

_____ (date)

Hi Classmates and Parents!

My name is _____ and I'm in _____ grade this year! This is my _____ year at _____ School and I can't wait to meet you! But I also want to give you a heads up about something special and different about me. I was born with a skin condition called _____ ichthyosis that makes my skin look different from everyone else. My skin looks scaly, like dark brown spots all over and it gets very dry and flaky. I don't sweat so the heat really affects me. My skin only hurts when it's dry. I have to do some things a little differently, but I am the same as you on the inside. I love ***[list activity, pets, other things that make you happy]***. My ***[tell them a little bit about your family members and attach a picture ex: I'm the kid on the right in the picture _____ is the goofball on the left.]***

I'm sorry if I ever have to sit out on physical activities or leave class to cool off. I can get dangerously overheated at temperatures that seem comfortable to everyone else. I wear a cooling vest and spray myself with water when I'm outside to keep from getting too hot. If you ever see me turning red when it's hot, please tell a teacher. My lotions sometimes make me look greasy but don't be afraid to hang out with me, ichthyosis is not contagious. I would appreciate it if you wouldn't stare at me, make fun of me or leave me out because I look different and have to do things differently. God made me and he doesn't make mistakes. And I speak for all kids who look different when I say it's not easy looking different. I was born this way. Everyone is unique in some way right? I'd love to hear what makes you special.

If you'd like to know more about Ichthyosis or want to support research to find a cure, contact the Foundation for Ichthyosis & Related Skin Types at their website: www.firstskinfoundation.org

You are also welcome to reach out to my mom. She's always happy to talk about her kids!

_____ Mom's contact info

Thanks for reading this!

_____ Your name