

Stop Nagging Me!

What's so great about being safe anyway?

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Disclaimer

- ▶ I have received no payment or other incentive from any of the companies mentioned





- ▶ “They think they're indestructible. They don't believe bad things can happen.”
- ▶ “They don't want to be different. ”
- ▶ “You try to help, but they tell you it's not like it was *in your day*, so it doesn't apply.” [Donna]
- ▶ “They always think they're right.” [Heather]



- ▶ “They don’t talk. They’re always on their phones, until they run out of data.” [Mark]
- ▶ “They expect you to come rescue them. They expect you to pay for everything. They’re spoiled” [Denise]



- ▶ What proportion of Scottish 13yr olds have been drunk at least once?



Today's Children

- ▶ Today's children *"take it for granted that they are always being watched"*
- ▶ Parents spend more time with their children despite more working! Highly scheduled lives
- ▶ Control options provided by technology
- ▶ Fear of harm vs fantasy of safety/control!



Identity

- ▶ The primary developmental task of the teen years is to **form a sense of identity**
- ▶ Exploration is the path to forming a secure sense of identity
- ▶ Parental separation (rejection) vs Peer group conformity



The Adolescent brain

- ▶ Prefrontal cortex changes dramatically during adolescence - involved in:
 - ▶ decision-making,
 - ▶ planning,
 - ▶ inhibiting inappropriate behaviour,
 - ▶ social interaction,
 - ▶ understanding other people,
 - ▶ self-awareness



- ▶ Studies show the ability to take into account someone else's perspective is still developing in mid-to-late adolescence



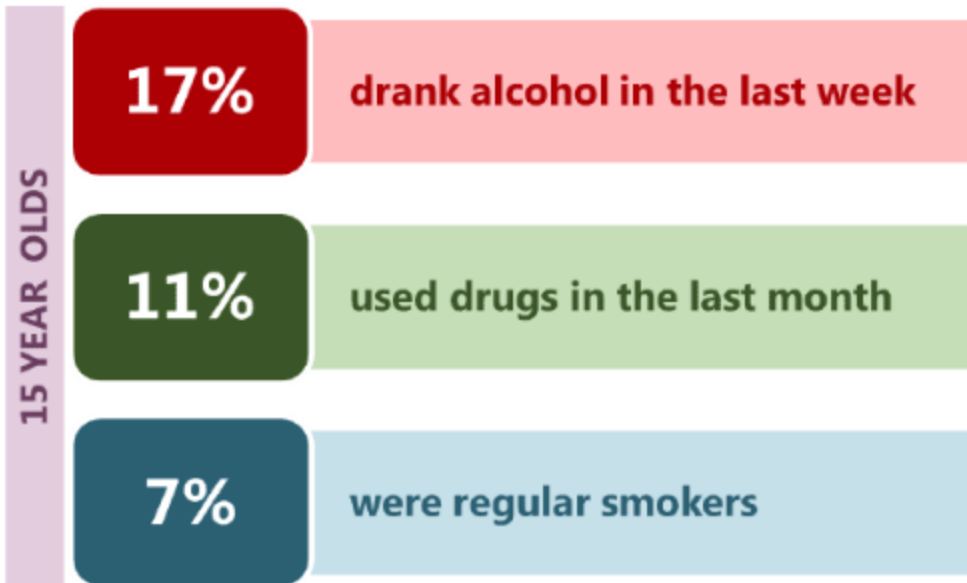
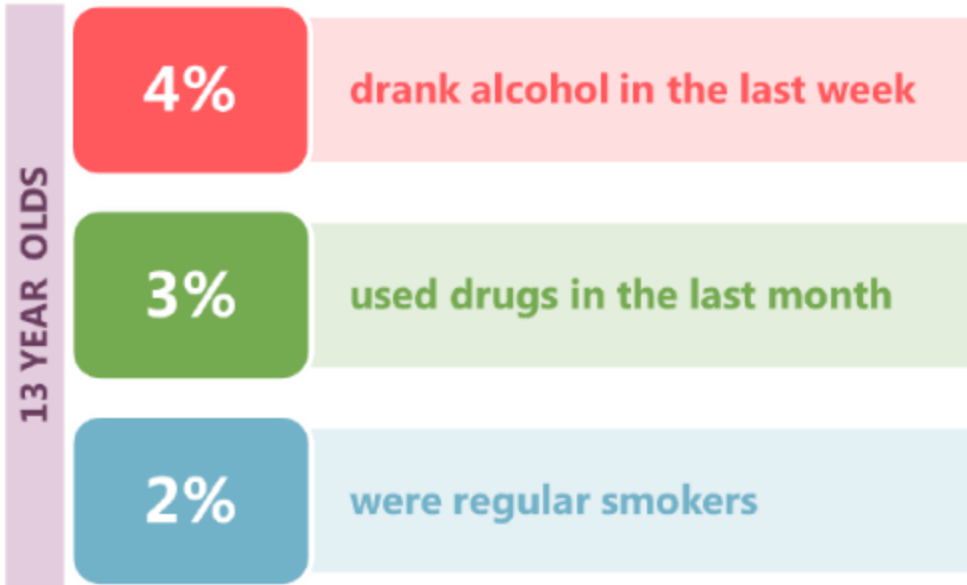
Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) 2015

- ▶ Substance use prevalence has remained stable since 2013, prevalence has declined considerably over the last couple of decades.
- ▶ Nearly three quarters (72%) of 13 year olds and a third (33%) of 15 year olds have never had an alcoholic drink.
- ▶ 4% of 13 year olds and a 16% of 15 year olds had an alcoholic drink in the last week [down from 14% and 34% in 2010].
- ▶ 45% of 13 year olds who had ever had alcohol reported being drunk at least once [**so 13% of all 13yr olds**], compared with 68% of 15 year olds.



- ▶ Less than one in ten 13 year olds (9%) thought that it was 'ok' for someone their age to try getting drunk
- ▶ Rises to 38% of 15 year olds





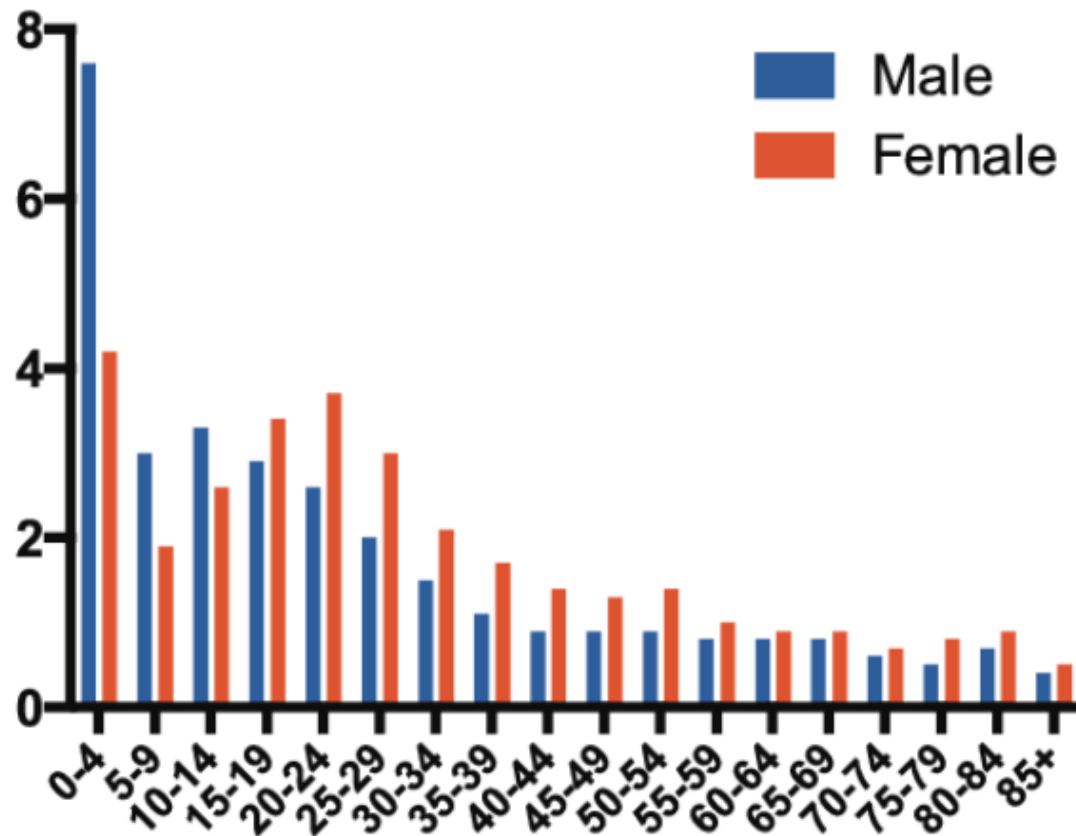
- ▶ “While friends play a critical role, family has a strong direct and indirect influence.”
- ▶ “The parent or guardian has a particularly strong influence on their child’s behaviour. This ranges from the point at which alcohol is introduced, to exposure to adult drinking and drunkenness, to the amount of supervision placed on a young person (such as knowing where their child is on a Saturday evening or how many evenings their child spends with friends)”.



The Challenge

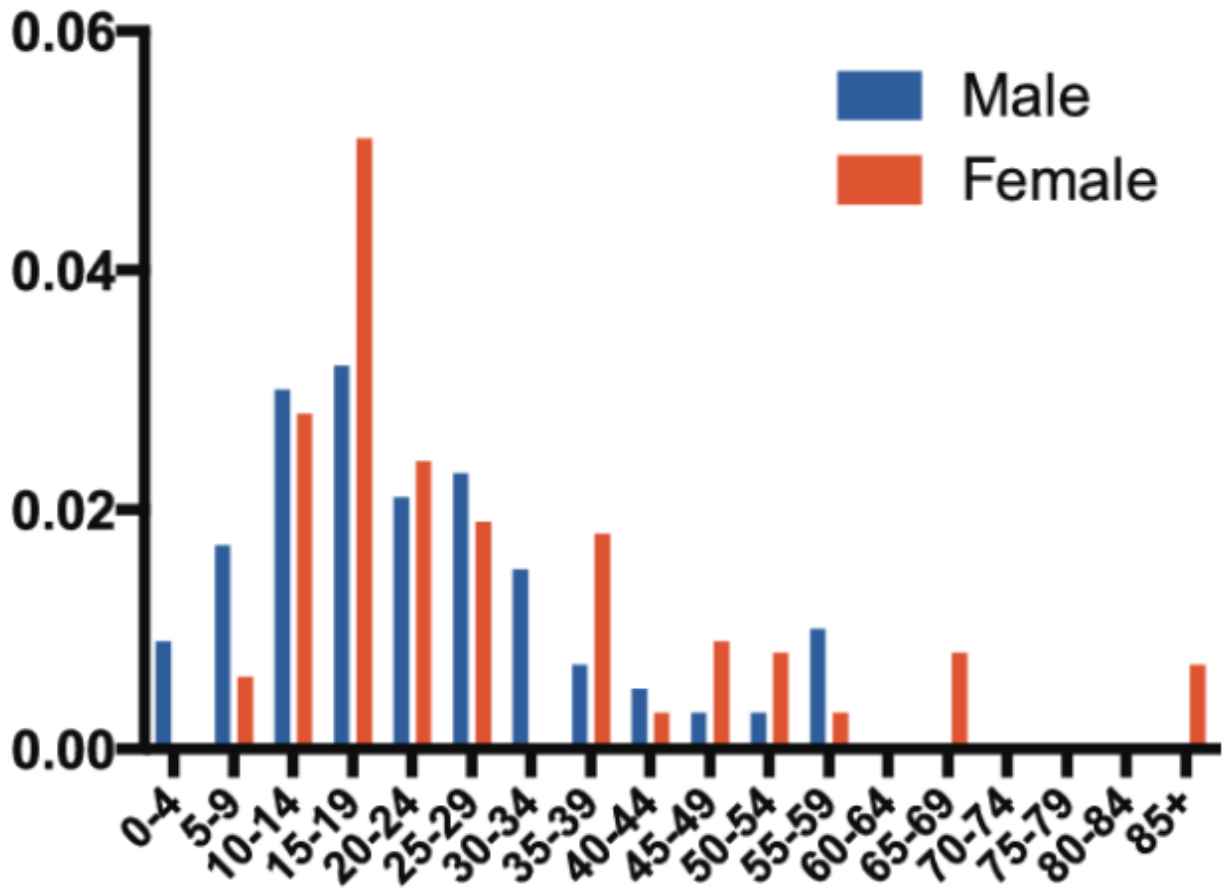
A

Hospital admissions for
food-induced anaphylaxis
per 100,000 population



B

Fatalities due to
food-induced anaphylaxis
per 100,000 population



Risk taking

- ▶ Poor perception?
 - ▶ Same as parents - particularly same sex parent!
 - ▶ Girls/mothers rate fewer situations as safe
 - ▶ May not recall last reaction!
- ▶ Some studies find that adolescents consider risks *more seriously* than younger children
 - ▶ especially if recent experience of a severe reaction



Risk taking (2)

- ▶ More than half have knowingly eaten food known to contain/possibly contain an allergen (“lick/bite test”). Reasons -
 - ▶ previous “slips” without reactions,
 - ▶ simply wanting to eat it,
 - ▶ scepticism about precautionary labelling,
 - ▶ reluctance to ask questions,
 - ▶ curiosity,
 - ▶ peer pressure



Risk taking (3)

- ▶ Warren 2016 feels there are 2 main groups, with different levels of risk taking behaviour.
- ▶ Predictors of being in the less risk taking group were:
 - ▶ a history of being bullied,
 - ▶ peanut allergy,
 - ▶ supportive female friends,
 - ▶ “overprotective mother”



Don't eat here, Leon chain tells diners with allergies

Jack Malvern

January 19 2019, 12:01am,
The Times



The CYANS Guideline

- ▶ Goal – “transition to independence”
- ▶ Without undue limitations
- ▶ Alcohol/Sex rarely discussed in paediatric clinics
- ▶ Know avoidance strategies
- ▶ Know reaction management



Transition tools

- ▶ Clinic checklists –
 - ▶ Child focused
 - ▶ Demonstrate skills
 - ▶ Assess asthma control
 - ▶ Identify specific concerns (?use QOL instrument)
 - ▶ Review diet
- ▶ Bite size topics



Bite Sized Topics

- ▶ **Previous reactions** – “What happened?”
- ▶ **Diagnosis** – “Are there things you are avoiding, just in case?”
- ▶ **Labelling** – “How do you feel about *May Contain* statements?”
- ▶ **Anaphylaxis** – “When would you consider a reaction to be severe enough to phone 999?”



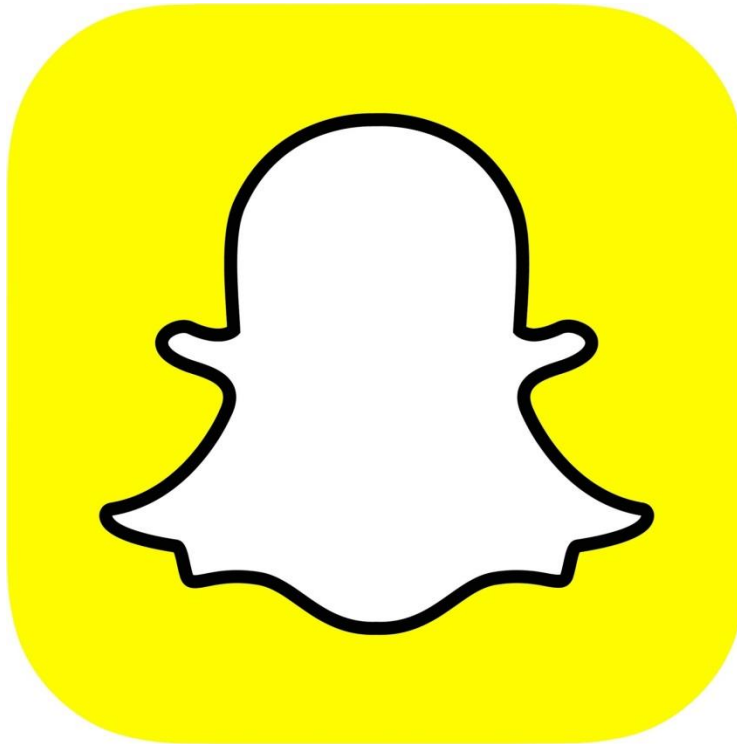
Bite Sized topics (2)

- ▶ **Food** – “What do you do for school lunch?”
- ▶ **Career plans** – “Did you know some jobs are not open to people with nut allergy?”
- ▶ **Holidays** – “What’s Croatian for “I’m allergic to peanut?””



- ▶ “Transitioning [means] assuming more responsibility...”
- ▶ “being more independent”
- ▶ “taking more risks”
- ▶ “advocating for themselves”
- ▶ “In these circumstances, most adolescents attributed choice and control to feeling more empowered and gaining trust in themselves”





Dating Speaking

- ▶ =talking
- ▶ But you can go on a "date"!
- ▶ Kissing might be at any time!
- ▶ Lots of random kissing at dancing





Tech

- ▶ Facebook launched to the open internet on September 26, 2006
- ▶ Social media use is pervasive
- ▶ Just Eat – UK revenue up 27% 2017-18 (expected global revenue in 2019 £1 billion)



Megan



Alcohol

- ▶ “Pre’s” not pubs
- ▶ No one leaves a drink unattended – take it with you on the dance floor
- ▶ Shots better than bottles!?
- ▶ Friends important



Modelling





Mar 13, 2019

Travelling Abroad With An Allergy | May Contain

It was my first time flying solo with an allergy and I couldn't have asked for a better experience flying with Delta Airlines...

[Read More →](#)



Feb 21, 2019

Q&A with Allereview

[Read More →](#)



Feb 13, 2019

Dangers of Dating with an Allergy

Dating with a nut allergy can be hard at times, but should you tell your first date about your allergy?

[Read More →](#)



Jan 30, 2019

Telling your new company about your allergy?

Moving into my first proper job following university I realised



Jan 14, 2019

Are Restaurants are quickly getting to grips with allergies?

When eateries don't have an allergy menu, ensuring the server



Jan 10, 2019

BBC Apprentice Runner-Up Camilla 'she'd be able to sell nut milk to someone with a nut allergy'

Competency



Conclusions

- ▶ High risk group
- ▶ Not simply risk taking behaviour
- ▶ Fear isn't necessarily better than indifference
- ▶ Modelling probably more important than professional advice
- ▶ New challenges eg social media





The Children and Young People's Allergy Network Scotland – CYANS – was established in 2011 to locally improve allergy care for all children across the country, and develop a dedicated service for young people to encourage an easy transition to adult services.

In order to reach these goals, CYANS works through a partnership of patients from 0 to 19 years, their families and friends, health care professionals and the voluntary sector.



Tweets by @CYANS_nhs 0

Allergy Network Boot
@CYANS_nhs
Places still available for this FREE event!
Sign up for the Annual Paediatric Allergy Study Day taking place on 14th March 2019 at COBLA Edinburgh!
Sign up and programme available here:
cyans.scot.nhs.uk/latest-news/
@Anaphylaxiscoms @AllergyUK1
@CEN_NHS #allergyawareness #conference

CYANS Children and Young People's Allergy Network Scotland **NHS** SCOTLAND

Annual Scottish Paediatric Allergy Study Day

Embed View on Twitter

