National Alopecia Areata Foundation®

Abbott Elementary

Understanding Alopecia Areata: Facts & Resources

Thank you for bringing your community together to enjoy Abbott Elementary and celebrate alopecia areata representation on screen!

What is alopecia areata?

- Alopecia areata is a common autoimmune skin disease that causes hair loss on the scalp, face, and sometimes other areas of the body.
- Hair loss may begin as small, round patches or become more extensive, including loss of eyebrows and eyelashes.
- Nearly 7 million people in the U.S. have alopecia areata or will develop it.
- Alopecia areata affects people of all ages, genders, races, and ethnicities and often first appears during childhood.
- Everyone's experience is different. Hair loss and regrowth can be unpredictable.

Alopecia Areata and Children

- Pediatric alopecia areata affects approximately 1 in every 1,000 children and teens.
- Younger children may feel any impact and may not want to treat or even cover their hair loss. Older children and adolescents might have more concerns, as they navigate school and social activities.
- Support from family, friends, teachers, and others can play an important role in a child's experience with alopecia areata.

Learn more at **naaf.org/abbott-elementary**

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Creating a Supportive School Experience

Not everyone understands alopecia areata or the emotional impact it can have. That's why it's important to educate and inform people at your child's school about alopecia areata. Doing so can help your child, and any others with the disease, have a more positive and productive experience in the classroom.

Ways to support a child with alopecia areata:

- Encourage open and honest conversations.
- Listen to how the child feels about their hair loss.
- Encourage activities they enjoy that can help build friendships and confidence.
- With the child and family's input, help educate classmates, teachers, and others about alopecia areata.
- Model kindness and respect for others.
- Be aware of bullying and communicate with school or youth-group leaders when concerns arise.

Have a student with alopecia areata in your school?

Our **School Guide** provides resources to help create a supportive school experience, including lesson plans, classroom strategies, tips for parents and teachers, facts about bullying, ideas for awareness projects, recommended reading, and more.

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