



My ABCF at School: Educator Information

My ABCF at School children's book is a great resource to help educators discuss CF with the class. The book shares key information about CF so students have a better understanding of what CF is, how it affects their classmate and how they can help keep their friend with CF healthy at school.

Key Messages to Discuss

- We call cystic fibrosis, CF for short.
- You can't catch CF. It's something you are born with, like eye colour or freckles.
- Your friend can do everything you can do, they just need some extra medicine and treatment.
- You should stay home when sick, to avoid spreading germs.
- Good hand hygiene practices can minimise the spreading of germs- discuss when to wash hands, how to wash hands etc. as well as cough and sneeze etiquette.

Further Learning For Educators

There are free eLearning modules and factsheets for educators which can provide you with more information about CF. The modules cover basic CF, infection prevention and control and nutrition. CFWA can also provide face-to-face education for your school community.

Extended Classroom Learning

To extend the classroom learning and reiterate concepts discussed in the book, we have a range of activity sheets and short videos you can utilise.

Short Videos

- Good Clean Hands (~age 3-6)
- CF at School (~age 5-8)

Activity Sheets

- Stomach & Lungs- write and colour
- Lungs- cut & glue
- Where are Germs?
- Handwashing- cut & glue

Parent Learning

We have also included in the pack a bookmark for students to take home as well as a letter you can send home to parents. This helps parents learn about CF and understand the importance of keeping their child home if unwell.



Scan the QR code to
access our resources