

Allergy lesson

Key stage 3-5

Learning objectives:

- To understand what allergies and anaphylaxis are, the signs and symptoms of a serious allergic reaction (anaphylaxis) and what to do in emergency
- To understand how to use all three brands of adrenaline auto-injectors
- To understand the emotional impact of allergies and how to help if you have a friend with an allergy

Links

[Anaphylaxis posters](#)

[Order Jext trainer device](#)

[Anaphylaxis factsheet](#)

[Order Emerade trainer device](#)

[AllergyWise for Schools](#)

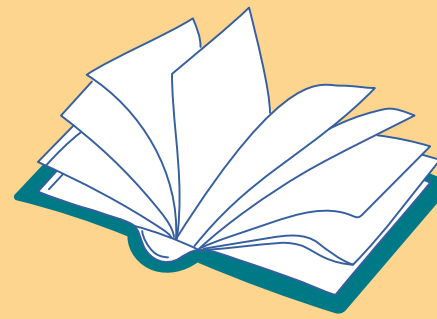
[Order EpiPen trainer device](#)

We recommend ordering free trainer devices prior to delivering the session.

If you have a student with an allergy in the session, it is recommended that you speak with them and/or their parent before teaching this unit as the student may have experienced reactions that could make this unit difficult.

The below activities are designed to facilitate an allergy awareness session with secondary school students – this could be part of PSHE, Citizenship or during tutor time. The session aims to improve student's knowledge of serious allergies and to raise awareness of the emotional impact that allergies can have.

Teaching this unit should promote understanding and kindness, be alert for anything different and any unkindness/exclusion happening.



Vocabulary

Allergy

Allergen

Reaction

Antihistamine

Angioedema

Urticaria

Airway

Immune system

Anaphylaxis

Cross contamination

Antibody

Histamine

Immune response

Ingestion

Inhalation

Auto injector

Adrenaline

Jext

EpiPen

Emerade

Recovery position

Allergy lesson

Secondary School [Key stage 3-5]

Activities

1 Show the allergy awareness presentation slides 1-10, use the teacher notes for further information.

Watch how to use an adrenaline auto-injector (video links on **slide 11** of the presentation).

Demonstrate/students practise using trainer devices (links to order are on first page. Trainer devices do not have a needle or contain any adrenaline).

Show presentation slides 12-13. Teach the recovery position and how to phone for an ambulance.

2 Take the KS3-5 Allergy Lesson Quiz (PowerPoint)

The emotional impact of allergies.

Watch the video of Ned's story on **slide 14** of the allergy awareness presentation. **Discuss** thoughts on the video and **slides 15-18** of presentation. Further discussion points:

- If someone in your class had a reaction what would you do?
- What would be good rules to have to keep people safe at lunchtime? (e.g Handwashing/no food sharing/know where medicine is kept/know signs of a reaction)
- How could they support someone with an allergy?

4 Do allergies hold you back/stop you from doing things?

Famous people with allergies:

Ariana Grande

Serena Williams

Bear Grylls

Research: What can you find out about them? What are their allergies?

5 Plan an event to raise allergy awareness.



Further Training

We recommend completing our AllergyWise for Schools course if you would like more training before running this session. Click [HERE](#) to register

Teacher's notes

Top 14 food allergens:

Celery - Cereals containing gluten
- Crustaceans - Eggs- Fish - Lupin
- Milk - Molluscs - Mustard - Nuts - Peanuts - Sesame seeds - Soya - Sulphur dioxide/Sulphites