



Unleash Your Creativity to Raise Awareness

Looking for a powerful way to raise awareness for Alopecia Areata?

Try these different creative ways to make an impact

www.aaaf.org.au



WRITE A POETRY

Poetry is an incredible way to express emotions, share personal experiences, and raise awareness. A heartfelt poem can connect deeply with others and inspire understanding about the alopecia journey.

HERE'S HOW TO GET STARTED:

- **Pick Your Theme** – Reflect on your journey or the experience of someone you know with alopecia. Write about resilience, identity, or self-love.
- **Share Your Message** – Use vivid imagery and simple language to make your story impactful. Your words can help break down misconceptions and build empathy.
- **Spread the Word** – Share your poem on social media or at awareness events. Use **#AlopeciaAwareness** to reach a wider audience!



DO YOUR OWN ZINE

Did you know zines are a unique and creative way to raise awareness about Alopecia Areata? Zines allow you to share your story, educate others, and inspire change in your community.

HERE'S HOW TO GET STARTED:

- **Design Your Zine** – Combine drawings, facts, and personal stories into a mini magazine format. Make it colorful, informative, and personal!
- **Spread Awareness** – Share your zine with friends, at local events, or on social media. It's an engaging way to educate people and show support for those with alopecia.
- **Make an Impact** – Your zine can create conversations and help people better understand Alopecia Areata.



CREATE AN ART INSTALLATION

Create or contribute to an art installation or virtual exhibit featuring works inspired by the journey with alopecia. Whether through photography, paintings, or mixed media, your art can start conversations, inspire empathy, and raise awareness about alopecia.

HERE'S HOW TO GET STARTED:

- **Choose Your Art Style** – Express yourself through painting, photography, sculpture, or any medium that resonates with you.
- **Tell a Story** – Use your artwork to reflect the strength, challenges, and beauty of the alopecia community.
- **Share Your Art** – Display your work in a local gallery or create a virtual exhibit online. You can even share photos on social media!



SHARE YOUR STORY THROUGH VIDEO

Video storytelling brings the human experience to life. Share your journey with Alopecia Areata in a short video—whether it's your personal story, a message of support, or advice for others. Let's show the world the strength of the alopecia community, one story at a time.

HERE'S HOW TO GET STARTED:

- **Record Your Story** – Talk about your experiences, challenges, and victories with alopecia. Be open, be yourself.
- **Edit and Share** – Use simple editing tools or film your video in one take. The message is what matters.
- **Post It Online** – Share your video on social media, the AAAF website, or at an awareness event!



JOIN THE ALOPECIA AWARENESS PHOTO COLLAGE

Help us create a beautiful community photo collage representing the strength and diversity of those with Alopecia Areata. Submit your photo showing your confidence and pride, and let's raise awareness together!

HERE'S HOW TO GET STARTED:

- **Take a Photo** – Show your confidence and embrace alopecia! Whether it's a solo portrait or with friends and family, your photo matters.
- **Submit It** – Send your photo to our social media channels and be part of the collage.
- **Share the Collage** – Once completed, we'll share the collage on social media and at events to show the power of unity and self-confidence.



CREATE YOUR OWN DIY ALOPECIA AWARENESS KIT

Join us in creating DIY Alopecia Awareness Kits! Design your own bracelets, posters, or buttons and share them with your community to help raise awareness in a creative way.

HERE'S HOW TO GET STARTED:

- **Build Your Kit** – Craft awareness bracelets, posters, or buttons that people can wear or display.
- **Share with Others** – Give your creations to friends, family, or community members to spread the word.
- **Host a Virtual Craft Event** – Gather your friends online and create awareness items together!