



DIALOGUE DOS AND DON'TS

DISCUSSING FOOD ALLERGY BULLYING WITH YOUR CHILD

Among children older than five who have food allergies, one survey study found that 35% experienced bullying, teasing, or harassment due to food allergies. Of those children (N=85):¹

79%

said the bullying was due to food allergies alone

86%

said the bullying happened more than once

82%

of the bullying incidents happened at school

80%

were bullied by other students

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I know firsthand how food allergy bullying can impact a child's life. My son was bullied in school because of his food allergies. I encourage all parents to have open dialogues with their children about food allergy bullying to help put an end to such a serious, and potentially life-threatening form of bullying.

- Eleanor Garrow-Holding, Food Allergy & Anaphylaxis Connection Team



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67%

of students report bullying has happened when adults are not present²

DO

- Report bullying to the school administration immediately if the incident happened at school. School staff may be able to speak with the bully and victim individually to gather the facts in a nonthreatening environment.
- Ensure your child's teachers are aware of and understand the severity of food allergy bullying.
- Remember there is strength in numbers. Studies show that peers bully others who either appear "different" or who are alone. Encouraging the buddy system inside school may help reduce bullying incidents.²

DON'T

- Ignore bullying. Consider listening and offering comfort and support. It may be helpful to remind them that you are proud they brought this to your attention and they are not alone.
- Change your child's regular schedule. Keeping a routine can provide comfort and familiarity, and it could be helpful for students to know which school staff are trained on food allergies and who to go to for help.
- Encourage your child to fight back. Instead, your child could speak to adults, school counselors or outside help to explain how they feel.

Below are thought-starters to help fuel an important dialogue with your child.

- How was school today?
- Who did you sit with at lunch today?
- Who did you play with at recess or during gym class?
- How was your bus ride today?
- How are other kids reacting to your food allergies at school?

To learn more visit NoAppetiteForBullying.com and help raise awareness of the campaign by using [#NoAppetiteforBullying](https://www.instagram.com/NoAppetiteforBullying).

This content was developed by the No Appetite for Bullying founding partners and represents the views of these groups.

1. Lieberman JA, Weiss C, Furlong TJ, Sicherer M, Sicherer SH. Bullying among pediatric patients with food allergy. *Ann Allergy Asthma Immunol.* 2010;105(4):282-286. PMID:20934627.

2. Food Allergy & Anaphylaxis Connection Team. Bullying resources for educators and parents. Available at: <https://www.foodallergyawareness.org/education/bullying/types-of-bullying/>. Accessed October 2019.

