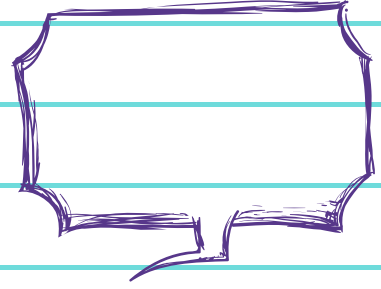


ALOPECIA AT SCHOOL

For many people with Alopecia Areata, school can have some challenges. Here are some of our best tips for getting the support you need at school. For more ideas, including templates, check out the School Pack on the AAAF Website.

TALK TO SCHOOL STAFF



Letting school staff know about your Alopecia Areata can be extremely helpful. If you're not public with your Alopecia Areata and don't want your classmates to know, providing information to your teachers and principal can help them better support you.

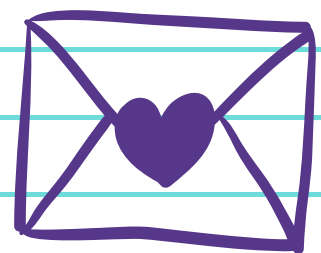
NOTES FOR SUBSTITUTE TEACHERS

Many schools have an information pack which they provide casual staff to let them know about students with medical needs, such as allergies. Ask your school about writing a letter to include in this information pack, so casual staff know how you like to manage your condition and any exceptions to rules made for you.



CRAZY HAIR DAY

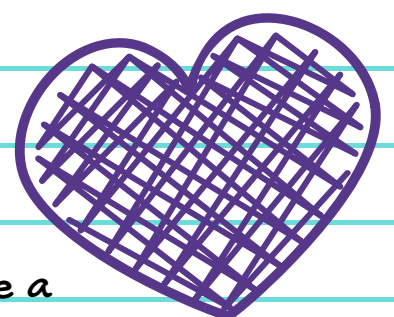
Raising awareness of Alopecia Areata can be one of the best ways to prevent misunderstandings and prevent bullying. Hosting a Crazy Hair Day is a great way to get your class or whole school involved.



LETTERS HOME

If you're not up to something as big as a Crazy Hair Day, but would still like to tell your classmates what's going on, you can talk to your school about sending a letter home with some information about Alopecia Areata.

SEEK SUPPORT



Telling your friends about Alopecia Areata can be a really huge step. Letting your trusted friends know what you're going through will help them understand how they can support you. You can also find support through speaking with a Support Ambassador, or AAAF's Teens Alopecia Support Group.

