



## DEAR EDUCATOR,

Skin health is an important part of your health curriculum and can directly affect your students' self-esteem and mental well-being. Students with visible skin, hair, or nail conditions may feel self-conscious, which can affect their social interactions and academic performance.

According to the Centers for Disease Control, only 15% of teens have no skin problems during their formative years, and research shows that even a mild blemish can lead to anxiety and depression.

That's why the American Academy of Dermatology (AAD) developed the **Good Skin Knowledge** lesson plans, a standards-based teaching curriculum to educate children and teens about common skin, hair, and nail conditions, promote self-esteem, and encourage understanding among peers in an effort to reduce the social challenges and stigmas that students with these conditions often face.

With educational coordination by Young Minds Inspired (YMI), additional resources are now available under the **AAD Good Skin Knowledge—Know the Skin You're In** banner:

- **Two downloadable activity sheets**, one for grades 3 to 5 and the other for grades 6 to 8. Each activity sheet teaches basic facts about skin health and helps students recognize how media often unrealistically portray skin perfection as the norm for personal appearance.
- **A downloadable educator's guide** providing background information and teaching suggestions for use with the activity sheets.
- **A parent letter** informing families of the importance of skin, hair, and nail health, and encouraging them to visit the AAD website at [aad.org/dermAtoZ](http://aad.org/dermAtoZ) for additional resources.

Be sure to visit the home of the AAD Good Skin Knowledge lesson plans at [aad.org/lessons](http://aad.org/lessons), where you'll find in-depth educational resources as well as skin, hair, and nail health activities for children ages 8-10 and 11-13. We urge you to take advantage of these proven successful materials, and to send the letter home to parents so they can be knowledgeable about skin health and the important role it plays in their child's long-term emotional well-being.

Sincerely,

Dominic Kinsley  
Editor in Chief  
Young Minds Inspired

