



Parent & Teacher Guide

Before Reading

Let's say alopecia together...

Alopecia is pronounced a-luh-pee-shuh

What is alopecia?

Alopecia is a common auto-immune disorder that causes hair loss on the scalp, face and other areas of the body. An auto-immune disorder is when your immune system, that keeps you healthy, attacks your body by mistake. People who have alopecia are healthy. Their immune system is only attacking their hair.



There are three forms of alopecia:

Alopecia Areata - partial hair loss. Hair often appears to be missing in circular patches.

Alopecia Totalis - complete hair loss on the scalp.

Alopecia Universalis - loss of all body hair.

Let's talk about differences...

Close your eyes - think of your family, think of your friends, think of your neighbors

Look around you - Does everyone have exactly the same color skin? The same color eyes? What about their hair?

Just like everyone's hair looks different, some people have less or no hair because of alopecia.

Shreya's Very Own Style

Questions to ask while reading

How do you think Shreya felt when she learned to do something new?

Why do you think she felt upset after noticing her friends hair styles?

Shreya is comparing herself to those around her. Why shouldn't she compare herself to others?

Shreya's friends were kind to her when they sent her the notes of kindness and made her feel comfortable when she came to school with her new hairstyle. Why was it important for them to do that?

After story discussion

In this story Shreya discovers that her style isn't just what people see on the outside.

Just like Shreya, your style, isn't just what people see like your hair or clothes. Your style is that, plus everything you love to do and what you want to be.

Though we all may look different, we can still find ways that we are the same in the things we love to do. The same way we want the way we look and our own differences to be celebrated, is how we should celebrate the differences we see in others.

Activity: What is *YOUR* very own style?

Using the next page, draw and color what you look like. How does your hair look? Your eyes? Your skin, do you have freckles? Do you wear jewelry?

Now, how about inside? What makes up your style that people can't see? What are some of the things you love to do now? What do you want to do in the future? Draw them into the body portion.



What is *YOUR* very own style?

