



# 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.

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## Ideas for staging

- 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.

## Roles

- Below are a range of roles - in small groups, each choose a character to play. Ensure each person in the group has a chance to play the role of each character. Or, read through the scenario as a story.
- Spend time getting in and out of role.

## Debrief

- Afterwards, spend some time discussing the story. You could think about:
  - What happened to the person having the severe allergic reaction? What signs of a severe allergic reaction did they show?
  - How did the helper help them?
  - What did the bystander do? What could they do in future to

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## Person who has an allergic reaction

This person and a friend are standing by the barbecue while their other friend cooks. The friend offers them some seafood salad. They've never tried seafood like this, so they try some squid, crab and prawns. It's nice.

But then they feel their face begin to swell. Their skin starts to itch around their face, neck and chest. Their throat swells so it becomes hard to breathe or talk. They think this might be an allergic reaction.

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

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## Helper

This person is cooking on the barbecue, chatting to their friends. They're hungry, and have a big plate of the seafood salad their parents made earlier. It's got king prawns, calamari (squid rings) crabs and mussels.

They offer their friends some salad and one of them tries a few different things. They notice that their friend suddenly looks 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. They can see their friend is starting to panic. They call 999 immediately and explain they think their friend is having a severe allergic reaction. They reassure their friend it will be okay.

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## Bystander

This person is at their friend's house for the afternoon. Their friend offers them some seafood salad to eat, while they are cooking on the barbecue.

Their 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.

