer pressure or bullying because of your allergies, act early and turn to a trusted adult (a parent, guardian or teacher) for guidance.