

Habit #5 Seek First to Understand, Then to be Understood



<https://www.leaderinme.com/resources/just-the-way-i-am>



ABOUT ALOPECIA

A presentation by

Declan Taylor & Caleb Harper

What is Alopecia Areata?

An autoimmune disorder that causes your hair to come out, often in clumps the size and shape of a quarter. The amount of hair loss is different in everyone. Some people lose it only in a few spots. Others lose a lot. Sometimes, hair grows back but falls out again later. Your body thinks it is a 'sickness' and tries to fight off the hair.



What are the main types of Alopecia Areata?

Persistent patchy alopecia areata

- Persistent patchy alopecia areata is characterized by patchy scalp hair loss that continues over a long period of time without ever developing into extensive alopecia areata such as totalis or universalis.

Alopecia areata (patchy)

- Alopecia areata (patchy) is the form with one or more coin-sized (usually round or oval) patches on the scalp or other places on the body that grow hair. This type may convert into either alopecia totalis (hair loss across the entire scalp) or alopecia universalis (hair loss across the entire body), but most commonly it remains patchy.

Alopecia totalis

- Alopecia totalis results in hair loss across the entire scalp.

Alopecia universalis

- Alopecia universalis is more advanced than alopecia totalis. This type results in hair loss across the entire scalp and face (including eyebrows and eyelashes), plus the rest of the body (including pubic hair).

What are other forms of Alopecia Areata?

Diffuse alopecia areata

- Diffuse alopecia areata results in sudden and unexpected thinning of the hair all over the scalp. It can be hard to diagnose because it looks a lot like other forms of hair loss such as telogen effluvium or male or female pattern hair loss.

Ophiasis alopecia

- Ophiasis alopecia areata has a unique pattern of hair loss, which includes the sides and lower back of the scalp (called the occipital region) in the shape of a band. Ophiasis alopecia areata can be more difficult to treat, because it does not respond as quickly to medication.

What are some of the Challenges of living with Alopecia?

DECLAN

- My head sunburns easily so I must always wear a hat outdoors
- My head gets cold in the winter without a warm hat
- When my hair is patchy I have to shave every morning
- People don't understand why I am bald so they stare
- People make hurtful comments about me and call me names'

What are some of the challenges of living with Alopecia?

CALEB

- A lot of the insensitive names some may call me
- I too get bad sunburns in the summer on my head and neck. Because of this I have to wear sunscreen
- As Well as Declan my ears gets cold in the winter so I have to wear beanies
- Other than that alopecia does not affect me at all!

How to ask questions respectfully.

Respectful example: Can you tell me about yourself? Can you tell me about your hair?

Disrespectful example: “What’s wrong with you?” (There is nothing wrong!)

Declan’s **Point of View**: When people ask me why my hair is like this I don’t like to answer because when I go home I still think about it but they don’t

Caleb’s point of view: I use to get very upset about stuff like this. But now I realize that the questions aren’t so bad and these people just don’t understand what it is, all though they are being disrespectful.

Theme of Slide:

What is a respectful way to ask a question?

What to do if you see someone being mean

If you see someone being mean don't be a bystander. If you are scared to interfere, tell a teacher. If you cannot tell a teacher, find a friend and together tell that bully to stop.

Don't be a bystander. Do what you feel comfortable with to stop a bully from being mean.

What would you do if you see someone being mean to a friend?

Teasing Warning

Teasing/name calling are extremely hurtful even when you think it's just a joke. One time my friends gave me a nickname, Mr. Clean. This is a cartoon character who is bald. They didn't think it was mean but it really hurt my feelings because they were pointing out something different about me. Once I told them to stop , they stopped.

There are also some that don't stop with the names and will keep calling you them to get to you. I always try to ignore them but it's often hard to do. The problem with this is you have to be very smart about how you respond if at all.

Questions?

Things I like the most
declan



Things I like - Caleb

