

## Ask learners what helps

Reduce feelings of anxiety and minimise barriers to participation.

Ask learners to share their perspectives, what works for them, and the support they need.

Find out from children and young people:

- ✓ how they want to access their asthma medication
- ✓ how they want to communicate their health needs
- ✓ activities or learning situations that increase their levels of stress or uncertainty
- ✓ the information they would like shared about their asthma and the best ways to share this
- ✓ how to support specific concerns, such as participation in exercise or sport.

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