

Faye — I must be brave but not about alopecia.

By Faye,

I am eleven years old and I have had alopecia on and off since I was five.

Alopecia is not the easiest thing in the world and for a while I didn't believe that it was possible to do all the things I did before my alopecia came back when I was in year four. But after a while I came to the realisation that I was missing out on things because I was avoiding all the questions and the stares. Now I am back into everything and am joining in with sports and other activities with my friends.

This time when my hair all fell out in January this year I felt I had made a big step because I just asked my mum to cut it off I wanted it all gone. It made me sadder seeing it the first time because last time I tried to hold onto it and it took a lot of grief and time which this time around I knew it wasn't worth it.

Now I try and include myself in lots of activities such as Soccer, Football, sailing, a skipping team at my school, Sewing and I am also involved in an all schools primary band which performs at the Derwent Entertainment Centre every year. I am the school leader at Waimea Heights Primary School this year. As part of this role I must be brave and stand up in front of my school to make speeches this means a lot to me as I must be brave but not about alopecia this time about doing a normal thing that a normal school leader would have to be brave about.

Healthy Alopecia means many things to me:

It means having a laugh

It means eating healthy food

It means not letting anything stop me

It means to learn to live with my condition

It means knowing people I trust and feel comfortable with

It means understanding that I am not the only one and other people have different problems

And most of all it means not letting my alopecia stop me from being healthy and happy.

