

# Supporting adolescents

Many adolescents are embarrassed about having asthma and using medication, particularly around their friends and peers.

Build students' competencies in managing their own health by:

- ensuring students know how and when they can seek help
- ensuring confidentiality
- using subjects such as English, science, history, health and PE, to explore concepts of hauora
- identifying safe, accessible spaces that students can access if needed for taking preventer medication or doing calm breathing exercises
- reminding students of where and how to access onsite health professionals.

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