



# BDASC

## TWEEN/TEEN TRANSITION GUIDELINES





*Upon approaching and entering into the tween/teen years, children living with bleeding disorders will begin to learn how to manage their care themselves. Below are guidelines to help educate our tweens/teens and to encourage independence at an age appropriate level. The guidelines were created in accordance with the South Carolina HTC guide for Birth-Adulthood. This list is cumulative but not exhaustive.*

## TWEEN (AGES 9-12)

*completed*     *progressing toward*     *not applicable*

- | <i>completed</i>         | <i>progressing toward</i> | <i>not applicable</i>    |  |
|--------------------------|---------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/>  | <input type="checkbox"/> | Help Tween/Teen to understand and be aware of the benefits of local chapter (BDASC) and support groups.  |
| <input type="checkbox"/> | <input type="checkbox"/>  | <input type="checkbox"/> | Parents can recommend participation in HTC camps and activities.   |
| <input type="checkbox"/> | <input type="checkbox"/>  | <input type="checkbox"/> | Tween/Teen should understand the importance of healthy social relationships: school, clubs, scouts, religious groups, etc.   |
| <input type="checkbox"/> | <input type="checkbox"/>  | <input type="checkbox"/> | Tween/Teen should understand the importance of schedules and routines as it relates to everyday life.  |
| <input type="checkbox"/> | <input type="checkbox"/>  | <input type="checkbox"/> | Tween/Teen should begin to understand the impact of bleeding disorders on body image.  |
| <input type="checkbox"/> | <input type="checkbox"/>  | <input type="checkbox"/> | Tween/Teen should begin to understand their bleeding disorder and it's relationship to sexuality. They should know appropriate personal boundaries, sexual behavior, and refusal skills.   |
| <input type="checkbox"/> | <input type="checkbox"/>  | <input type="checkbox"/> | Tween/Teen should begin to advocate for themselves within the school environment. <ul style="list-style-type: none"><li>• Encourage your tween/teen to be present and actively participate in 504/IEP meetings.</li><li>• Encourage your tween/teen to be able to comfortably speak about their bleeding disorder and their needs with school staff.</li></ul> |
| <input type="checkbox"/> | <input type="checkbox"/>  | <input type="checkbox"/> | Tween/Teen should begin to understand the importance of physical fitness and what activities/exercise are appropriate for them.  |
| <input type="checkbox"/> | <input type="checkbox"/>  | <input type="checkbox"/> | Tween/Teen should be able to name/describe their bleeding disorder and medication they may take, such as Factor.   |

# TEEN (AGES 13-18+)

*completed*

*progressing  
toward*

*not  
applicable*

Teen should begin to understand their day-to-day medical needs

- What is my medication called? What is my dose?
- How do we order medication?
- How do we pay for medication?
- Where is medication stored?
- Who do I call when I need help or have questions regarding my bleeding disorder?
- How do we log bleeds and treatments?

Teen should begin to care for their injuries and bleeds independently.

Teen should begin to take control of their treatment.

Teen should be able to effectively identify acute bleeding symptoms and communicate them appropriately.

Teen should be able to provide the information on their healthcare providers:

- They should be able to identify their nurse, their doctor, what hospital/HTC they are seen at, etc.

Teen should begin to increase their communication with their HTC providers:

- They should begin scheduling appointments
- They should begin knowing who to call when they have questions



TEEN TRANSITION, EDUCATION,  
ADVOCACY & MENTORING PROGRAM

## What is T.E.A.M.?

As we continue to advocate for individuals living with bleeding disorders, we are focused on addressing critical needs surrounding access to treatment and providing support for the next generation of advocates. In particular, we aim to support teens and tweens in their transition to adulthood, empowering them with the tools and education they will need to care and advocate for themselves and others living with bleeding disorders.

To this end, we have introduced a new Teen Program for 2025, T.E.A.M., which will provide educational resources, programming, support, and mentorship opportunities throughout the state for young people aged 10-25, including their families. This program will bring together teens, tweens, young adults, parents, and siblings, all working to strengthen the support network for those living with bleeding disorders. The program will be held quarterly, with four key events throughout the year, and will involve collaboration with our Hemophilia Treatment Centers (HTCs) and their transition guides



*scan here to learn more  
about our Teen Support  
Program and Events*



*our T.E.A.M. program is  
sponsored by:*

**CSL Behring**  
Biotherapies for Life™

**BDASC**

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