

# ALLERGY CONFIDENT. PREPARED. YOU.

**You've got this!**  
Be prepared, support others and keep doing what you love.



Food allergies don't define you. Your choices, knowledge and confidence set you free.

**KNOW MORE • PLAN AHEAD • LIVE FULLY**

### 1 DID YOU KNOW?

- ★ Food allergies affect up to 1 in 10 Australians.
- ★ The immune system mistakes a harmless protein in food as dangerous.
- ★ Even tiny amounts of an allergen can cause a serious reaction.
- ★ Accidental exposure is one of the most common causes of reactions in teens.
- ★ Good management = more freedom, more confidence, more YOU.

### 2 SCIENCE CHALLENGE

Match the term to the correct definition.

<b>A Allergen</b>	1 A medicine that delivers adrenaline during a severe allergic reaction.
<b>B Anaphylaxis</b>	2 A chemical released by the body that can cause allergy symptoms.
<b>C Histamine</b>	3 A severe, potentially life-threatening allergic reaction.
<b>D Cross-contact</b>	4 When allergens are transferred from one food or surface to another.
<b>E EpiPen®</b>	5 A protein in food that can trigger an allergic reaction.

Write one question you would like to ask an immunologist:

### 3 REAL LIFE. REAL SKILLS.

What would YOU do? Tick your best option.

- You're at a party and there's food you're not sure is safe.**
  - A. Eat it quickly and hope for the best
  - B. Ask the host or check ingredients
  - C. Bring my own safe option and enjoy
- A friend wants to share their snack with you.**
  - A. Say yes, I trust them
  - B. Politely say no and explain why
  - C. Take a tiny bite
- You're going on school camp.**
  - A. Tell no one - I'll be fine
  - B. Inform the teacher and pack my plan
  - C. Hope there's something safe to eat

Being prepared is not overreacting. It's being in control.

### 4 PLAN LIKE A PRO

Fill in your Allergy Action Plan Essentials.

<b>I AM ALLERGIC TO:</b> _____ _____ _____	<b>MY SIGNS &amp; SYMPTOMS:</b> 1. _____ 2. _____ 3. _____ 4. _____ 5. _____	<b>IN AN EMERGENCY:</b> <input type="checkbox"/> Stay calm <input type="checkbox"/> Use EpiPen® <input type="checkbox"/> Call 000 <input type="checkbox"/> Tell a teacher or adult
<b>MY SUPPORT CREW</b> People I trust at school or when I need help: 1. _____ 2. _____ 3. _____	<b>NOTES FOR ME:</b> _____ _____ _____	

**Keep your EpiPen® with you. Check the expiry. Always.**

### 5 FACT OR FICTION?

Circle: F (Fact) or F (Fiction)

1 You can outgrow every food allergy.	F	F
2 Reading labels every time is important.	F	F
3 You only have to worry about nuts.	F	F
4 Cross-contact can happen even if food doesn't 'look' like the allergen.	F	F
5 EpiPen® is only for severe reactions.	F	F
6 Most allergic reactions happen at home.	F	F

### 6 YOU'VE GOT THIS!

What helps you feel confident and supported? Tick what works for you.

- Knowing my allergens
- Carrying my EpiPen®
- Talking to my friends
- Asking questions
- Planning ahead
- Having safe food options
- Reminding myself I'm not alone
- Other: \_\_\_\_\_

### 7 POSITIVE POWER

Write a message to another young person with a food allergy.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Be kind. Be aware. Be someone's safe space.**

### FOR SCHOOLS & FRIENDS

- ✓ Learn about allergies.
- ✓ Respect people's choices.
- ✓ Don't share food.
- ✓ Speak up and include everyone.

Small actions create a safer, stronger school community.

### NEED SUPPORT OR MORE INFO?

- Talk to a trusted adult.
- Visit our website for resources, tips and support.
- You are never alone.

Scan me!