

Ask learners

Seek and include student voice to reduce feelings of anxiety and minimise barriers to participation.

Talk with learners about:

- their allergy action plans and ways to develop self-management strategies
- how they would like to communicate their health needs
- activities or learning situations that increase their levels of stress or uncertainty
- ways to support their access to medication
- the information they would like to share about their allergies and the best ways to share it
- opportunities for private feedback, such as suggestion boxes, email, or teacher check-in conversations.

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