A MIRROR for a FRIEND

For every kid who has ever felt different — you were never meant to be the same as everyone else. You were meant to be you.



Written by the
National Alopecia Areata Foundation
for the Beyond the Mirror campaign

National Alopecia Areata Foundation®

BEYOND the MIRROR


On the first day at her new school, Amara walked in with her head held high, and her smile even brighter - but she sat alone at lunch, watching the other kids laugh together.

Diego noticed the empty seat next to Amara, and instead of walking past, he sat down and said, "Hi! I like your smile. Can I sit here?"



"Why is your hair like that?" Diego asked one day, not to be mean, just curious - and Amara explained, "It's called alopecia areata. My body just decided not to grow it anymore," and Diego nodded and said, "Well, I think you're beautiful exactly as you are."




From then on, Amara and Diego were inseparable - trading stickers at recess, building blanket forts, and finishing each other's sentences like they'd been friends forever.

But one rainy afternoon, Diego shared the hardest news: his family was moving across the country, and the two friends held hands and cried, promising they'd never really say goodbye.



On his last day, Diego gave Amara a small mirror with bright jewels on it - and when Amara turned it over, she read the words written on the back: "You are beautiful, inside and out," and every time she looked in it after that, she saw not just herself, but her best friend's love looking back.



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