Hello there,

Thanks for signing up to receive your engagement pack for children and young people. We are so grateful to have you join our community and help us to support those with a visible difference.

Did you know that fewer than 3 in 10 young people are likely to be friends with someone who has a visible difference?

We want to ensure that school is a happy place for every pupil, no matter what they look like. Within this pack, you’ll find a range of fun engagement activities you can do in the classroom along with ideas if you want to fundraise for us and support our work. Make sure to wear your butterfly on the day to show your support.

We hope you enjoy celebrating Face Equality Day 2019. Don’t forget to share with us what you get up to.

The Changing Faces Team

GOT A QUESTION OR WANT TO FIND OUT MORE ABOUT OUR WORK?

Email: fundraising@changingfaces.org.uk
Call our Scotland team on 0141 559 5028
Call our England team on 020 7391 9284
WHAT WE DO AT CHANGING FACES

WELL-BEING SUPPORT
Changing Lives: aims to improve children and adults’ self-esteem and confidence by: offering psycho-social help so they can strengthen their self-esteem and better manage other people’s reactions to their face or body. We offer this support through one to one sessions face to face, over the phone, or through our online self-help materials.

Our online support forum via HealthUnlocked allows for peer to peer support with people sharing their experiences and advice. There are currently over 1,100 members using it.

Our Support and Information Line is the UK’s first free and confidential dedicated support for people with a visible difference, offering expert help and advice, a safe space for conversations, and signposting.

SKIN CAMOUFLAGE SERVICE
Our Skin Camouflage Service – the only of its kind in the UK – is run by trained volunteer Skin Camouflage Practitioners, who offer practical support and advice on using products that can significantly reduce the appearance of marks, scars and skin discolouration.

The service supports adults and children over five with a wide range of visible differences; roughly a third are seeking support with scarring from acne, birthmarks, self-harm or burns, with vitiligo being the most common skin condition. Clients are provided with the tools and skills to apply the cover-cream themselves. Last year, Changing Faces supported 2195 people across the UK.

CAMPAIGN & ADVOCACY
We campaign for positive and accurate representation across the media, advertising and in the public eye, and want a society free from prejudice and discrimination that respects difference.

Last year we launched our Campaigners programme which gives people with a visible difference a platform to use their voices and seek change at the highest levels.

The Campaigners are leading the direction of our national campaigns, research and other activities, giving a crucial perspective and acting as public-facing ambassadors for Changing Faces in the media and at events. This year, we have seen Avon Cosmetics and the British Film Council support our campaigns.
WEAR YOUR BUTTERFLY FOR FACE EQUALITY

To show your support towards Face Equality and those with a visible difference, we are asking you to wear your butterfly temporary transfer.

HOW TO APPLY

- Ensure the skin is clean
- Remove clear protective top sheet
- Press tattoo firmly onto clean, dry skin with design facing down
- Hold wet cloth against back of tattoo, press down and make sure to wet it thoroughly Wait 30 seconds (don’t hurry!).
- Peel off paper backing
- Gently rinse image with water

MAKE SURE TO SHARE YOUR BUTTERFLY PHOTOS WITH US ON YOUR SCHOOL SOCIAL MEDIA AND WEBSITE

OUR CHAMPIONS

HANNAH, 15

I have Sturge-Weber syndrome which means I have a birth mark that covers 50% of my body. I have always known that I looked different. I didn’t think much of it when younger, no one else really cared when we were young. However in high school you have to fit in, you have to look the same, and if you don’t then people will make a fuss. I once heard a person had been saying stuff behind my back, calling me ‘a purple monster’, and asking one of my friends, ‘why are you hanging out with that purple monster’. And in PE I am always the last person to get picked for teams. My visible difference has affected me quite a lot because everyone stares. Quite a lot of people ask ‘why do your teeth stick out’ – they always notice my teeth first - which is because my birth mark is in my mouth too.

DAVID, 11

I have a skin condition called BIE (sometimes EHK). I am always very sore and I take painkillers for it every day. I have blisters all the time and can’t do things like sports such as football or rugby because I just get hurt and my skin will rip or tear through shearing forces. The first few years of primary school were hard. The other children called me names such as ‘cornflakes, scabby, snowflake and flaky’. One boy would keep picking on me, for instance, pointing out the flakes on my jumper in a nasty way. In activities like dance lessons no one would hold my hand. People used to treat me differently until I was so sad I would not go to school. I can get really sad and upset when people treat me different and look at me as though I am a monster. I am getting better at ignoring them and trying to not let the stares and name calling get to me as much as it used to.
CLASSROOM ACTIVITIES

HEAR EXPERIENCES FROM OUR CHAMPIONS
In Scotland, our Youth Action group made up of 14 young people explain what it’s like living with a visible difference what they aim to achieve.

https://youtu.be/CuiZ2yG9hI0

USE OUR EDUCATION RESOURCES
Discuss visible differences in your class with the help of our educational resources for teachers. Resources available for lower primary, primary and secondary classes.

Click here to access resources: https://www.changingfaces.org.uk/education

WRITE YOUR BUTTERFLY PLEDGE
Share what you learnt about visible differences with our pledge sheet found on page 7. Share this amongst your school network to teach them about Face Equality

A-Z OF VISIBLE DIFFERENCES
Have a discussion in the classroom about types of visible differences using our A-Z guide on the next page. Get into groups, research and present back to the class.

FUNDRAISING ACTIVITIES – GET CREATIVE AND HAVE FUN

BAKESALE
Host a bake sale at your school as an end of week treat. You could make some butterfly cupcakes or decorate butterfly biscuits.

GET CREATIVE
Using our ‘Design a Butterfly’ template, hold a competition for the best designed butterfly. Whether it’s colouring pens, glitter, pipe wires, get creative and create your masterpiece.

SPARE COINS?
Have you got lots of coins lying around? As a school, collect spare change and create a big butterfly out of the coins. You can create this in a gym hall, or any large unused space within your school.

WEAR YOUR BUTTERFLY
For a suggested donation, get your butterfly transfer tattoo. Wear it on your face, or body. By wearing your butterfly you can show your support and understanding of visible differences. Do not apply to sensitive skin.

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A-Z OF VISIBLE DIFFERENCES
A visible difference is a mark, scar or condition that affects someone’s appearance. Here are some examples. Have you heard of any of these?

A  ACNE
B  BIRTHMARK
C  CLEFT LIP & PALATE
D  DERMATOMYOSITIS
E  ECZEMA
F  FACIAL PARALYSIS
G  GOLDENHAR SYNDROME
H  HYPER-PIGMENTATION
I  ICHTHYOSIS
J  JACKSON–WEISS SYNDROME
K  KELOID SCARS
L  LUPUS
M  MOEBIUS SYNDROME
N  NEURO-FIBROMATOSIS
O  OLIGODACTYLY
P  PSORIASIS
Q  QUINQUAUD’S DISEASE
R  ROSACEA
S  SCARRING
T  TREACHER COLLINS SYNDROME
U  URTICARIA
V  VITILIGO
W  PORT WINE STAIN
X  XANTHELASMA
Y  YIM–EBBIN SYNDROME
Z  ZADIK–BARAK–LEVIN SYNDROME
BUTTERFLY PLEDGE

Face Equality means to me...
OUR FUNDRAISING TARGET

OUR GOAL

£

£

£

£

£

£

£

£
PAYING IN YOUR MONEY

Please use this form to send us offline money raised once it is all collected. This saves you having to worry about being responsible for it and means we can put it to work straightaway to support people who have a visible difference.

Of course, whenever we receive a donation from you, we will either telephone or write to you to acknowledge receipt. Please return the form to the relevant addresses opposite.

PAY IN SLIP

NAME ..............................................................................................................................................................................................................................................................................................................................................................................................

SCHOOL NAME ..............................................................................................................................................................................................................................................................................................................................................................................................

YEAR GROUPS INVOLVED ..............................................................................................................................................................................................................................................................................................................................................................................................

ADDRESS ..............................................................................................................................................................................................................................................................................................................................................................................................
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AMOUNT ENCLOSED ..............................................................................................................................................................................................................................................................................................................................................................................................

Please do not send cash through the post.

England:
Changing Faces
The Squire Centre
33-37 University Street
London
WC1E 6JN

Scotland:
Changing Faces Scotland
Brunswick House
51 Wilson Street
Glasgow
G1 1UZ
THANK YOU

With your support we are creating a more enlightened society for those with a visible difference.

www.changingfaces.org.uk
020 7391 9284