



Facts, Feelings, and Respectful Questions

FACTS TO KNOW



Vitiligo causes lighter patches of skin.

It is not contagious, so you cannot catch it from someone else.

Vitiligo does not define a person's character or worth.



SCENARIO

A new student named Jordan joins your class. Jordan has vitiligo. You notice lighter patches on Jordan's skin.

How can we be kind, informed, and respectful?

1 What I know

Check each statement that is true.

- ☐ Vitiligo can cause lighter patches of skin.
- ☐ Vitiligo is contagious.
- ☐ Vitiligo changes a person's character.



2 How might the student feel?

Check all that might be true.

- ☐ Excited to start something new
- ☐ Nervous about being noticed
- ☐ Hopeful to make new friends

Why do you think so?

3 Respectful questions

A respectful question I could ask is...

A respectful way to listen is...





The Empathy Pause



Reminder:

Vitiligo causes lighter
patches of skin.
It is not contagious.
A person's skin does
not tell you their
character or worth.

Scenario:

You notice a classmate
has lighter patches of skin.
You feel curious, and other
children are whispering.



1

Notice: What am I seeing and feeling?



2

Pause: What could I choose not to assume?

- ☐ I can remember that skin differences
are not something to tease
- ☐ I can remember that vitiligo is not contagious
- ☐ I can give the person space and respect



3

Choose kindness: What could I do next?



Try this sentence:

"I want everyone to feel welcome here."



Choose a Helpful Response



Vitiligo causes lighter patches of skin, is not contagious, and does not define a person's character or worth.

A

Scenario A:

Someone asks a rude question about a classmate's skin.

- ☐ Laugh along
- ☐ Say, "Let's ask respectfully or give them privacy,"
- ☐ Change the subject and include the classmate.

Why?

B

Scenario B:

A classmate says, "I don't want to sit near them because I might catch it."

- ☐ Agree
- ☐ Share that vitiligo is not contagious
- ☐ Invite the classmate to join the activity.

Why?

C

Scenario C:

A student is left out of a group game because of how they look.

- ☐ Ignore it
- ☐ Invite them in and make room
- ☐ Tell a trusted adult if the exclusion continues.

Why?



The most helpful response is usually...



My Inclusion Action Plan



Vitiligo causes lighter patches of skin. It is not contagious. Every person deserves respect, and skin differences do not define anyone's character or worth.



1 I can help people feel included by...

- ☐ using kind words
- ☐ inviting someone to join
- ☐ asking respectful questions
- ☐ listening without interrupting
- ☐ telling a trusted adult when someone is being unkind

2 One action I will try this week is...

3 A person who can support me is...

4 If I see someone being teased or left out, I can...

5 ☐ I can choose respect, kindness, and inclusion.



National Vitiligo Bond Inc., Foundation



VitiligoBond.org

**Everyone
belongs.**