4. How would your friends describe alopecia areata?
I don’t think they think about it or are curious.
I’m just another person like everybody else. ***
As a hair-falling-out disease, and the hair might grow back or might not. ***
All of them love that I have no hair; they think it’s neat and cool, and it’s just a part of who I am.
You’re allergic to your hair. **
My friends would describe alopecia areata as just one part of me.
They don’t talk about it.
At first they were sorry for me, but now they don’t even notice my bald spots. They only see me.
A weird, bad disease.
A cool disease.
It’s just me, you know.***
An extra (stronger) addition to my personality.

5. How do you feel about alopecia areata?
I’m seen as every normal student in the classroom; I get no special treatment. ****
I’m allergic to your hair; you have an autoimmune disease.
I see it the same as my friends and parents. **
They understand.

6. How does alopecia areata make you feel?
You are beautiful just as you are.
It is the reason I am who I am.
As a guy without hair.
It makes me feel different and alone or lonely.
It makes me feel anxious and sad. **
Bittersweet.
I don’t get depressed sometimes but that’s rare. I mostly just don’t care about it.
When people notice that I don’t have eyebrows, I feel different and embarrassed.
It does not make me sad because I am still me!
Awesome for alopecia is fun to be bold.
Sometimes I feel like a small mouse in a room filled with cats. Other times I just think it’s okay.
Like nothing can hurt me.
A little lumpy or sometimes curious.

7. What is the most frequent problem?
People starting at me and being called bald. ****
I don’t really care any.****
Being teased. Sometimes I get embarrassed when people tease me. Also, I don’t like always explaining what alopecia areata means. I’ve been teased.
I get sunburned on my head and I have to wear sunscreen.**
Sometimes I get frustrated because when I don’t wear makeup out in public, many people think I am a cancer patient.

8. What is the most frequent problem?
Some call me princess.
Sometimes they give me strange looks, but I just smile at them and pass by. That’s what my mom taught me to do. I don’t really mind.
It has nothing to do with alopecia areata; my head is covered.
Some call me princess.
Sometimes they give me strange looks, but I just smile at them and pass by. That’s what my mom taught me to do. I don’t really mind.

9. How do you feel about being bullied?
No, I have not been bullied. *******

One time at recess a girl I don’t even know said, “you are a boy?” That happens a lot when people get very curious. They try to act like nothing’s happening, but they’re really trying to look under my hat. Sometimes I get up fed with it so I just say, “I know you are trying to look under my hat.” I don’t like but they’re not mean enough to be bullying me.

I was bullied once when I was like 7 or 8. I took it the worst way possible, but I was so small I didn’t know how to respond.

Me, but I have been teased and it made me feel sad.

Yes, and my mom confronted them, and they said they were sorry. Then I told this one boy that if he called me bald I would call him bald. And I told another boy that I would never do that again. When I was like 7 or 6 a girl ran at me and I told her to back off. She was probably 2 or 3 years older than me and I was always sniffling in class. I also have no eyelashes, so stuff gets in my eyes really easily, and itu hurts. Some have even said, “I don’t try not to do it when my teacher is teaching I sometimes have to close my eyes until it goes away and it doesn’t hurt anyone.”

Me with Alopecia Areata

Children with Alopecia Areata were asked the following questions and these were their responses: (*** Asterisks indicate multiple responses. ***)
11. What helps you deal with alopecia areata?

My morning rituals my head and tells me she loves me.

Everyone who cares about me. My family and friends.

We have told all the NAAF conferences and knowing I am not alone. 

We have had to all school what alopecia areata is. Now they understand they don’t stare at me and make fun of me. 

NAAF (to know that I’m not even close to being alone). My parents and my counselor.

Playing outside is not a burden.

To me, alopecia areata is not something I must “deal with.” It’s something I’ve always had and always will have. I’m happy being with being bald, and even though there are times when I have issues, I know that I wouldn’t want to be any other way. I think that my amazing and supporting family and friends helped me get this outlook.

A wig and a cap.

Talking to a doctor, and my mom and dad.

Writing, journal writing, and giving presentations.

My friends who I’m not the only one that there are a lot of people like me.

A yarmulke (that’s male Jewish headwear). I wear it at all times.

12. What positive changes have occurred as a result of having alopecia areata in your life?

I save money on shampoo, conditioner, and haircuts. 

NAAF—and that’s it. (Meeting others with alopecia areata). ***

I get to go to the NAAF conferences every year and make new friends. **

Meeting nice people.

Alopecia areata has made me the person I am today. It’s made me stronger, more confident, a more understanding and easygoing person, and I am not afraid or intimidated by what other people think of me. I truly don’t think I’d be the same person if I had hair. Not to mention that having alopecia areata brought me to NAAF, which has also completely changed my life. The people at NAAF are incredible; each and every person I’ve met there has made an impact on me.

I just received the school district’s “Foundation’s Investment in Youth Award” for overcoming adversity pertaining to alopecia areata. I was recognized for demonstrating to my schoolmates that beauty comes from inside and that it is okay to be different.

There have been too many to list.

I don’t have to brush my hair in the mornings, have bed head, or worry about lice, and I can change the way my hair looks from day to day.

I get invited to go to conferences and travel to places I have never seen before.

We have gone to baseball games, basketball games, conferences, support group meetings, and participated in Tortoise & Hair walks. We have been able to meet others like me and that made me feel better. We also held fundraisers and awareness events.

You never have a bad hair day.

It has made me more passionate and more understanding of others.

I have been given many things because people care about me.

I got to go on TV and my family was there.

I have had it since I was 13 months old, but I am a strong independent person because of it.

My sister can’t pull my hair when we are fighting.

My family, my closest friends, and some people that I’ve met at the NAAF Conference.

Other people with alopecia areata.

Alopecia areata: From a Child’s Point-of-View (Written & Illustrated by Children for Children)

Alopecia areata is a common condition which results in the loss of hair on the scalp and elsewhere. It usually starts with one or more small, round, smooth patches and can progress to total hair loss. It occurs in males and females of all ages, but young persons are affected most often.

For support and more information contact: National Alopecia Areata Foundation 14 Mitchell Blvd. San Rafael, CA 94903 415.472.3780 415.472.3143 (fax) info@naaf.org www.naaf.org

10. Who are the people with whom you feel the most comfortable talking about alopecia areata? 

My parents because they help me a lot and make me feel better. ********

My grandmother, my father, my sister, and some people that I’ve met at the NAAF Conference. 

Those at the National Alopecia Areata Foundation (NAAF), mostly because they understand exactly what I have. They get the obstacles and the problems. There is an unspoken bond between all of us. But I feel most comfortable talking to my two best friends from NAAF. **

My parents, and other kids that have alopecia. **

The local NAAF support group. They are wonderful!

Anyone, really. Just not showing it, though.

The local NAAF support group. They are wonderful!

A yarmulke (that’s male Jewish headwear). I wear it at all times.

My mother, my teacher, and the guidance counselor.

My family, my closest friends, and some people that I’ve met at the NAAF Conference.

We have been able to meet others like me and that made me feel better. We also held fundraisers and awareness events.

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