

Telling Your Friends About Your Bleeding Disorder

Here is a brief description of what you can say to others about your bleeding disorder:

I was born with a bleeding disorder.

It is called _____ (name of your bleeding disorder) _____.

This means my blood doesn't work right. When I fall down or bump into something it hurts a little longer. I bruise easily and my bruises last a really long time. I do get a medicine called factor that makes my blood work better and helps me get better when I get hurt.

Here are some other examples of what you can say about your bleeding disorder to your friends or classmates:

- "I have _____ (name of your bleeding disorder) _____, which means my blood doesn't act like most people's blood. When I cut myself or fall down, it takes me longer to stop bleeding. I take medicine to help it stop."
- "Some kids with diabetes have to get shots. It's like that for me. I need shots to stop my body from bleeding too much."
- "It's not contagious. You can't catch it from me."
- "I may not be able to do everything that other kids do, but I can do a lot."