

# ADAM<sup>THE</sup> ADVENTURER

goes to school



Endorsed by:



THE  
HAEMOPHILIA  
SOCIETY

This book is intended for children with  
haemophilia on factor replacement therapy

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You may have already met Adam and his friends on his last adventures. He is in year two at school, and has haemophilia, like you. He wants to find out more about how haemophilia might affect him at school so that he is prepared for this next stage of his haemophilia journey.

His friends will be meeting him at his school to help answer some of the questions he has.

Turn to page 5 to look at a map of the school and see where Adam needs to go first!

Be a buddy





Let's go to the first stop on the map - my classroom!



As Adam walks into his classroom, he spots his friend Captain Courageous.

**Hi Captain Courageous!**

Would you be able to help remind me about what haemophilia is and how it affects me? I want to make sure I know all about it in case someone at school asks me.

Of course! You might remember that haemophilia affects the way your body stops bleeds if you bump, cut or bruise yourself. To stop bleeds, your body needs to make a clot.

HAPPY CLAS

CLOT ✓

CLOT ✗

How are clots made?

Clots are made of lots of different things that come together like a puzzle. Haemophilia means that your body is missing some of the puzzle pieces. This means that if you bump, cut or bruise yourself, you would bleed for longer than someone without haemophilia.

That's why I take my treatment, to help my body to make clots, isn't it?

It is. Your treatment is called 'factor' and it needs to be taken regularly as an injection to keep your levels topped up. To help you remember these words, I've put a word search together for you on the next page!

Thanks Captain! But what if someone at school asks me why I have haemophilia?

Squeak will be able to help answer that - he's in the courtyard. Collect your sticker for visiting stop 1 on the map, and I'll see you soon!

Can you find all four words?

Look for: Factor, Clot, Haemophilia, Injection



Each word is hidden three times

(and one of these is backwards for each word!)



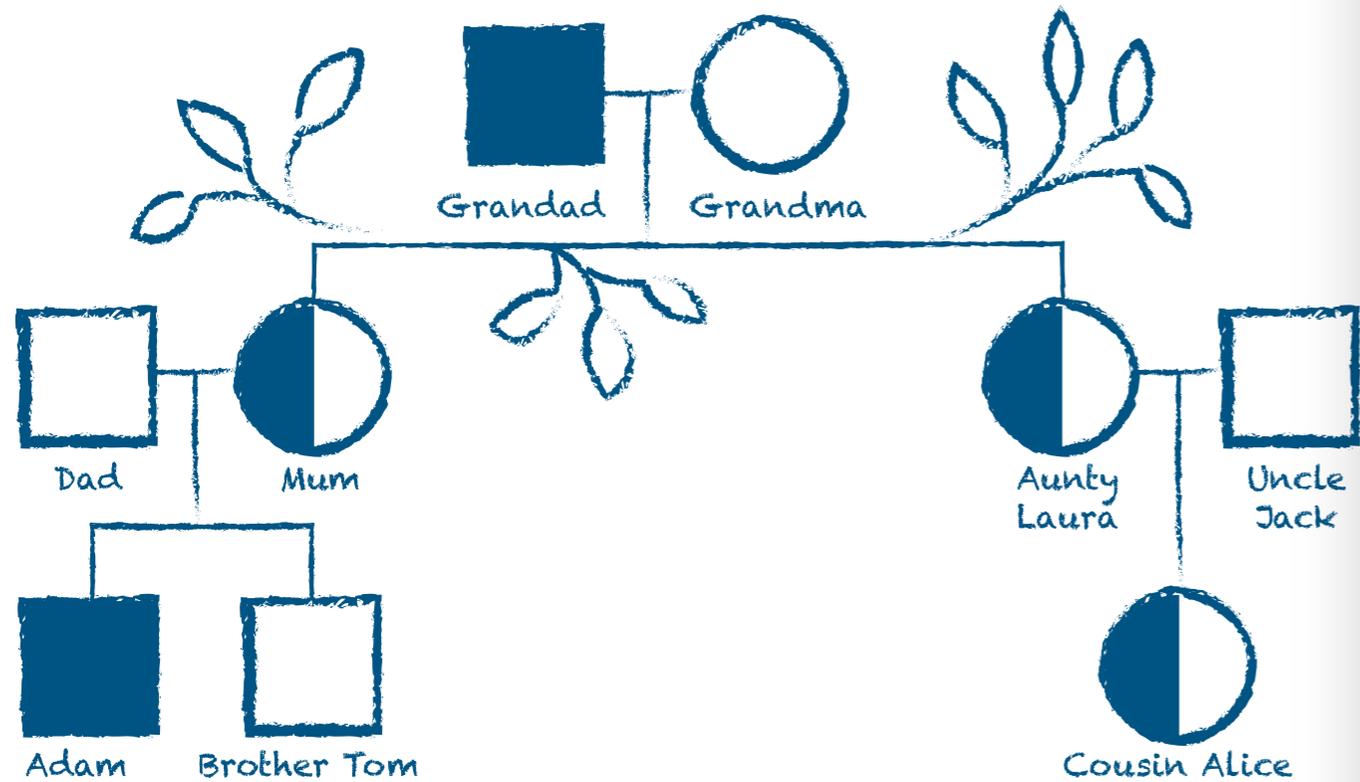
Your parents pass their features to you which is why you might have the same eye colour or hair colour as your parents. This is also why you might look similar to your brother or sister.

As well as passing on things you can see, parents also pass on things that aren't as easy to see, such as haemophilia.

Your haemophilia has been passed to you by your mum Adam, which means she is a 'carrier'. A 'carrier' is a girl or woman who 'carries' haemophilia. Carriers can pass on haemophilia to their children but they might not have symptoms of haemophilia themselves.

Let's have a look at your family tree to learn more!

# Adam's Family Tree



**KEY:**



Boy/man with haemophilia



Boy/man without haemophilia



Girl/woman who carries haemophilia



Girl/woman who doesn't carry haemophilia



The children of women who are carriers might be a boy with haemophilia, a boy without haemophilia, a girl who carries haemophilia, or a girl who doesn't carry haemophilia.

All boys with haemophilia who have been passed haemophilia by their parents, are passed haemophilia from their mum.

If your haemophilia has been passed to you by your parents, draw your family tree on the next page!

To draw your own family tree, first add your mum and dad and any brothers and sisters using the template on the next page. Then, use the stickers on page 29 to finish your family tree.

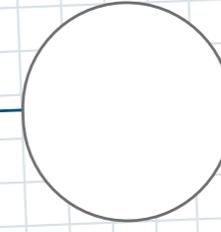
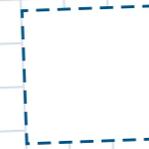
Remember: boys with haemophilia who have been passed haemophilia by their parents, are passed haemophilia from their mums (called 'carriers').



Draw pictures of your family in the grey boxes



Dad



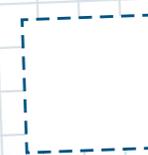
Mum



Add stickers from page 29



Me



Use this space to add your brothers or sisters

KEY:



Boy/man with haemophilia



Boy/man without haemophilia



Girl/woman who carries haemophilia



Girl/woman who doesn't carry haemophilia



Thanks Squeak! From my family tree, I can see that my mum and my older cousin Alice are carriers... how does this affect them?

Why don't you ask one of them? Your cousin is in the art room. Don't forget to collect your sticker for visiting stop 2 on the map!



Hi Alice! Can you tell me what it's like to be a carrier of haemophilia?

Carriers can have reduced levels of factor, which means that they might have mild symptoms of haemophilia. Not all girls with haemophilia will show signs of having it. I had a test to find out how my factor levels are affected, which is important so that I know when I might need treatment.

So do you take treatment like me?

I sometimes need treatment if I hurt myself or if I need to have an operation.



So is going to school any different when you have haemophilia or are a carrier?

Not really. Your nurse or doctor will explain everything to your teachers and will make sure that they have all the information that you need at school.

But what about PE lessons? Can I do the same sports and games as everyone else in my class?

Archie will be able to help answer that. He's in the sports hall!

Adam has learnt a lot so far, but still has more questions. Collect your sticker for visiting stop 3 on the map and go to the sports hall, to see Archie the Robot!

**Hi Archie!**

If I'm playing sports in PE lessons, is there anything I need to tell my friends or my teacher?

With your factor, you should be able to do most of the same things in PE lessons as other children in your class. There are lots of sports that you can do and joining in with sports and being active will help to keep your body healthy and build up the muscles around your joints. Your Doctor or Nurse might have told you which sports are best for you.

**What if I hurt myself?**

Tell a teacher as soon as it happens. They will have been told what to do and will be able to help. You should tell them if you think you might have a bleed that you can't see too, for example in your muscles or joints. Part of your body might feel sore or warm, or it might look bigger than normal.

**Do I need to tell my friends that I have haemophilia?**

It's up to you but it is a good idea to tell them so that they can help and tell a teacher if you hurt yourself.

**Thanks Archie!**

You're welcome Adam! Remember to collect your sticker for visiting stop 4 on the map. Captain Courageous will meet you in the geography room to talk to you about school trips.

**Hi Captain!** Archie said that you could tell me about how to prepare for school trips. What if I am going away for a day with my school?

You should be able to go on most trips with the rest of your class. You might also want to speak to your doctor or nurse before you go on your trip, and your teacher will have been given anything that they might need whilst you are away.

**Thanks Captain!** I think that's all of my questions answered!

Great! Let's test how well you've remembered everything from us with a quick quiz!

1. What is your treatment called?

2. What is haemophilia?

3. What might happen if you have a bleed that you can't see?

4. Why is playing sports and being active important?

**1. What is your treatment called?**

Factor ✓

**2. What is haemophilia?**

Haemophilia affects the way your body stops bleeds if you bump, cut or bruise yourself. People with haemophilia bleed for longer than people without haemophilia and need to take treatment to help the body make clots to stop bleeds ✓

**3. What might happen if you have a bleed that you can't see?**

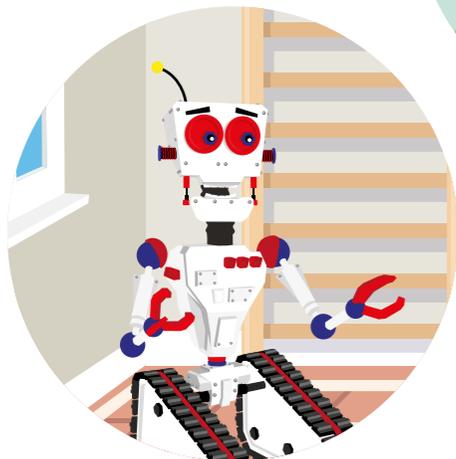
Part of the body might feel sore or warm, or might look bigger than normal ✓

**4. Why is playing sports and being active important?**

It can help keep the body healthy and build up muscles around the joints ✓

4/4

Collect an achievement sticker after visiting each of the stops on the map!



Use the family tree stickers on page 17!



KEY:



Boy/man with haemophilia



Boy/man without haemophilia



Girl/woman who carries haemophilia



Girl/woman who doesn't carry haemophilia

**That's all from us!**

**Your trip around the school is complete! Collect your final sticker and good luck on these next steps in your haemophilia journey! See you soon!**





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