



## Telling friends

**Most people who find out they have a bleeding disorder have one big question...**

**Do I have to tell my friends?**

It's up to you.

You can tell who you want.

When you are ready to tell someone, it is best to make sure they understand your bleeding disorder properly. Otherwise they might worry that if you cut yourself you will bleed and bleed until you are very ill, but this doesn't happen because you can use plasters or treatment. Another thing people get wrong is thinking they can catch haemophilia or von Willebrand's from you, but that isn't true as it comes from your mother or father.

But your parents might want to tell your school or any other adults that look after you. This is so they know what to do if, say, there is a bleed inside your arm or leg. This can hurt a lot and it's good to have some treatment to stop it.

