

# Kidney Donation Education Resources

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## Introduction

Thank you for supporting our work by making the decision to use our Kidney Donation Education Resources.

These resources have been created specifically for primary school teachers who teach in schools with Black, Asian and faith communities. They aim to raise awareness about the importance of kidney donation within these communities. We hope that this pack will help pupils and teachers explore kidney donation and transplantation in a fun way!

**PLEASE NOTE: This education pack will also be available to parents and guardians of children who are homeschooled so that they can also benefit from the material.**

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## A Note for Teachers

- Today in the UK, it is estimated that around 7.2 million people are currently living with Chronic Kidney Disease (CKD). [1]
- Due to an increased prevalence of underlying diseases like diabetes and high blood pressure amongst Black and South-Asian people, they are more likely to need treatment for kidney failure than White people. [2]
- Dialysis is often used to treat kidney failure, but it is very time consuming and can cause issues that shorten life expectancy.
- Alternatively, kidney transplant patients usually live longer and have a better quality of life than those who stay on dialysis.
- However, Black, South-Asian and minority ethnic patients often have to wait much longer for a successful kidney transplant match than White patients, due to a shortage of suitably matched donors. [3]
- Transplant waiting times would be reduced if more people from these ethnic minority backgrounds considered living kidney donation and/or registered their decision on the Organ Donor Register.

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[1] Kidney Research UK, Kidney Health Information. Available at: <https://www.kidneyresearchuk.org/kidney-health-information/about-kidney-disease/am-i-at-risk/>

[2] Kidney Research UK, Kidney Health Information. Available at: <https://www.kidneyresearchuk.org/kidney-health-information/about-kidney-disease/am-i-at-risk/kidney-disease-in-minority-ethnic-groups/>

[3] NHSBT, 2023, Annual Report on Ethnicity Differences, Available at: <https://www.odt.nhs.uk/statistics-and-reports/annual-report-on-ethnicity-differences/>

## Background

The NHSBT (Blood and Transplant) has partnered up with Shade 7 publishing to create a children's book based on an inspiring story about kidney donation. The book is called *A Different Kind of Hero* and is written by someone from an ethnic minority with Chronic Kidney Disease (CKD). It hopes to raise awareness about the impact that kidney donation can have on saving someone's life.



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## What is included?

The resources included in this pack are centred around the story and the underlying message that *anyone* can be a hero and save a life. Through differentiated lesson plans and activities, we aim to provide pupils with a gentle introduction into the world of kidney transplant. Differentiated lesson plans for pupils in KS1/Lower KS2 (Years 1-4), as well as for pupils in Upper KS2 (Years 5-6), have been designed to support the awareness and teaching of kidney donation to young people in an age-appropriate manner.

**PLEASE NOTE:** These can be taught as stand-alone lessons or integrated into PSHE lessons which cover the core themes: *Health and Wellbeing* and *Living In The Wider World*.

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## Main Aims and Objectives



*Through our education pack, we aspire to:*

- Explore and provide information about kidney donation in an engaging way so young people can understand how the simple act of 'giving' and 'sharing' can save people's lives.
- Raise awareness about the importance of finding suitably matched donors within Black, Asian and faith communities. Provide
- knowledge and empower children and young people to make informed decisions about kidney donation when they are older. Encourage normalisation of conversations around kidney
- donation with family and friends within Black, Asian and faith communities.  
Ensure that children and young people continue to be a vehicle
- of change for topics such as kidney donation within our society.

**PLEASE NOTE: Kidney donation is an individual choice and always will be. This is highlighted throughout the material. It should be emphasised that no judgement should be made if someone decides that they do not wish to become a kidney donor in the future.**

## Links with the PSHE Curriculum

The lessons intend to deliver learning to pupils on the following:

### CORE THEME 1: HEALTH AND WELLBEING (both physical and mental)

<b>KS1</b> Learning opportunities in Health and Wellbeing <i>Pupils learn...</i>	<b>KS2</b> Learning opportunities in Health and Wellbeing <i>Pupils learn...</i>
<b>H1.</b> about what keeping healthy means; different ways to keep healthy  <b>H11.</b> about different feelings that humans can experience	<b>H1.</b> how to make informed decisions about health  <b>H2.</b> about the elements of a balanced, healthy lifestyle  <b>H15.</b> that mental health, just like physical health, is part of daily life; the importance of taking care of mental health

### CORE THEME 3: LIVING IN THE WIDER WORLD (shared responsibilities and communities)

<b>KS1</b> Learning opportunities in Living in the Wider World <i>Pupils learn...</i>	<b>KS2</b> Learning opportunities in Living in the Wider World <i>Pupils learn...</i>
<b>L5.</b> about the different roles and responsibilities people have in their community	<b>L4.</b> the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others

**PLEASE NOTE: These objectives have been taken directly from the PSHE ASSOCIATION Programme of Study for Key Stage 1 and Key Stage 2. [4]**

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[4] PSHE ASSOCIATION, Available at: [PSHE Programme of Study KS1 and KS2](#)

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## Delivering Sensitive topics

It is vital that teachers carefully read and consider the information given in this pack before the lessons are taught. Organ donation (as a whole) can be a sensitive topic that some pupils may find upsetting due to several different reasons. E.g. Pupils may have experienced a bereavement or know someone who has serious health issues. It is imperative that teachers identify the vulnerable pupils for whom this topic may be sensitive and arrange alternative provisions for them where necessary.

Additionally, pupils with special needs, who may struggle to understand the concept of kidney donation, can be given alternative activities whilst the lessons are taking place.

We have created an Alternative Resource Pack (Found in Alternative Resources below) for those pupils who have been withdrawn from the main lessons for whatever reason. These activities are also based around the kidneys and aim to explore ways in which we can keep our kidneys healthy. They also seek to encourage pupils to think about the importance of helping others when they are ill.

### Alternative Resources

Available to print in PDF

- [Kidney Colouring Pages](#)
  - [Kidney Word Search](#)
  - [Ways we can help others](#)
  - [Keeping our kidneys healthy](#)
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## Processing information

Organ donation in itself is a challenging topic, and the plethora of information may be overwhelming to some pupils. Hence, we have split the lessons into two parts to allow thinking time for pupils to process the information. If teachers feel that pupils would benefit from the lessons being split even further, that will be at their own discretion. It is also important to note that some pupils may appear slightly withdrawn or quiet during the lesson. This is completely normal and may be due to a variety of reasons. Therefore, we have tried to create lessons that are positive and fun to help pupils engage well whilst learning.

Those pupils who *do* take part in the lessons, should be reminded that honest and open discussion is encouraged during the lessons. As always, they must maintain respect for each other's views, opinions and values in a non-judgemental manner.

We advise that all pupils are given the opportunity to write down any questions or comments that they may have about the topic and place them into an *Anonymous Drop Box* at the end of each lesson. Teachers should make it clear that the questions or comments will be addressed at a later date or in a follow-up lesson.

The NHS Blood and Transplant document ['Creating a safe learning environment'](#) may be useful for teachers to read prior to teaching the lessons.

**PLEASE NOTE: It is crucial that teachers are familiar with and aware of their school's safeguarding, child protection and equal opportunities policies and procedures. If at any point they suspect a pupil is at risk and has disclosed sensitive information, the designated safeguarding lead should be notified, and the relevant steps should be taken in line with the school's safeguarding policy.**

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## Parent/Guardian involvement

It is recommended that parents/guardians are notified that lessons related to organ donation will be delivered in school. This will allow parents to prepare their children beforehand and discuss the topic at home first. It will also ensure that parents/guardians will have the opportunity to opt out of the lessons or raise any concerns that they may have *prior* to the learning.

Please see the following template of a letter that can be downloaded, edited and shared in your newsletter or website. Feel free to amend and adapt the text for your school to reassure parents/guardians that the topic of organ donation (kidneys in particular) will be taught in an age-appropriate manner.

**Editable School letter to parents** (Found in the Main Documents folder)

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## FAQ for pupils

Children are naturally inquisitive and as a result, many will have questions about the topic. We have therefore developed a frequently asked questions section for pupils, so teaching (and non-teaching staff) can prepare and respond accordingly.

### What is a kidney transplant?

This is when doctors perform a surgery to replace a damaged kidney with a healthier one from a kidney donor (often a family or friend who gives up one of their healthy kidneys to save someone's life).

### Can anyone donate their kidneys? Even children?



There is no age limit to signing up to be an organ donor on the NHS Organ Donor Register. However, children under 18 in the UK will need parental consent. It is a very important decision and should be discussed with parents/families at home. Ultimately, specialised medical professions have the final say and decide whether your kidneys are suitable for transplant.



FAQ continued...

### **Is it hard to live with one kidney?**

Every individual is different, but most donors lead a normal, healthy and long life after donating. They can even continue to do all the activities they were doing before they donated.

### **Do kidney donors have to donate *all* their organs or can they just donate a kidney?**

Donating an organ is a personal choice. Living donors can choose to donate certain organs, such as a kidney or a portion of their liver, as these can be safely donated while the donor is still alive. In contrast, donating multiple organs (up to 9 organs and tissues) typically occurs after a person has passed away and expressed their wish to be an organ donor.

### **Can people donate kidneys after they die?**



There are two types of kidney donation. One is *living kidney donation* and the other is *deceased kidney donation* (after they die). Both types of kidney donation are used if the donor is registered on the Organ Donor Register.

### **Does it hurt when you donate a kidney?**

After the first day, donors may feel a bit of pain and soreness around the site where the kidney was removed. However, the discomfort is easily managed with special pain killers and usually gets better after a few days.

### **Are we allowed to donate kidneys in our religion? What about in Islam?**

Different faiths have varying opinions and rulings on organ donation. Some faiths believe that all types of organ donation (living and deceased) are permissible, while others may allow only certain forms, such as living donation. In Islam, the majority of scholars agree that organ donation, including donating a kidney while living, is permissible and even encouraged, especially if it helps save a life.

FAQ continued...

### **What if somebody forces me to donate my kidney but I don't want to?**



Kidney donation is and always will be a personal and individual choice. The decision to donate a kidney should be thought about very carefully. No one should ever feel pressured into donating their kidney if they do not want to. You can talk to the medical staff or doctor at any point and be honest about how you feel. They cannot do anything without your consent.

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### **Further Information**

<https://www.kidneyresearchuk.org/>

<https://www.nhsbt.nhs.uk/organ-transplantation/kidney/>

<https://www.organdonation.nhs.uk/become-a-living-donor/donating-your-kidney/>

<https://www.organdonationni.info/resources>

<https://orgamites.com/>

<https://vimeo.com/938674260>

