



Severe allergic reaction



Role play cards: **Severe allergic reaction**

What's happening?

A young person has invited some friends to their parents' barbecue. The family likes cooking and has prepared a seafood salad for guests to nibble on while the food is cooked. The parents have asked the young people to help cook.

Role play cards: **Severe allergic reaction**

Ideas for staging and props

- Borrow some paper plates to use, or mock some up out of paper or card.
- Use a box or storage container to represent the barbecue.

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Person who has an allergic reaction

You and a friend are standing by the barbecue while your other friend cooks. They offer you some seafood salad. You've never tried seafood like this, so you reluctantly try a squid ring. It's nice. You then try some crab (not so nice) and a prawn (also not so nice).

You have an allergic reaction to the seafood. You feel your face begin to swell. Your skin starts to itch around your face, neck and chest. Your throat swells so it becomes hard to breathe or talk. You are very scared.

Note: this is the first time you've experienced an allergic reaction.

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Helper

You're cooking on the barbecue, chatting to your friends. You're hungry, and have a big plate of the seafood salad your parents made earlier. It's got king prawns, calamari (squid rings) crabs and mussels, and you like them all.

You offer your friends some salad and one of them tries a few different things. You notice that they suddenly look very unwell. They are struggling to breathe. Their face is starting to swell up and go red and blotchy. They are scratching at their skin. You can see your friend is starting to panic. You go to help.

How you are feeling: *You're concerned for your friend and want to help. You're alarmed by what you are seeing but try to stay calm.*

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Bystander

You're at your friend's house for the afternoon. Your friend offers you some seafood salad to eat, while they are cooking on the barbecue. You don't like prawns or mussels, so you decide not to have any of the salad.

Your other friend tries some of the seafood salad. They start to have an allergic reaction. Their face is starting to swell up and go red and blotchy. They are scratching at their skin. They are struggling to breathe.

How you are feeling: *You feel confident that you know what is happening to your friend but you don't feel comfortable stepping in. There are adults around who will know more than you. You care about your friend; you just think someone else should take charge of the situation.*

