



# Be a PAL Instruction Sheet for Parents

**The Be a PAL: Protect A Life™ From Food Allergies education program can help children learn about food allergies and how to be a PAL to their friends with food allergies.**

1. Talk to your child's teacher, scout troop leader, youth group leader, or coach about presenting the Be a PAL program.
2. Print copies of our **Be a PAL: Protect A Life™ From Food Allergies handout** for everyone participating in the program.
3. Print copies of our **Be a PAL: Protect A Life™ From Food Allergies poster** to post in schools, classrooms, libraries, or community centers!

## **PLEASE NOTE:**

The best way to protect your child at school is to ensure that they have a written plan to manage food allergies that is individualized and that keeps them safe and included in activities (such as a 504 plan). For children with life-threatening food allergies, it is their legal right to be evaluated for such a plan.

Federal privacy laws such as the Federal Education Rights and Privacy Act (FERPA) protect your child from having their medical information from being shared with other students, parents and non-essential school employees/volunteers.

The Be a PAL program can be an effective tool for helping your child's classmates better understand food allergies. We recommend this program be used to educate others on food allergies generally rather than discussing a particular child's health or food allergies specifically.