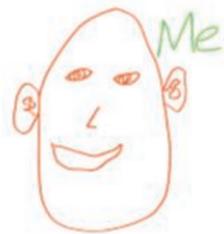


Children with Alopecia Areata were asked the following questions and these were their responses: (* ** Asterisks indicate multiple responses ** *)

1. How do you see alopecia areata?

- It does not bother me. ***
- Hair falls out of head or body. It is random hair loss. **
- I see alopecia areata as a minor distraction.
- I see alopecia as something good and a unique blessing.
- I see alopecia as a new way to express life.
- I see alopecia areata as a gift. I wouldn't have gotten to do half of the things I've done without it.
- I see it as disappointing and wish that I had a lot of hair.
- As an unfortunate autoimmune disorder.
- Kinda cool.
- I see it as a noncontagious virus.
- Fun, awesome because I don't have to do my hair.
- I don't know. When I was little, I felt like I did not fit in. Now (at age 10) it doesn't matter. It is what is inside that matters.
- Sometimes I feel different and weird because I'm different from all my friends and all the people around me.
- Me.



2. What color would you give it?

- Turquoise **
- It's like a rainbow because some days are happy, some days are sad, and you never know where it's going to land.
- Clear, because you lose a part of you that makes you colored.
- Silver
- In my eyes, alopecia areata is the color purple.
- Peach because my head is the color peach.
- It's a mixture of a sad color, blue, and a happy color, yellow.

- Fuscia, because not many people really notice it but it is beautiful.
- White. It does not impact my life.
- Blue
- Light brown
- Tan
- Orangeish or redish
- Black and pink
- Orange
- Green or blue
- Yellow, but I'd rather wear brown.



3. How would your parents describe alopecia areata?

- I think my parents would describe it as a blessing. They believe they're lucky that all I have is hair loss, that I don't have cancer, and that I'm healthy and full of life. *****
- Your body does not like hair and it fights it like a cold. It is being allergic to my hair. ****
- My parents would describe alopecia areata as a rare autoimmune disease. ***
- Unpredictable, frustrating, challenging, but could be worse. **
- They worry that I'm okay.
- My mom would describe it as a character-building condition.
- I think they thought it was sad at first, and then they saw I didn't care so they didn't care.
- My parents see it as a unique thing, and unique is a good thing.
- Not a disease. 'Nuff said.

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 felt 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 fine. They love me as I am.
- An extra (stronger) addition to my personality.

5. How do your teachers see alopecia areata?

- I'm seen as every other normal student in the classroom; I get no special treatment. *****
- You're allergic to your hair; you have an autoimmune disease. **
- They see it the same as my friends and parents. **
- They understand.
- My teachers have seen this as a positive for me because I was recently awarded for facing adversity against alopecia areata.
- As a healthy disease that I can't die from. It is something they have never seen or heard of before.
- Interesting and cool
- As something that God gave me for a certain reason.

- You are beautiful just as you are.
- It is the reason I am who I am.
- As a guy without hair.



6) How do people you meet on the street see you?

- They see me as being different and stare. *****
- They think I am sick with cancer. ***
- Strange
- Many are taken back by the confidence I have in myself. Being bald out in today's world is not a common occurrence.
- They see me, and I don't even think they notice.
- Beautiful
- 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.

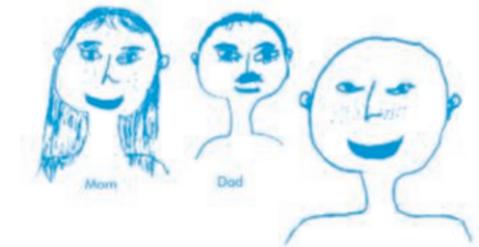
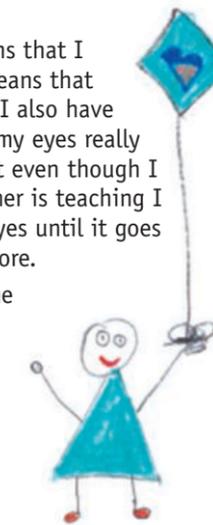
7. How does alopecia areata make you feel?

- Alopecia areata makes me feel special, not different. ****
- It makes me feel unique and happy and like I have a special purpose and mission in life. **
- Sometimes sad because I wish I had all of my hair, sometimes glad because it makes me different. **

- It makes me feel different and alone or lonely. It makes me feel anxious and sad. **
- Bittersweet
- It depends. I 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 because it's fun to be bald.
- 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 jumpy or sometimes furious.

8. What is the most frequent problem?

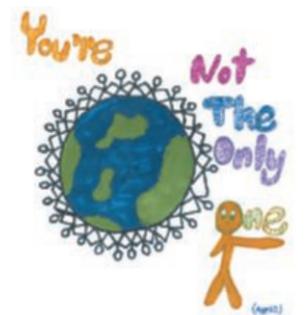
- People staring at me and being called bald. ****
- I don't really have any. ***
- Being teased. Sometimes I get embarrassed when people tease me. Also, I don't like always explaining what alopecia areata means. **
- I get sunburned on my head and I have to wear sunscreen. **
- Sometimes I get frustrated because when I don't wear makeup out in public, many people think I am a cancer patient.
- The most frequent problem is that I feel colder without all my hair.
- Since I have no hair that means that I have no nose hair, and that means that I am always sniffing in class. I also have no eyelashes, so stuff gets in my eyes really easily, and it hurts so bad that even though I 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 anymore.
- To me it was just looking in the mirror and getting depressed.
- Eyebrows
- Being hot and not being able to take my hat off because I don't want anyone to see me.
- Extra sweating



Me with Alopecia Areata

9. Have you ever been bullied? If yes, how did you respond to the bully?

- No, luckily I have not been bullied *****
- One time at recess a girl I don't even know said, "Are you 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 fed up with it so I just say, "I know you are trying to look under my hat!" I think it's rude but they're not mean enough to be bullying me.
- I was bullied once when I was like 7 or 6. I took it the worst way possible, but I was so small I didn't know how to respond.
- No, but I have been teased and it made me feel sick inside.
- Yes, and my mom confronted them, and they said they were sorry. Then I told this one boy that if he would stop calling me bald, I would be his friend—and he did, and we are friends now. When I am not with my mom and kids tease me it makes me want to beat them up.





From a Child's Point-of-View



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:

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National Alopecia Areata Foundation



- 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 know people like me because of how I am, not because of how I look. I'm not the most glamorous person in my class, but that doesn't matter. I'm who I am, and people like me for who I am.
- 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.



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.



Alopecia is a condition that lets the Beauty on the inside come out, so you can express yourself in many new ways!



11. What helps you deal with alopecia areata?

- My mommy rubs my head and tells me she loves me.
- Everyone who cares about me. My family and friends.
- Going to the NAAF conference and knowing I am not alone. *****
- We have told all the kids at school what alopecia areata is. Now they understand so 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
- It 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 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
- Knowing that 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.

- Yes, and I told my parents.
- Yes. One boy has bullied me. He kept on saying that I have cancer. (He still does it today.) It's gotten really annoying.
- When I go to new places, people point at me, whisper to a friend, and make me feel bad. I smile and walk away and then I tell my mom.
- I have. I laughed and said, "Do you really think I haven't heard that one before?"
- Yes, I'd rather not say what I did.

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

- My parents because they help me a lot and make me feel better *****
- Probably my mother, my father, my sister, my grandmother and grandfather, my close friend. *****
- Those at the National Alopecia Areata Foundation (NAAF), mostly because they understand exactly how I feel. 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.
- My friends because they understand and they listen, because they are my friends.
- My mother, my teacher, and the guidance counselor.
- My family, my closest friends, and some people that I've met at the NAAF Conference.
- Other people with alopecia areata.

