Food allergy bullying is an unfortunate phenomenon that happens more than you would think—and it can start at young ages. Children are teased, ridiculed or even threatened. In some cases, incidences escalate to assault with food containing allergens, and the consequences can be fatal.

It is important for parents to have ongoing dialogues with their kids about this nuanced form of bullying. Education should start early and continue throughout a kid’s life because food allergy bullying can evolve and look different as children get older and school environments change.

Open communication between parents and children, families and school staff, doctors and patients can help bring a stop to food allergy bullying. Early education programs that teach respect and empathy can help stop the bullying before it starts.

- Lisa Gable, CEO, FARE

To learn more visit NoAppetiteForBullying.com and help raise awareness of the campaign by using #NoAppetiteforBullying.

This content was developed by the No Appetite for Bullying founding partners and represents the views of these groups.