

# Planning a Response

Use this sheet to plan a response in different situations. Remember, how you respond might be different depending on the situation, whether you are talking to a stranger or someone you know, and how you are feeling that day.



## A friend asks about your eczema

"I have the skin condition eczema. It makes my skin itchy and sort sometimes but you can't catch it. I put special creams on it to make it feel better."

## A stranger asks about your eczema

"I have the skin condition eczema but I don't like to talk about it much. What is your favourite hobby?"

## Someone at school asks about your eczema in front of your class

I will ask my friend Sam to tell them that I have the skin condition eczema. I am happy to answer some questions about it but I don't want to talk about it in front of everyone.

**Practice these responses so you can use them next time someone asks you about your eczema!**

# Planning a Response

Have people ever made comments or asked questions about your eczema?

Why does your skin look like that?

Can I catch that if I touch you?

What's wrong with your skin?

Most of the time, people are just curious and don't know what eczema is. But not knowing when people might comment or ask questions can make us worried about showing our skin and meeting new people. Sometimes people might also say things about our eczema that are hurtful or unkind.

One thing that can help us feel more confident and in control of the situation is to plan how you will respond to comments and questions about your eczema. Here are some ways you might respond...

## Shutting it down and changing the subject



This makes it clear you don't want to talk about eczema but tells the person what you are happy to talk about. This might be especially useful with people you don't know very well.

## Responding confidently

Planning what you want to say about your eczema will help you feel more confident. Most of the time people are just curious, so you can help them learn more about eczema.



## Telling people before they ask



You might feel more confident if you bring your eczema up first. This can help you control the situation and put yourself and the other person at ease.

## Ask a friend for help

If you're feeling underconfident, you could ask a friend or family member to respond for you.



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## A friend asks about your eczema

A large, empty, light blue rounded rectangular box for writing a response to a friend's question about eczema.

## A stranger asks about your eczema

A large, empty, light blue rounded rectangular box for writing a response to a stranger's question about eczema.

## Someone at School asks about your eczema

A large, empty, light blue rounded rectangular box for writing a response to someone at school asking about eczema.

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**A ..... asks about your eczema**

Large light blue rounded rectangular box for writing a response to the first question.

**A ..... asks about your eczema**

Large light blue rounded rectangular box for writing a response to the second question.

**A ..... asks about your eczema**

Large light blue rounded rectangular box for writing a response to the third question.

**Practice these responses so you can use them next time someone asks you about your eczema!**