

# Speaking to your class about CF (for primary students)

For some people having to do a speech in front of others (such as fellow classmates) is very scary while for other people it is not a big deal. However you feel about it, talking to your classmates about having cystic fibrosis (CF) and what it means for you, can be a really rewarding experience.

## Goals

Think about your goals for speaking to your class mates e.g. so they understand a bit more about why you take medication, are away sometimes, eat a high fat diet etc

## Speak to your teacher

Speak with your class teacher about when would be an appropriate time for you to talk to the class. Can you do it as part of an assignment perhaps?

## Duration

Think about how long you are going to speak for. Usually about 3-5 minutes is good, but you can discuss with your teacher what is a good length of time.



## Resources

Find out what useful resources are out there to help you e.g. videos on YouTube or information on websites such as [cfsmart.org](http://cfsmart.org) or CF UK Trust. It can also be good to start your presentation with a short film.

## Look for guidance

Have a look on Youtube to see how other young people with CF talk about their condition.

Ask your parents how they explain it to others. If you get a chance, ask your CF medical team for some advice too.

## Notes

Write out dot points of the main things you want to say. Then add more information to your dot points.

Will you speak from your notes, or use PowerPoint as a way to display your information ?

## Use photographs

Do you have photos of times in hospital, doing physio etc?

They are good to include in the presentation as well as to bring in items like your medication, physio equipment, etc., so your classmates can see them first hand.

## Ask CFCC for help

CFCC have resources and ideas which may help you with your presentation. Please get in touch and email [education@cfcc.org.au](mailto:education@cfcc.org.au)



**[www.cfsmart.org](http://www.cfsmart.org)**

**for more information:**

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