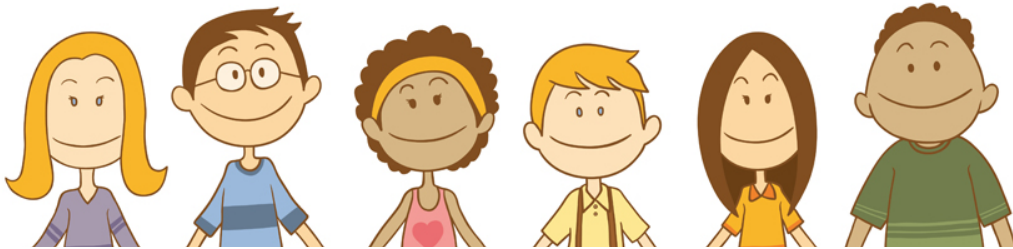




Food Allergy Canada

ALLERGY ALLIES

AGES 12-15
ONLINE MENTORSHIP FOR YOUTH WITH FOOD ALLERGIES



Participant Workbook

Allergy Allies

Discover Together Time:

During every Allergy Allies session, you will have an opportunity to participate in Discover Together time your peer mentor and group!

Reading the topics below will help you get ready for your sessions each week. It will also help you learn and practice new skills to use with your food allergies. Here's a list of your weekly Discover Together time:

Session	Discover Together Discussion	Page
Session 1	Write down a goal you have for the future and a goal you have for the end of the sessions.	4
Anxiety	Pretend you're a scientist and invent the coolest product, food, invention to help people with food allergies.	5
Allergens	Describe three people you can turn to for help. What about at school? What about in the neighbourhood?	6
Epinephrine	Who can you talk to and trust to ask for help with your food allergies? How do they help you deal with hard feelings or situations?	7
Friends	Let's create a crest together symbolize your friendship with someone who helps you with your allergies.	8
People who don't understand food allergies	Create a collage of words and pictures on the next slide that come to mind when you think about food allergies.	9

Reading ingredients	Can you think of any products that have “precautionary statements”? What did they say? Did you read it yourself? How did it make you feel?	10
School	Let’s create something on the next slide to express our thoughts and feelings about our Allergy Allies sessions.	11
Travel	Let’s make a “to do” list of all of things you must research before going on an upcoming trip on an airplane.	12
Tough Feelings	Who would you write a “thank you” letter to? What would it say? It could be to a friend, relative, teacher, or coach, anyone who feel safe or included with allergies.	13
Halloween	Create/describe the ultimate allergy safe Halloween treat bag! What would be in it? What would the bag look like?	14
Final Session	What was your goal from our first session?	15
Bonus Page		16

Discover Together Time Activities: Session One

Discussion: Goals

What are some goals you want to do, learn, or achieve by the end of your Allergy Allies Sessions?

Use the space below to write down any goals you want to complete by week eight.
It can be:

- ▶ Something you want to learn in the sessions
- ▶ Something you want to do or talk about with the group
- ▶ Something you want to create in the sessions

1. _____
2. _____
3. _____

I want to read
more
ingredient
labels!

Bonus Activity:

What are some future goals you have? Write them below:

1. _____
2. _____
3. _____



Discover Together Time Activities:

Discussion: Anxiety

Pretend you're a scientist and invent the coolest product, food, invention, or anything else to help people with food allergies:

- ▶ What is it called: _____
- ▶ What does it do: _____

Draw your invention below:



Discover Together Time Activities:

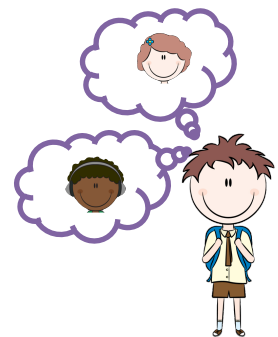
Discussion: Allergens

Describe three people you can turn to for help:

1. Name: _____
2. How you know them: _____
3. How they help with your food allergies: _____

1. Name: _____
2. How you know them: _____
3. How they help with your food allergies: _____

1. Name: _____
2. How you know them: _____
3. How they help with your food allergies: _____



Discover Together Time Activities:

Discussion: Epinephrine

Who can you talk to and trust to ask for help with your food allergies? How do they help you deal with hard feelings or situations?

In the space below list some activities you can do to help deal with a tough situation or feelings:

- ▶ Activity: _____
- ▶ Why it helps: _____

- ▶ Activity: _____
- ▶ Why it helps: _____

- ▶ Activity: _____
- ▶ Why it helps: _____

Bonus Activity:

Draw some of the above actives in the space below



Discover Together Time Activities:

Discussion: Friends

Create a crest to symbolize your friendship with someone who helps you with your allergies.



Discover Together Time Activities:

Discussion: People who don't understand food allergies

Create a collage of words and pictures on the next slide that come to mind when you think about food allergies.



Bonus Activity:

Write down three of the most important words and why:

1. Word: _____

Why: _____

2. Word: _____

Why: _____

3. Word: _____

Why: _____



Discover Together Time Activities:

Discussion: Reading Ingredients

Can you think of any products that have “precautionary statements”? List them below:

What was the product: _____

What did they say: _____

Did you read it yourself? _____

How did it make you feel? _____

What was the product: _____

What did they say: _____

Did you read it yourself? _____

How did it make you feel? _____

What was the product: _____

What did they say: _____

Did you read it yourself? _____

How did it make you feel? _____



Discover Together Time Activities:

Discussion: School

Let's create a speech and logo for a "food safe zone" at school:

What would you say: _____

What would your logo look like:



Discover Together Time Activities:

Discussion: Travel

Why do you think it's important:



Make a "to do" list of all of things you must research and do before going on a trip.
(Check the box when you've completed the task).

To Do:

1. _____ ☐
2. _____ ☐
3. _____ ☐
4. _____ ☐
5. _____ ☐
6. _____ ☐
7. _____ ☐
8. _____ ☐
9. _____ ☐
10. _____ ☐



Discover Together Time Activities:

Discussion: Tough Feelings

Write a “thank you” letter to someone who’s helped you with your food allergies. It could be to a friend, relative, teacher, or coach, anyone who has made you feel safe or included with allergies.

Dear _____

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Sincerely, _____

Discover Together Time Activities:

Discussion: Halloween

Create and describe the ultimate allergy safe Halloween treat bag! What would be in it? What would the bag look like?

What would be in it:

What would it look like:



Discover Together Time Activities:

Discussion: Final Session

Can you remember your allergy goal from your very first Allergy Allies session?
Write it down below and ask yourself:
How did you achieve/do it?

Goal: _____

Make a plan for success with your food allergies by asking yourself:

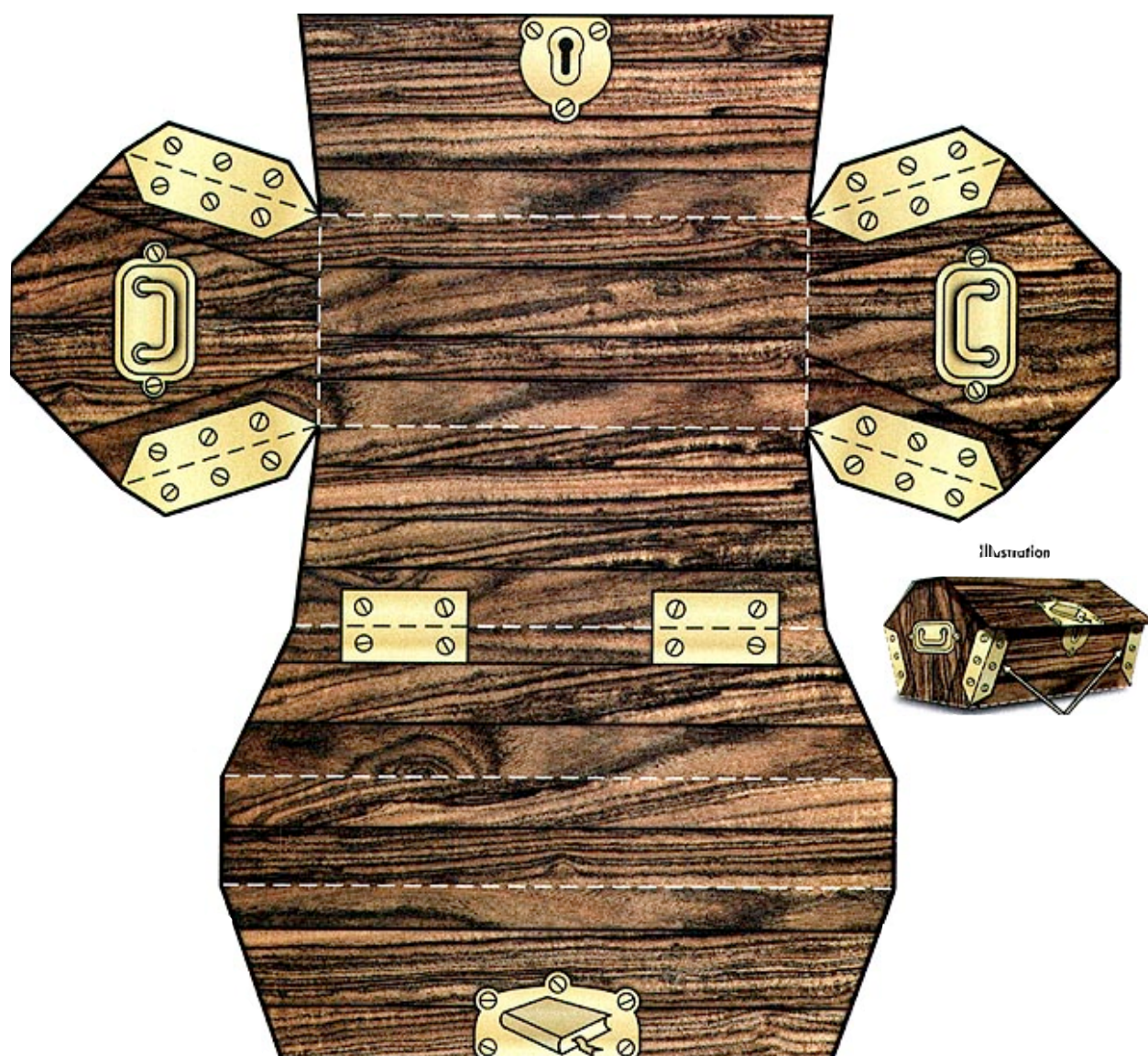
1. How can you keep achieving new food related goals in the future?

2. What is one goal you want to achieve by the end of the year?



Bonus Activities

Allergy Treasure Chest



Bonus Activities

Allergy Treasure Chest



Bonus Activities

Use the space below to complete your bonus activities from above!

