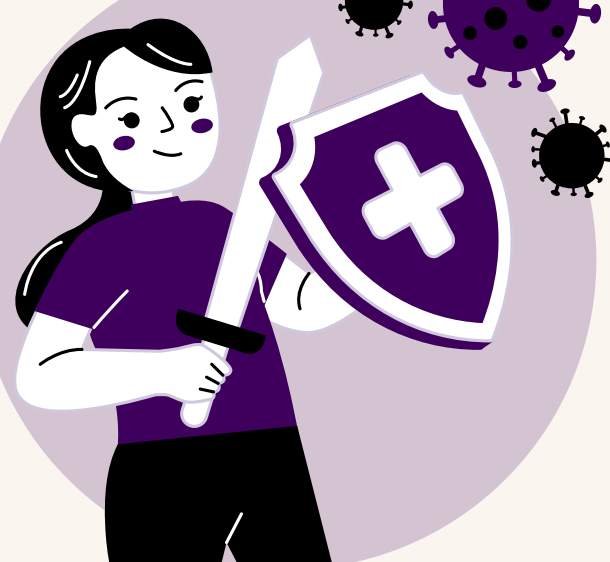


CLASSROOM FOR A CAUSE:

Lupus Awareness Initiative

LUPUS
CANADA
Life Without Lupus



WHAT IS AN IMMUNE SYSTEM?

Think of your body as a castle, and your immune system as its guard squad. When bad germs, like sneaky invaders, try to get inside and make you feel sick, your immune system is like the hero team that fights them off.

This hero team is made up of special cells, tissues, and organs that team up to spot and attack anything that shouldn't be there. When germs try to sneak into your body, your immune system jumps into action to protect you.

WHY IS IT IMPORTANT?

Your immune system is like your own personal superhero team, working hard every day to keep you healthy and strong!

SO, WHAT IS LUPUS?

Lupus is a condition where the body's guard squad, the immune system, gets a little bit confused and starts attacking healthy parts of the body by mistake. Lots of doctors and scientists are working hard to understand lupus better and help people manage it so they can still live happy and healthy lives.

BUT WHY AM I DRAWING A BUTTERFLY?

The butterfly is often used as a symbol for lupus because of a rash that can sometimes appear across the cheeks and nose that looks like the shape of a butterfly's wings.

But what's MOST important is that the butterfly is a symbol of transformation and hope. Do you remember how a butterfly comes to be a butterfly? Big word – metamorphosis. That beautiful butterfly began as a caterpillar and went through quite the transformation to get there. That little caterpillar was strong, resilient, and probably, quite hopeful as it underwent this big change.

This is why we are asking you to create your own purple butterfly and to think about what hope means to you. We will all be faced with challenges and hope can help with how we decide to face them.

