

# The Right Words in Under 10 Minutes

Home + classroom safe (ages 5–16)



A simple, story-supported framework that helps parents, carers, and teachers explain organ and tissue health journeys — calmly, gently, and without medical jargon or pressure.



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Parent/Carer Communication Resource (Ages 5–16)

“Most families don’t need more information — they need the right words when a child asks a big question. Donate Buddies makes those conversations feel calm, safe, and possible.”

Ages 5–16

Emotionally safe  
language

Under 10 Minutes

To use the framework

4-Step Framework

Safety → Simple words →  
Calm answer → Close

Home + Classroom Safe

For parents, carers &  
teachers

## A calm way to talk about big health journeys (Ages 5–16)

**For:** Parents, carers, teachers, hospital support teams & community organisations

**Solves:** “I don’t have the right words to explain this to a child.”

✓ Ages 5–16 ✓ Under 2 minutes to start ✓ 4-step framework ✓ Home + classroom safe

## What this is / what this is not

### ✓ What this IS

- Simple, calm language for real conversations
- Age-appropriate words a child can understand
- A tool to open the door — not close it

### ✗ What this is NOT

- Medical advice or clinical information
- A script about surgical procedures
- Pressure to decide, act, sign up, register, or “choose donation”
- Scare-based or graphic explanations
- A replacement for your care team

## The “Right Words” Framework (4 steps • under 2 minutes)

### Step 1 — Open with a Safety Sentence

Choose what feels natural:

- “You’re safe, and it’s okay to ask big questions about blood.”
- “We can talk about this gently — and we can stop anytime you want.”
- “I might not have every answer, but I’ll explain it calmly and simply.”

### Step 2 — Name the body part (one sentence only)

Keep it body-positive and calm:

- “Blood is your body’s delivery team — it carries oxygen and energy around you.”
- “It also helps fight germs and helps your body heal when you’re hurt.”
- “Sometimes donated blood can help someone feel stronger during treatment.”

### Step 3 — Explain what’s happening (without fear)

Pick one:

- “Sometimes doctors use donated blood to help a body stay safe and steady.”
- “Blood is given through a drip (a transfusion), and the team watches closely.”
- “Captain Buddy and Barry the Blood Drop explain this in calm, kid words.”

### Step 4 — Keep it calm (Short vs Story)

- Short version: “That’s the main thing about blood donation. You can ask more anytime.”
- Story version: “Captain Buddy can explain blood stuff gently — short story or longer story?”
- Buddy version: “Barry the Blood Drop explains blood donation in kid words.”

## Quick Guide – DO / DON'T

### ✓ DO

- Start with safety – reassure before you explain
- Use body-positive, simple language
- Let the child lead with questions
- Pause and breathe – your calm is contagious

### ✗ DON'T

- Use medical jargon or clinical terms
- Make it about urgency, time pressure, or numbers
- Let adult worry lead the conversation
- Promise outcomes you can't guarantee

## Ready-to-use scripts (Common hard questions)

### “What does blood donation mean?”

Ages 5–9: “Blood donation means sharing some blood to help someone else.”

Ages 10–12: “It means giving blood so doctors can help patients who need it.”

Ages 13–16: “It's donating blood to help others, handled with care and safety.”

### “What does blood do?”

Ages 5–9: “Blood carries oxygen and energy around your body like a delivery team.”

Ages 10–12: “Blood moves oxygen and nutrients, and helps fight germs.”

Ages 13–16: “Blood delivers oxygen / nutrients and supports immunity and healing.”

### “How can donated blood help someone?”

Ages 5–9: “Donated blood can help someone stay strong while they heal.”

Ages 10–12: “It can help people after surgery, accidents, or during treatment.”

Ages 13–16: “It can replace blood loss and support care during illness / treatment.”

### “Where does donated blood come from?”

Ages 5–9: “It comes from kind people who choose to donate to help others.”

Ages 10–12: “It comes from living donors who give blood to help patients.”

Ages 13–16: “It comes from screened donors; teams collect and store it safely.”

### “Does blood donation hurt the donor?”

Ages 5–9: “No. Grown-ups keep the donor safe and handle the details.”

Ages 10–12: “No. Donors are cared for, and safety is the top priority.”

Ages 13–16: “No. Donors are screened and supported; safety comes first.”

### “Will I need donated blood (a transfusion)?”

Ages 5–9: “Maybe, maybe not. Doctors decide what helps you, step by step.”

Ages 10–12: “We don't know yet. The team will explain what support you need.”

Ages 13–16: “Not decided yet. Your team will review options and guide next steps.”

## The One-Minute Close (end well)

Choose one:

- “I'm really proud of you for asking about blood. We can talk again anytime you need.”
- “Right now, you're cared for and not alone. Let's do something normal together – what next?”
- “If you want, Barry the Blood Drop and Captain Buddy can help us find the right words – no rush.”

## For support teams – how organisations can use this

This mini-pack is designed to sit comfortably inside resources already offered by hospital support teams, school counsellors, and community health organisations. It requires no specialist training – simply print or share digitally as a gentle starting point for families, siblings, and classrooms navigating organ and tissue donation conversations (including blood donation and transfusion conversations). The language is written to complement, not replace, professional guidance. Disclaimer: Educational resource only – not medical advice. Always follow the guidance of your treating care team.