



DEAR PARENTS/CAREGIVERS:

Your child is learning about skin, hair and nail health as part of your school's health curriculum. This is an especially critical component of health education as many skin, hair, and nail conditions are visible and can make kids self-conscious about their appearance, change their social interactions, and affect their 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) has developed the **Good Skin Knowledge** lesson plans, an in-school educational curriculum that provides an engaging and interactive way to teach students the facts 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 kids with these conditions often face.

You can complement this in-school learning at home by visiting the AAD website at aad.org/dermAtoZ. This trusted resource provides current, accurate information approved by board-certified dermatologists. It can be your go-to source to:

- Watch videos on how to care for skin, hair, and nails.
- Learn about symptoms, treatments and tips for managing skin, hair, and nail conditions, including acne, eczema, head lice, warts, rosacea, psoriasis, poison ivy, bug bites and stings, and many other conditions that are a prime concern to parents and children.
- Learn how to prevent and detect skin cancer, including how to perform a skin self-exam and find free SPOTme® skin cancer screenings in your area.
- Click on classroom activities to see the **AAD Good Skin Knowledge** lesson plans.
- Locate a dermatologist in your area with a helpful search engine.

Please take advantage of these important resources on the AAD website.

We hope this information will be helpful to you and your child, and you will continue to visit the site anytime you have questions about skin, hair, and nail health and conditions.

Sincerely,

Your School Health Team

