



Dealing with unkind comments

From time to time young people may experience a thoughtless or unkind comment. There are different ways to deal with this including ignoring the comment, responding to it, or using humour.

The important thing is to remain confident and positive and not let people drag you down.

"I'm having a flare of my arthritis so I'm a bit slow today. I'll get quicker, what's your excuse?"

"I've got arthritis, what's your problem?"

Bullying

If you think you are being bullied it's important to tell someone as soon as possible. Don't deal with it on your own. This person could be your teacher, friend or parents. You could also check out the following:-

www.bullying.co.uk
www.beatbullying.org
www.kidscape.org.uk
Childline 0800 1111

If you find that friends, relatives or teachers are really interested and want to know a bit more about your condition, ask one of the team for some information booklets or website addresses to give them.

Department of Rheumatology

Occupational therapy	0121 333 8213
Physiotherapy	0121 333 8221
Nurses	0121 333 8219

Data Protection

We collect information about our young people and families relevant to their diagnosis and treatment. We store it in written records and on computer. We may have to share some of your information with other people and organisations. If you have any questions and/or do not want us to share that information with others, please talk to the Adolescent Rheumatology team or contact PALS (Patient Advice and Liaison Service) on (0121) 333 8403/8611.



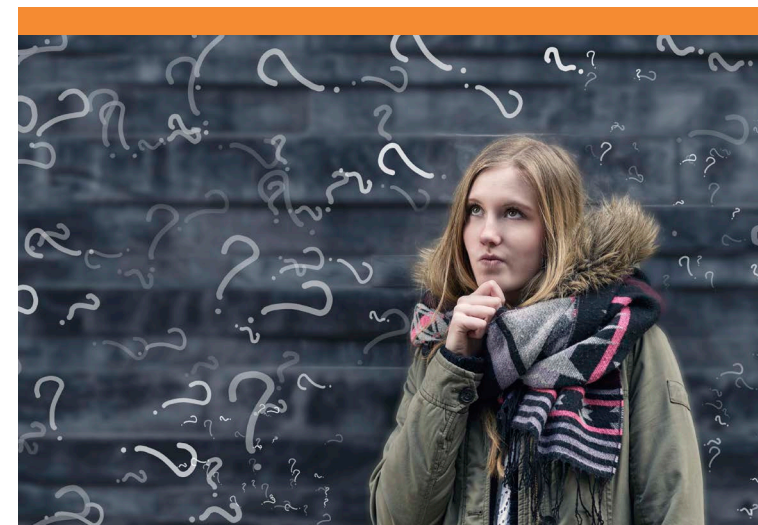
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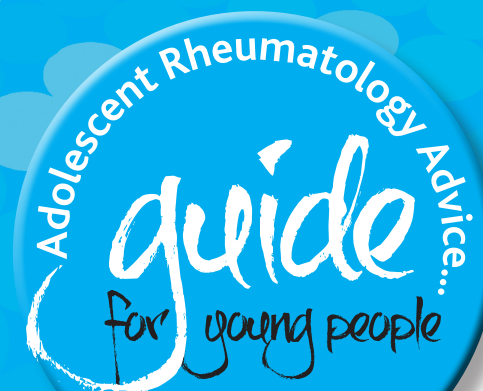
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To tell or not to tell...?
That is the question!



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Not to tell?

Telling other people about your condition can sometimes be very difficult. Whether or not you tell someone is a very personal decision and one which people approach in very different ways. Telling people about your condition may be difficult for a number of reasons including:

- You may see it as an invasion of your privacy
- You may worry how others will react
- You may worry that others will change their behaviour or attitude towards you
- You may worry that you will be labelled/judged

Not telling anyone about your condition can sometimes make you feel that you're keeping a big secret. This may cause you stress or worry about being discovered.

At times it can also make you feel that you are alone and no one understands.

To tell?

Telling someone or 'disclosing' your condition to others can be positive however, as it may lead to:

- A sense of relief that it's no longer a secret
- Increased support from those around you
- Improved understanding from friends, teachers and others
- A small group of allies who can help out in difficult situations

Who should I tell?

Remember, you don't have to tell everyone everything. How much you disclose is up to you and may depend on your relationship with the person.

What should I say?

There are those you may wish to tell very little, but for those people you trust you may wish to tell them a little more. It may be useful to rehearse a little script so that it's not a big deal for you every time you come to explain. E.g.

Consider whether you have a trusted friend or group of friends who you could tell, and try your script out on them. You may be surprised by their reaction.

"I've got arthritis which means that my joints are sometimes stiff and painful. Other days I feel much better and I try not to let it stop me from doing anything I want to"



The Equality Act (2010)

The Equality Act (2010) provides rights for people with an illness/disability. It may be really useful to tell schools, colleges or employers about your condition as they will then be legally obliged to help. See:

www.skill.org.uk

www.gov.uk

www.equalityhumanrights.com

At any given time 1 in 1000 children will also suffer from Arthritis

1 in 3 people in Birmingham suffer from Arthritis or inflammatory conditions

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