

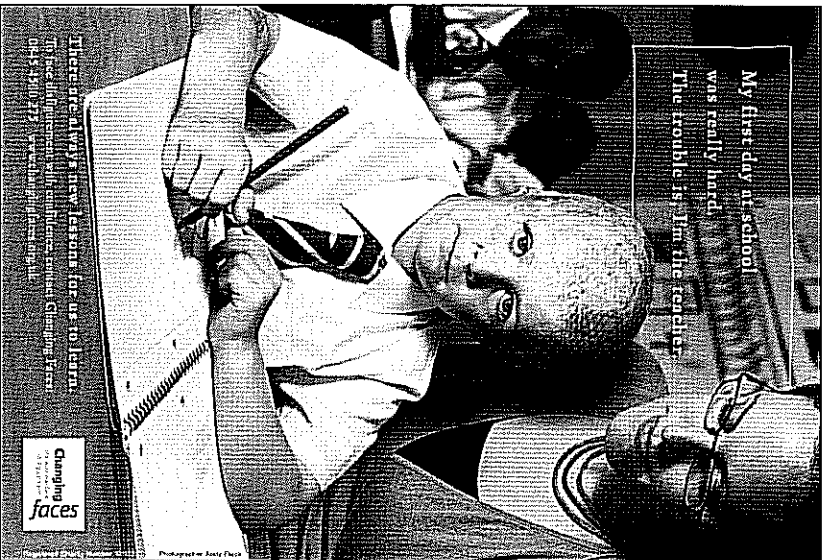


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the way you face  
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## The impact of looking different

One in 500 children has a significant disfigurement and one in a hundred has some form of 'visible difference'. Common causes are birthmarks, cleft lip and/or palates or cranio-facial syndromes, burns, scars, or skin conditions like acne, eczema or vitiligo.

Children with disfiguring conditions often face the prospect of medical or surgical treatment, sometimes over many years, which can help to reduce the conspicuousness of their disfigurement but can rarely remove it completely.

A pupil with an unusual appearance can have problems at school. Other children may avoid them or exclude them from group activities because of their appearance. They can also be bullied and teased. This can lead to non-attendance, underachievement, withdrawal from social activities or aggressive behaviour. The difficulties that they face can result in low self-esteem and self-confidence and affect their development into happy and fulfilled adults.

Teenage years can be particularly problematic because this is often a time when young people focus on their appearance and want to 'fit in'. Young people can also be influenced by reading teenage magazines which tend to emphasise good looks as the means to being popular and accepted.

## Why schools should take action

- **Inclusion:** as an educational professional you will want to see every pupil develop to the best of their ability, grow in confidence, make friends and enjoy their education in an inclusive and welcoming school community.
- **Statutory requirement:** disfigurement is included in the

Disability Discrimination Act (DDA) 1995 which was extended to schools in 2003. As a requirement of this Act, schools must make sure that pupils who have a disfigurement are not discriminated against in any way.

- **Good practice:** because of the particular and complex issues that arise when a pupil has a disfigurement, those schools that are able to get it right with disfigurement are often well ahead on other equality, diversity and inclusion issues and in raising standards overall.

- **Personal example:** as an educational professional, how you behave and treat a pupil with a disfigurement can make the crucial difference. By modelling positive interactions, you can influence how other children and staff can respond. To be able to do this, you need specialist knowledge.

- **Disfigurement brings with it many questions that do not always arise with other disabilities,** answers that do not require expensive investments, but rather adjustments in how you think, act, and talk about appearance concerns. These questions include:
  - 'How can we deal with questions from other pupils like "What happened to his face?"'
  - 'I know she desperately wants to make friends and yet she's so aggressive. How can I address this?'
  - 'When should I start to explain about his condition?'
  - 'How can I deal with the fact that other pupils are shocked by her appearance and so am I?'

Tackling these questions sensitively and appropriately will result in improved peer group interactions, a better teaching environment and improved academic performance.

## How Changing Faces can help

Since 1992, *Changing Faces* has been helping educational professionals to tackle common concerns associated with having a child with a disfigurement at school – and with dealing with appearance concerns more generally. We also work with staff to help them to develop an inclusive and supportive environment through in-service training and through creative lesson ideas.

### What do we offer to teachers and schools?

- We employ School Specialists and expert consultants who offer:
  - individual support and advice for teachers on how to best support a child with a disfigurement who is starting at your school or returning to school after an accident or surgery
  - Advice on best practice for dealing with the reactions of other pupils in the class or in the whole school. This includes knowing what to say in response to comments, questions, staring or teasing related to facial difference
  - Advice for schools to develop effective anti-bullying, diversity and inclusion policies
  - Teachers' Guides containing all you need to know about disfigurement as well as practical ideas to increase understanding and tackle problem situations
  - Teachers' Packs that can be used in Art, PSHE, RE and Citizenship lessons which include lesson plans and activities for fostering inclusion in school communities
  - INSET on creating inclusive school communities and awareness of the experience of having a facial difference for

- educational professionals and LEAs
- Presentations at seminars, lectures, workshops and educational conferences
- Training and Continuing Professional Development for staff on broader appearance, diversity and social inclusion issues. Fees are usually charged for this service.

If a child's needs are complex or the situation is more difficult, we can also work closely with a school and family making visits if required:

- Liaison with SENCOs, school nursing services, outreach teams and other professionals
- Involvement at reviews for children who have statements of special education needs
- Assessments of interaction between a child and their peers and advice on effective interventions.

**If you or your school would like support, please phone Changing Faces on 0845 4500 275, email [info@changingfaces.org.uk](mailto:info@changingfaces.org.uk) or write to**

**Changing Faces, The Squire Centre, 33-37 University Street, London WC1E 6JN.**

## Our Teachers' Guides and Packs

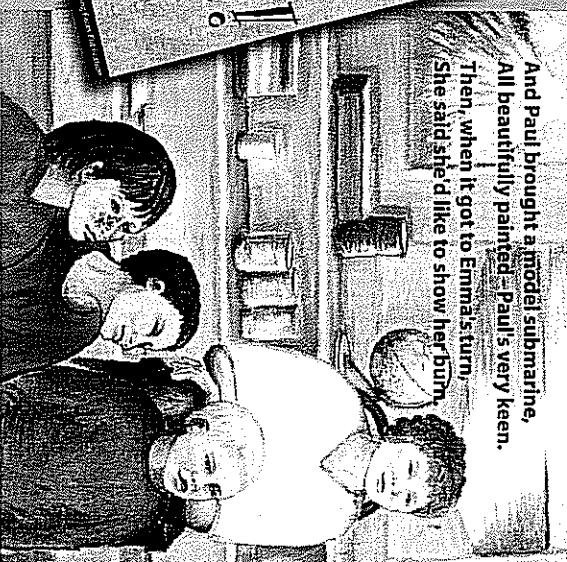
Changing Faces' unique Teachers' Guides and Packs are up-to-date, sources of information and practical advice.

There are three sets of **Teachers' Guides**, each costing £10, matching the following age-groups:

- **Set 1 (early years, 3-6 years)**
- **Set 2 (7-11 years)**
- **Set 3 (12-16 years+)**

Each set covers the following topics:

- 1 Starting school
- 2 Working with parents and siblings
- 3 Working collaboratively with other professionals
- 4 Working inclusively with groups
- 5 Having something to say
- 6 Developing self-esteem
- 7 Practical support with social skills
- 8 Self-expression
- 9 Teasing, name-calling and bullying
- 10 Addressing speech and language difficulties
- 11 Choosing and using resources
- 12 Moving on (junior school/secondary school/college/work)



**And Paul brought a model submarine,  
All beautifully painted – Paul's very keen.**

**Then, when it got to Emma's turn,  
She said she'd like to show her mum.**

### Teachers' Packs

- **Drawing the Real You**, a valuable guide for art teachers in secondary schools which helps teachers to tackle sensitivities around portraiture particularly when there's a child with a facial difference in the class. (£12.00)
- **Make the Difference** (including video), a resource to enable pupils to explore their reactions to difference. It can be used in PSHE, RE and citizenship lessons and includes ideas for school assemblies. (Also available on loan; schools should contact the office for details). (£50.00)

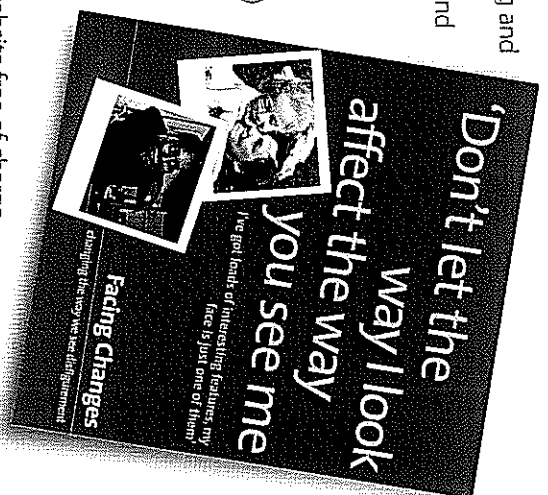
### Other resources

- **Back to School** after burns. Information for teachers. (£5.50)
- **Educating Children with Facial Disfigurement** by Jane Frances *Changing Faces* School Consultant, published by RoutledgeFalmer. (ISBN 0-7415-2804-5) (£21.00)
- **Show Time!** a beautifully illustrated storybook for young children. (£5.50)
- **Exploring Faces through Fiction**, using stories to help a child talk about their face. (£5.50)

Fill in each box in the coupon below with a number to indicate the quantity of copies/sets you wish to order. Fill in the rest of the details and send this coupon to Changing Faces, The Squire Centre, 33-37 University Street, London, WC1E 6JN, enclosing a cheque/postal order for the total amount. Cheques should be made payable to *Changing Faces*.

I enclose a cheque/postal order payable to *Changing Faces*, for £ \_\_\_\_\_

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| <input type="checkbox"/> Set 1 (early years, 3-6 years)               | <input type="checkbox"/> Drawing the Real You |
| <input type="checkbox"/> Set 2 (7-11 years)                           | <input type="checkbox"/> Make the Difference  |
| <input type="checkbox"/> Set 3 (12-16 years+)                         |   |
| <b>Other resources</b>  |   |
| <input type="checkbox"/> Back to School                               |   |
| <input type="checkbox"/> Educating Children with Facial Disfigurement |   |
| <input type="checkbox"/> Show Time!                                   |   |
| <input type="checkbox"/> Exploring Faces through Fiction              |   |



The Guides come in a presentation folder and include a free copy of our award-winning booklet, *Facing Changes*, or they can be downloaded from our website free of charge, excluding the booklet ([www.changingfaces.org.uk](http://www.changingfaces.org.uk)).

Name \_\_\_\_\_

Job Title \_\_\_\_\_

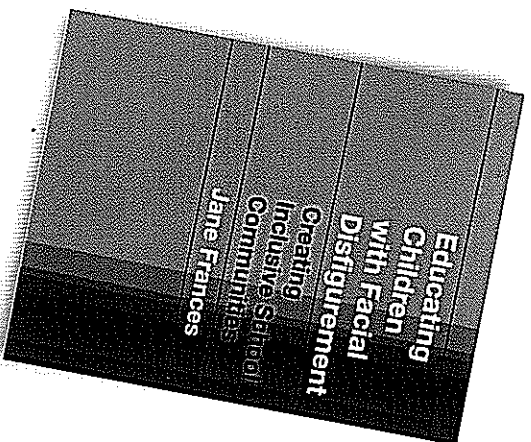
Address \_\_\_\_\_

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Telephone \_\_\_\_\_

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## About Changing Faces

At least 400,000 people in the UK have disfigurements. Every year about 3,000 children are born with cleft lips and palates, cranio-facial conditions and birthmarks. 40,000 people are seen by the NHS with burns and scalds and a similar number are treated for cancer of the head, neck, mouth, throat and skin.

There are many causes of disfigurement. Some people are born with disfiguring conditions. These include birthmarks, cleft lip and/or palates and unusual formations of the skull and other features such as craniofacial syndromes like Apert and Crouzon Syndromes. Others acquire disfigurements through accidents, violence or burn injuries or after treatment for a disease (facial cancer), illness (facial paralysis) or from medical accidents such as mistakes in cosmetic procedures.

Disfigurement can also be caused by common skin conditions like acne, eczema, vitiligo and psoriasis and by others which alter the texture of the skin, such as neurofibromatosis and epidermolysis bullosa.

*Changing Faces* is a national charity that supports and represents children, young people and adults who have disfigurements. Its work complements medical and surgical treatments by addressing the psychological and social challenges posed by disfigurement.

*Changing Faces* works to enable everyone to face disfigurement with confidence by:

- Providing direct help and support for individuals and families
- Advocating comprehensive health and social care
- Promoting public awareness, rights and equal opportunities in the media, employment and schools.

It has an impressive track record of success including:

- Pioneering a disfigurement life-skills programme for children, young people and adults with disfigurements as well as parents and families
- Creating the world's first Disfigurement Support Unit within the NHS at Frenchay Hospital, Bristol
- Helping establish the Centre for Appearance Research at the University of the West of England
- Award-winning promotional material and campaigns including a ground-breaking advertising campaign launched in 2002.

# Changing faces

the way you face  
disfigurement

**Changing Faces  
Northern Ireland**

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Registered Charity No. 1011222

*Changing Faces* is very grateful for the generous support of Abbey's Charitable Trust in producing our Teachers' Guides and this leaflet.



*This leaflet and our Guides are also available  
in plain text and audio versions.*