**[Insert date]**

Dear [insert name of School Administrator, School Nurse or Teacher]:

Psoriasis affects as many as 8 million Americans, which includes about 1 percent of children from infancy to age 18. Every year, roughly 20,000 kids younger than 10 are diagnosed with psoriasis. Psoriasis is a noncontagious disease that affects the skin and nails, while psoriatic arthritis affects the joints.

The disease can cause itching, pain and redness. One-third of all people with psoriasis have psoriatic arthritis, which causes stiffness and swelling around joints. People with psoriatic arthritis often find moving difficult or painful. Children or teens who have psoriasis or psoriatic arthritis are at higher risk for developing other health conditions, such as high blood pressure, diabetes, depression or Crohn’s disease. Successfully managing the disease to reduce inflammation is critical to decrease such risks.

As you can imagine, having a visible skin disease or physical limitations can make a child or teen feel different. People with psoriasis and psoriatic arthritis often feel like they are “not normal” due to their appearance, which can result in higher incidents of teasing or bullying. Given the physical and emotional effects, managing psoriasis or psoriatic arthritis can sometimes be challenging. Provision of a supportive environment can help make coping with the disease easier.

As a parent of a child with psoriasis and/or psoriatic arthritis, I’d like to request the opportunity to give a 30-minute presentation **[insert one of the following: to my child’s class AND/OR to school staff]** to promote an understanding of the disease, as well as acceptance of differences that make each child unique. Through such education, we can work together to create a better understanding of the disease, which will ultimately make a difference in the lives of students who live with psoriasis or psoriatic arthritis every day.

Thank you for considering this request. I hope to have the opportunity to provide education about this cause that means so much to me. I will follow up with you soon to discuss a time for scheduling a presentation. If you have any questions about this request, please contact me at **[insert phone number or email address]**.

Sincerely,

[Signature]

**[insert name of student]**