

Peer support

The attitudes of friends can influence the way allergies are perceived and managed.

Be a MATE – Make Allergy Treatment Easier – is an educational awareness programme. Anyone can be a MATE by following these four easy steps.

1. Don't share your food with friends who have food allergies.
2. Wash your hands after eating.
3. Know what your friends are allergic to.
4. Get help straight away if a schoolmate who has allergies gets sick.

Allergy and Anaphylaxis Australia produce these useful classroom resources.

- [Primary school resources](#)
- [School resources](#) (Years 1–10)
- [Be a Mate resources](#) (Years 5–12)

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