



Speaking from Experience Young People & Asthma

Transcript for chapter 5 of 8: Education & awareness

Tamara – In terms of asthma and education about it, I think the time that I went to school the campaign for ‘Asthma Friendly Schools’ was around. So, it was a well known topic. In class, the topic was often discussed and mentioned, which I think was a good thing.

Michelle – An ‘Asthma Friendly School’ is educated in what asthma can do to a child and how it can affect them and their health and development.

Ben – Teachers have a pretty good understanding of asthma. I noticed especially in Sport and Rec, which is a class that I take at school, they cover it. They also cover a lot of other stuff like diabetes and stuff like that. They know what to do in situations.

Michelle – I have an asthma action plan, which is pretty much when your doctor will give you a sheet, or he’ll give you a list of things you need to do when you are either sick with a cold or a flu; which might increase your risk of having an asthma attack. Or when you’re just feeling tightness in your chest, or wheezing. That list consists of: what medication you need to take, whether it is the reliever or the preventative medication; whether you should not go near certain triggers, which may aggravate your asthma.

Emily – We have asthma plans at our school. So, with students with asthma, we have an asthma plan. So teachers and the sick-bay attendant will know what my plan is, if I do have an attack at school.

Tamara – Knowing that the asthma action plan was around and was known by people, was reassuring because people were aware of what to do. If, for some reason, I wasn’t able to talk to tell them, which it can be hard if you’re out of breath to talk let alone do anything. So, it’s good to have it there, but also it’s a reassuring thing if anything goes wrong, there is a reference for people to go to. Even if they’re panicking, they’ve got the piece of paper there that says what they have to do. I think it also helps them and reassures them, so if anything happens they’ve got some point of reference.

Ben – A lot of sports teachers also hold student’s puffers as well because that’s when they get attacks a lot, when they’re over exercising and stuff like that. That helps a lot, and it’s quicker than going down to your bad and getting it, when they just have it on them.

Michelle – At each excursion as well, they also ask for your medical details about your asthma. They have a special form for that, which is reassuring. You know that they know you have special requirements.

Ben – When you’re on a camp or in the classroom with a new teacher, it’s not really hard for me to explain myself to a new teacher so they know what it is, because a lot of people do have it. They’re very understanding. Definitely, it should be done to prevent yourself from having an attack.



Michelle – Going to an asthma friendly school was such a benefit for me because I felt so much safer and I felt secure with my asthma. I knew that people would know what to do if I did have an attack.