

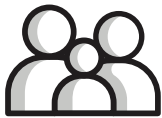


HOW TO TALK TO YOUR FRIENDS AND FAMILY

CONVERSATION GUIDE

Here's your conversation guide—created by people with HS for people with HS. If you find this helpful, you might want to check out the other sections on Talking to Your Partner/Spouse, Talking to Your Boss and Coworkers, and Keeping Yourself Positive.

TALKING TO YOUR FRIENDS AND FAMILY



Your parents and best friends are probably the people closest to you and the ones most likely to offer support. That's why it's so important for them to have an understanding of HS and what you're going through.

In most cases, honesty is the best policy for those in your inner circle. You can take it at your own speed and decide what you want to talk about.

HERE ARE SOME POINTERS:

- Don't be rushed. Pick a time and place where you can have a relaxed conversation.
- For your parents, maybe start with saying you know that they love you and you love them. You want to share what's going on with your body.
- For friends, think about telling the person you're closest to. Start out small, without going into great detail, and see how they respond.
- Be prepared to answer their questions about HS. Show them sections of an HS website—like this one.
- Common questions they may ask include: Is it contagious? (It's not.) Is there a cure? (No, but there are treatments.) Will it ever go away? (No, but new symptoms appearing after 55 is rare.)
- When you go to the dermatologist, invite your parents along so the derm can also answer any of their HS questions.
- Thank them for being a big part of your support team.