

KUTO-  
TOHANAN!

# Kuto-tohanan!

Alamin, Alagaan, at Huwag Ikahiya



Maegan Alvarado, Ryan Jimeno, Bryan Bonono

Dear Diary,

This morning was such a total disaster as I woke up late. Like... REALLY late. The type of late wherein the sun is already shining bright, and everything feels rushed before you even could get out of bed. Mama was yelling "KARLAAA!!", her voice louder than normal due to the urgency. The tricycle was already outside, its engine humming like it was going to leave any second. I wasn't able to find my hairbrush anywhere, as I tried finding it at places where it would normally be.



"Ate!" I shouted, my voice echoing through the entire house. "Can I borrow your brush?" NO answer. It was just my mother and me in the house. And then I peeked from inside her room. There it was, her hairbrush resting on her table, like it was waiting for me to grab it.



I normally don't use my Ate's hairbrush, but I had to do so due to the circumstances that I am facing right now. The tricycle was waiting outside, and my mom kept calling my name. I simply grabbed my sister's special hairbrush. Just this once. And I thought to myself (What's the worst that could happen?)

At school, everything was normal. But then... ITCH!. A small one at first. It was barely noticeable. But then here comes another itch. And then a SUPER itch that really irritated me.

I did my best to try to ignore it. I keep telling myself that it was nothing but just my head being itchy. But due to the number of times it started to become more and more itchy, I have decided to scratch it anyway.



Leo leaned towards me, as he saw me scratching my head. "Is the math problem that hard?" he whispered, sounding worried about me.

"It's not math..." I muttered, trying my best to keep my voice as low as his. But the feeling on my head just wouldn't ever stop. The itch kept on coming back no matter how many times I scratched it. I really hoped that the itch would just simply go away



Suddenly-

"EEEEVVVV!!! There's something in your hair! Something is crawling in your hair!!"

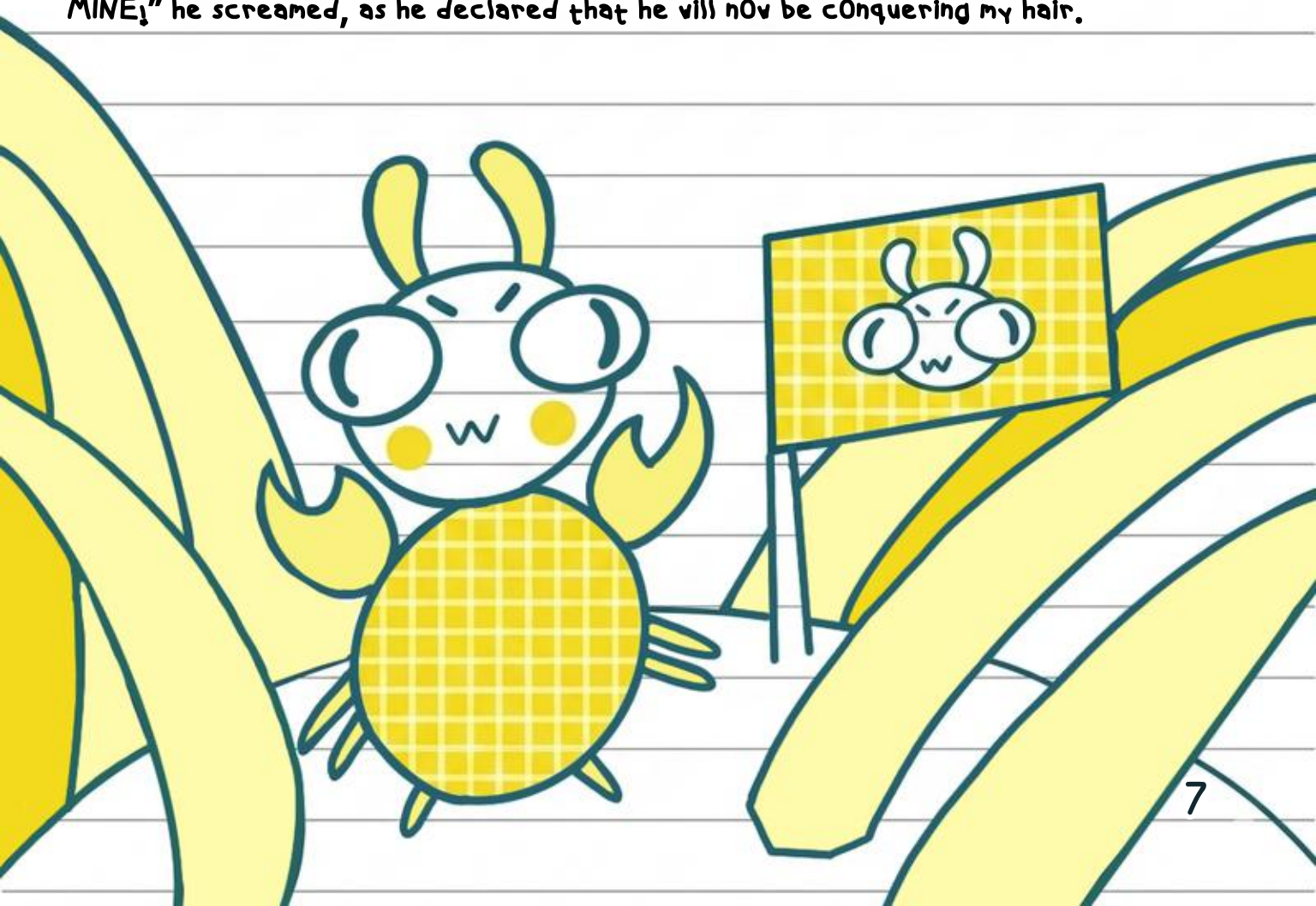
My classmate behind me stood up and pointed at me. Her eyes widened, and their mouth was open in shock as her gaze fixated on something on the back of my head.



The entire classroom went silent, as if someone had pressed the stop button. Then I thought that things wouldn't have gotten worse. Then, suddenly, everyone started walking away from me.

Meanwhile, from inside my hair...

Larry the Lice was adjusting his tiny crown, sitting proudly between the strands of my hair as if my strands of hair were tall trees in his kingdom. "This is where I'll build my kingdom!" Larry shouted so that the other lice would hear him. "This scalp is now MINE!" he screamed, as he declared that he will now be conquering my hair.



At recess, nobody has stood beside me. As if there is a huge radius around me, and that it's getting bigger and bigger as my time in school goes on. I did my best to show them I was fine, but it was getting harder and harder for me to see some of my classmates' eyes glance at me, then quickly look away when they noticed me.



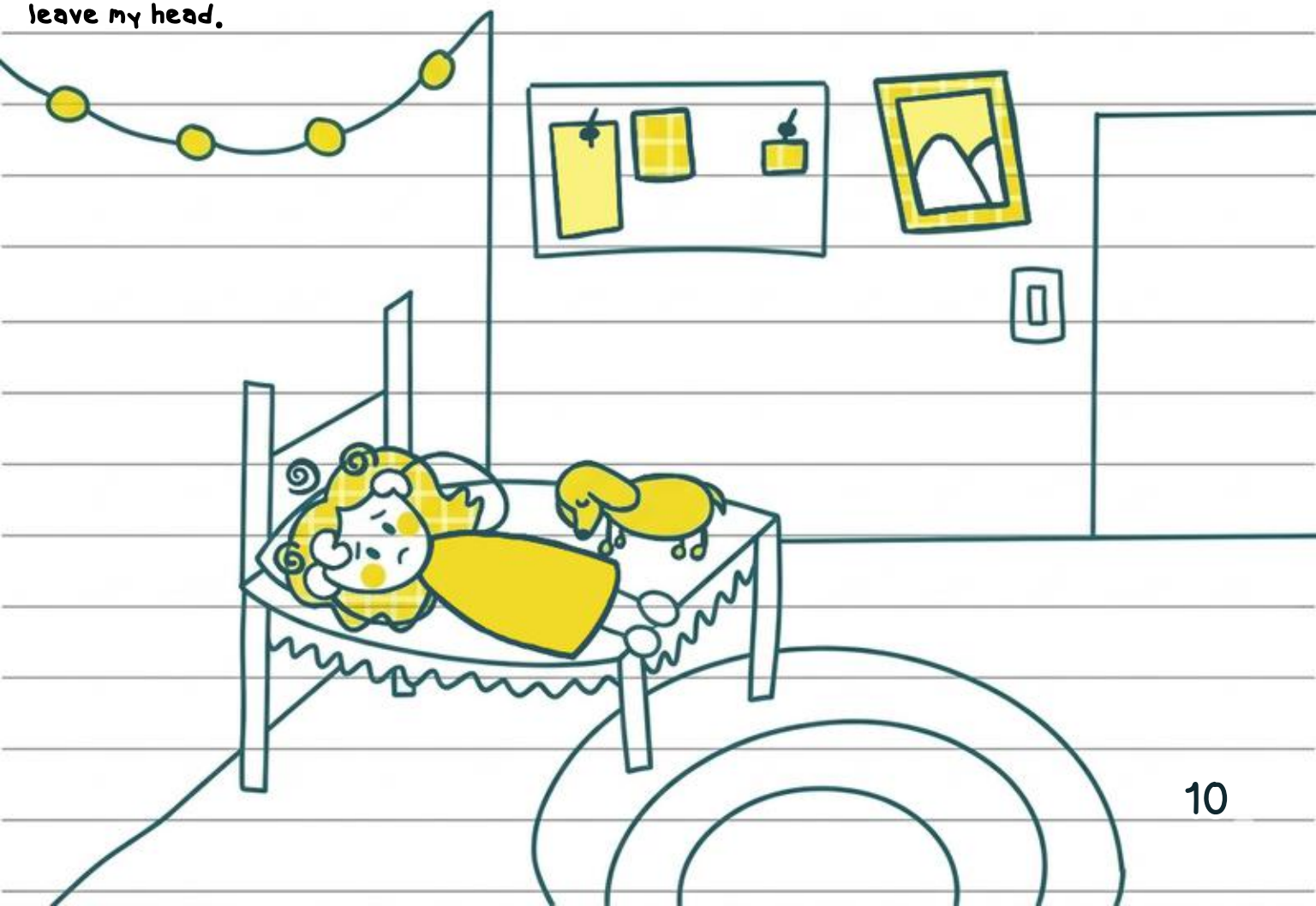
In the hallway, people whispered as I passed them. At that point on, I truly felt as if I was someone people needed to stay away from. I truly felt that I was a walking warning sign.

Lunch time eventually came around, and I ate all by myself. I really felt like I was truly the world's #1 loser and that no one wanted to come close to start conversations with me. It was terrible! Kids started nicknaming me K.U.T.O Or Karla Under Temporary Outcast. I kept wishing at that exact moment that I would just vanish, as if I disappeared. Then no one would feel worried and would act as if there were a student with a living biohazard in her hair.



Dear Diary,

Tonight, I tried falling asleep, trying to forget the vretched day that had happened to me, curling under my blanket, and hoping I could just sleep away all the kut0. But the itching just wouldn't stop. NO matter how many times I tried finding a good spot, Or tried scratching my head thinking that the itch would go away. It kept on coming back like the itch will never ever leave my head.



The next morning, I stared at my worksheet. That itch kept on bothering me so much to the point where I had a really hard time focusing on the worksheet that was in front of me. I did my hardest to try not scratching it, but the itch was getting worse and worse by the minute as if the only way for me to get rid of it was by scratching it immensely.



From inside my hair...

Larry the Lice proudly sat on his little tiny throne, his crown shining and shimmering with glory. He shouted the words "ATTACK!". In an instant, his little yet many lice army crawled everywhere, crawling across my scalp. Every strand of my hair seemed alive due to the marching of the Lice.

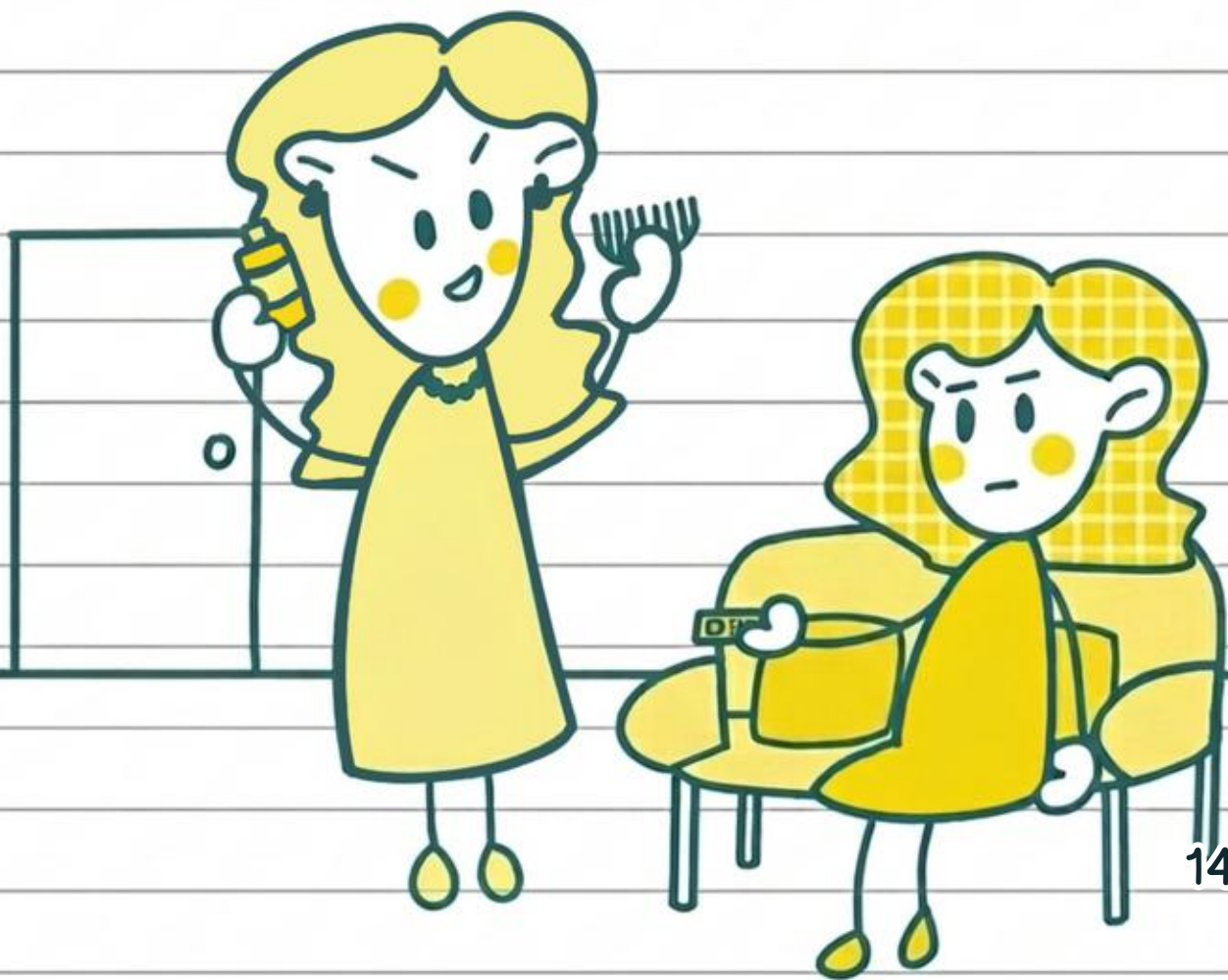


Whispers filled the classroom, and at the center of it all, was me. It was everything. From the sheer number of my classmates staring at me to the staggering amount of stray side eyes I was catching. At the moment, I just wished that the earth could swallow me whole, or that a UFO would appear right then and there to ship me off away to another planet where lice didn't exist. My teacher looked at me with concern, their eyes soft but worried. She quietly picked up the phone and called my mom.



That afternoon, my mom came home with a small plastic bag in her hands. Inside it was an anti-lice shampoo and a tiny suyd to come with it.

"It's Okay," she said as she gently set the bag down.

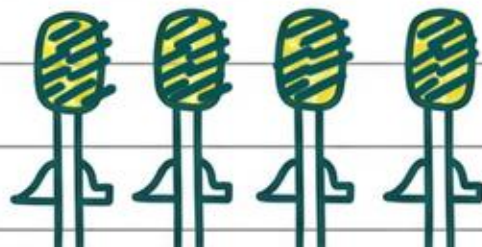
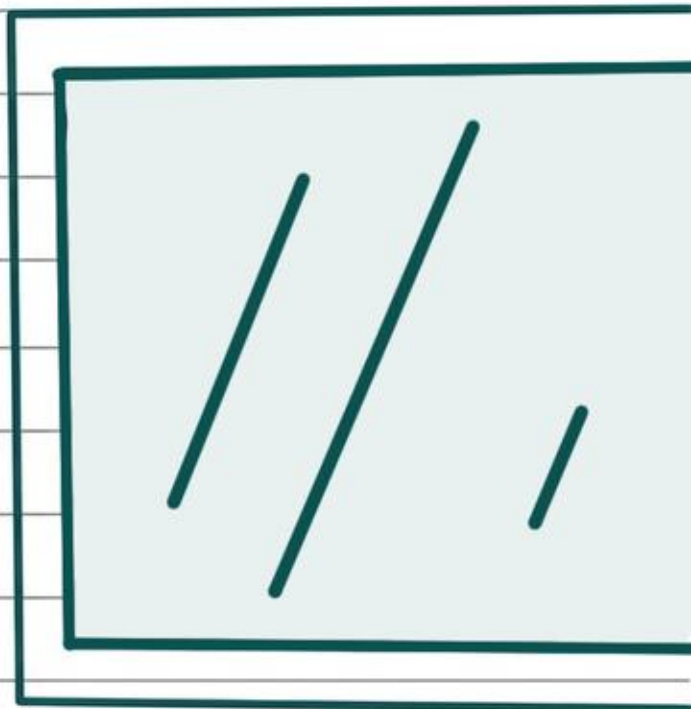
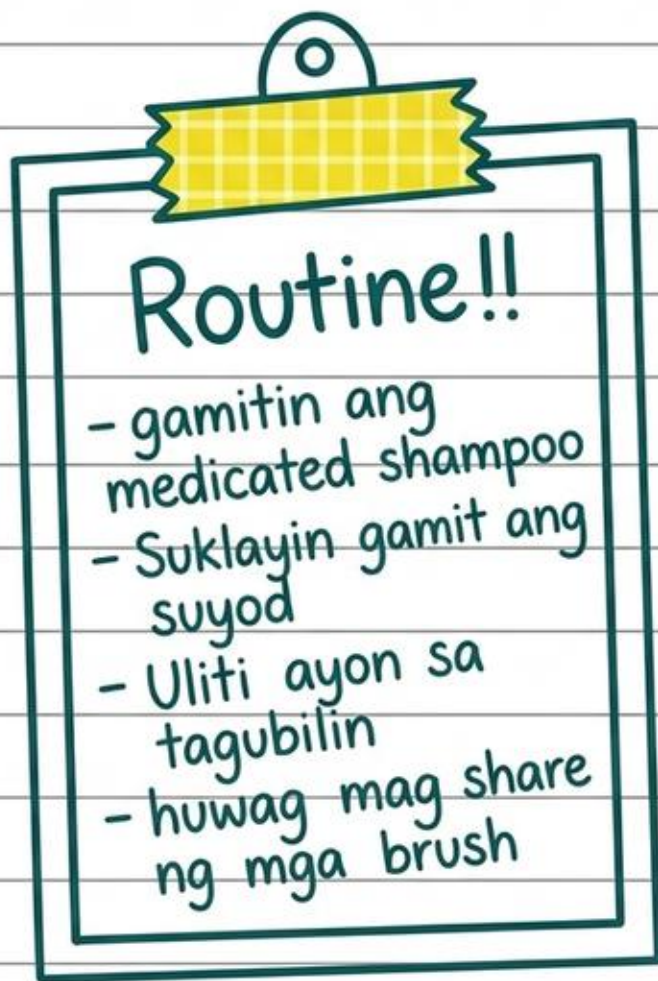


"I feel dirty..." I said quietly to my mom, as my fingers were nervously pulling my hair lightly.

"You are NOT dirty," Mom said firmly right beside me. "Lice can happen to anyone. It is not your fault." Her words made me feel a sense of ease knowing that it is not just me that gets to experience this, and that this is a normal thing that could happen to literally anyone.



!Mom shoved me steps, One by One, while holding the anti-lice shampoo On her right hand, and the suyod On her left hand. "It's a problem," she said gently, "But it's nOt something that yOu shOuld feel ashamed Of, it's tOtally nOrmal fOr kids yOur age tO have kutO. I even vent thROugh this befOre" I nOded, feeling mOre cOnfident and at ease vith myself.



The next day,

My teacher stood in front of the class, her voice was calm yet sounded serious. "I need everyone to listen carefully, let's talk about *Pediculus humanus capitis*, or in other words, head lice," she said.

"Pedicu- what now?" I ask.





"First myth, Lice does NOT mean that someone is dirty. They do not care if your hair is clean or not". She paused for a moment, letting every student in the classroom sink in with that statement. "Second myth: You cannot get lice just by looking at someone. They spread close through close contact and sharing personal items. And for the third myth: We do NOT make people feel alone just because they have lice."

The classroom felt quiet. At that moment, it felt as if all of the students were able to understand the situation.

# Activity 1





Spot the SAFE choices!

Look at the pictures below. Circle the habits that help prevent lice.



# Activity 2

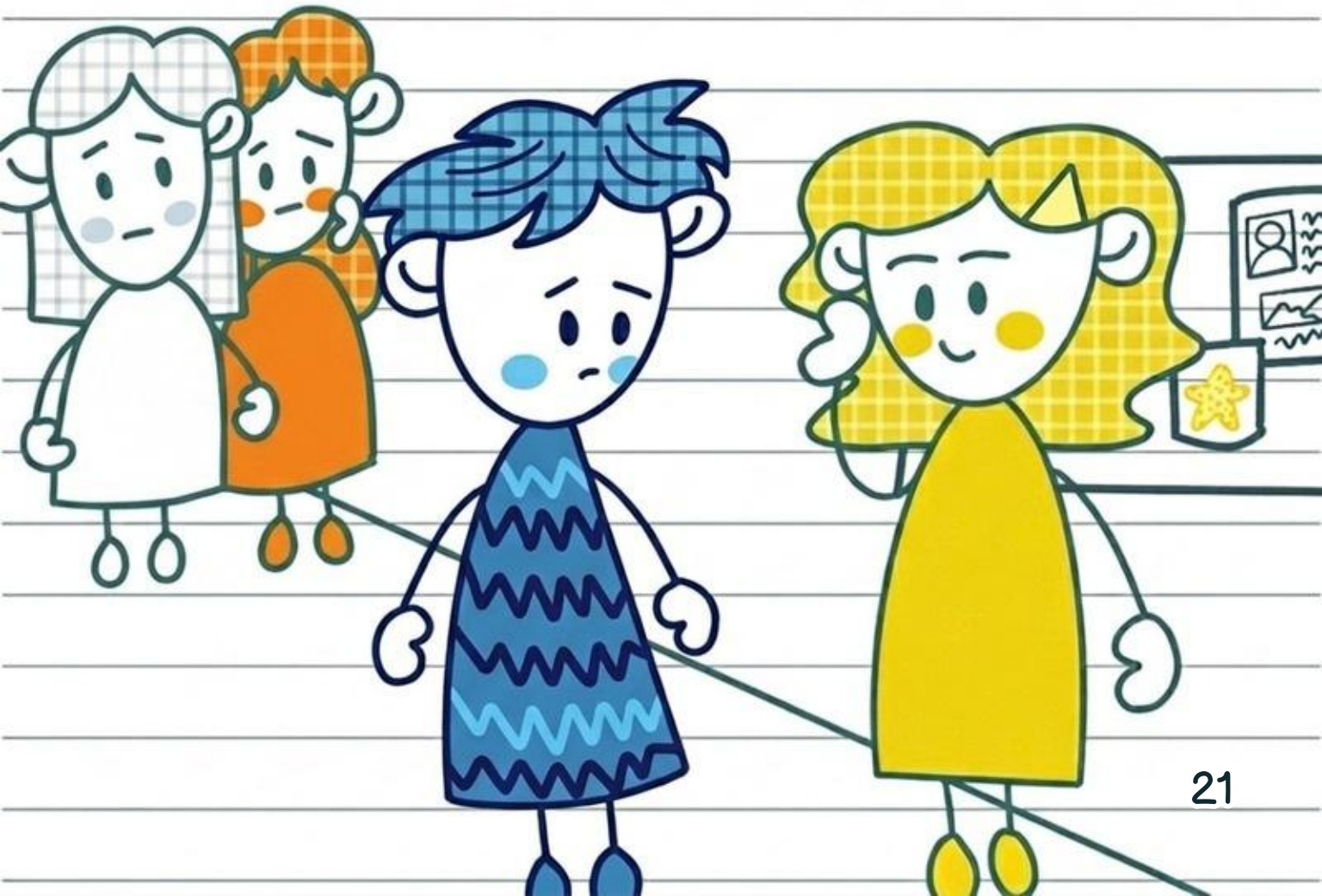
Can You Remember the Steps? Put these in order:

-  Gumamit ng anti-lice shampoo
-  Ulitin ayon sa tagubilin
-  Ipagpalit ang mga unan
-  Gumamit ng suyod

Patience + Routine =  
Bye-bye, Larry!

After class, Leo walked up to me, his hands shuffling around in front of me as he was nervous. "I'm sorry.." he said, while looking down.

Others followed suit, saying their apologies as well. I felt more relieved and explained "It's just shampoo and combing. It's not that scary."



Dear Diary,

Every night, MOM and I would sit together. We would be doing this routine that turned into something that's part of my lifestyle for a while. Shampoo. Sued. Repeat. Step by step, strand by strand. We talk and we laughed, even though it was a slow process; these moments felt really special to me, as I didn't feel so alone anymore.



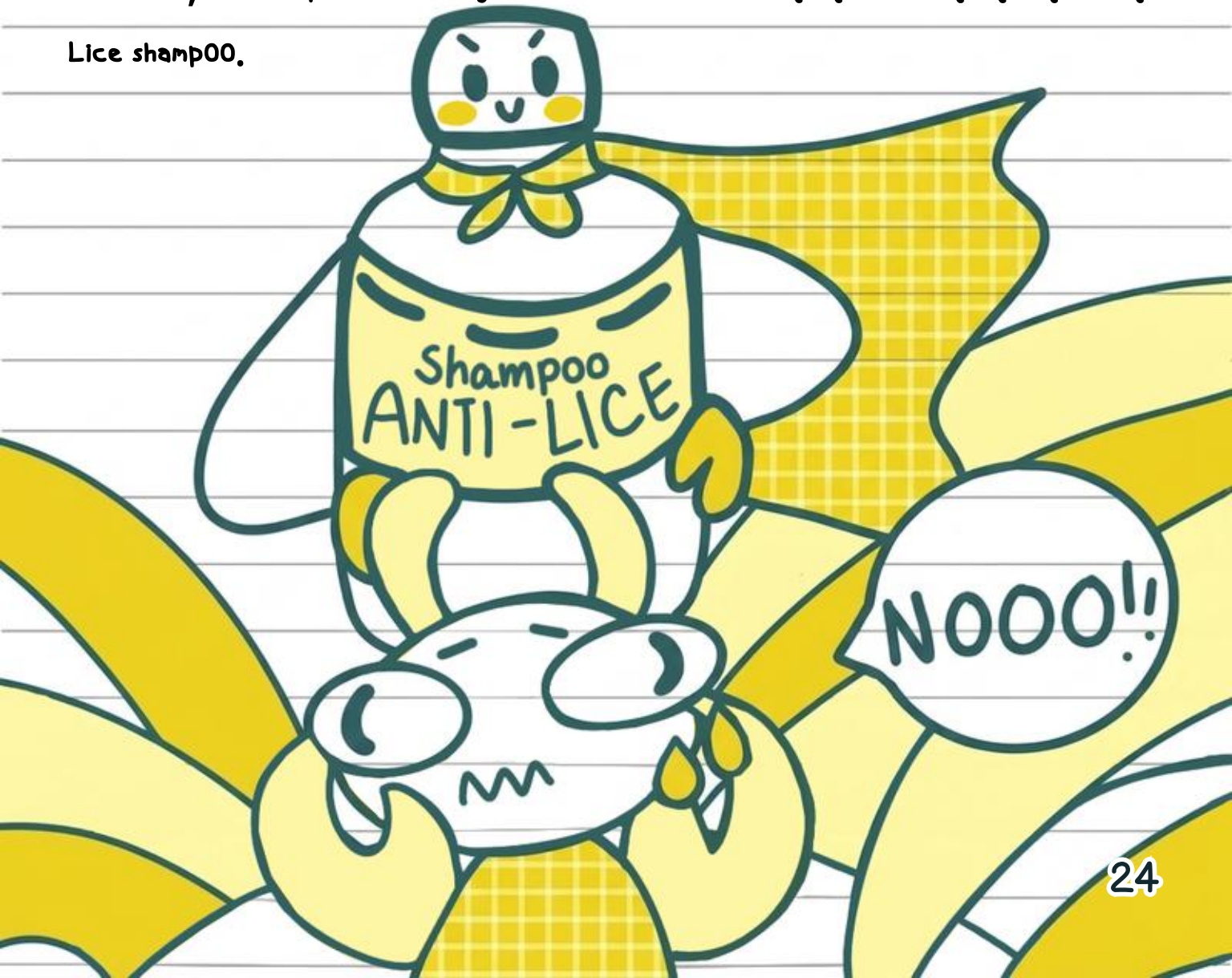
# Activity 3

If your classmate had lice, what is something kind you could say?

Write or draw your answer below.

Instead Of teasing, we  
can lend a helping hand.

Inside my hair... Larry was running in panic, his little tiny legs were scrambling in every direction. As the anti-lice shampoo tOvered Over him and the rest Of the lice like a giant superherO, it was pretty much unStOppable. "NOOOO!!" Larry the Lice screamed, as every lice including him vere crumbled due tO the herO that is the Anti-Lice shampOO.



Finally after a few weeks, and my rigid routine, the itching I felt a while ago was now gone. Completely gone.

I walked home with a big smile on my face, while holding my favorite takeaway combo set meal in my hand. At this moment, my head felt at peace again, and no more itchiness ruining everything. For the first time in a while, I truly felt free and I am able to enjoy the rest of my day.



Dear Diary,

The next day, I noticed someone was scratching their head. The same type of scratching as to what I was doing days before. I remembered that feeling, where you weren't able to think of anything else other than that itchy sensation happening in your head.



# Activity 4

Create Your Anti-Lice Superhero!

If Larry came back... What would YOUR superhero shampoo look like?

Name: \_\_\_\_\_  
Power: \_\_\_\_\_  
Catchphrase: \_\_\_\_\_

I remembered the embarrassment I felt when I had lice, the way everyone stared and whispered in school. But I also remembered something important: It is that having lice can happen to anyone. And that made me feel more calm and at ease with myself.



After everything I went through, I know now what to do, and how to help others who are also struggling with *Pediculus humanus capitis*. See, I even remember the full scientific name now. Maybe this time, I can be the one who can help others. I can share what I have learned throughout my experience having lice and make sure that no one has to feel alone.



What would YOU

do next?

# Mga Sagot!

## Aktibidad 1

Ibilog ang MGA LIGTAS na gawain!

Pakikisama sa suklay ✗

Paggamit ng sariling suklay ✓

Paghahati ng sumbrero ✗

Pagtali ng mahabang buhok ✓

Paghahati ng unan ✗

## Aktibidad 2

Naalala mo ba ang mga hakbang?

**1** Gumamit ng anti-lice shampoo

**4** Ulitin ayon sa tagubilin

**3** Ipagpalit ang mga unan

**2** Gumamit ng suyod

Nakakuha ka ba ng perpektong marka?


# Bisitan at Laruan and aming Mini-game!



Website: <https://kuto-tohanan.com/iteration1/>

# Alam mo Ba?

Totoo ang Istorya!



Galing sa mga estudyante, titser, at nanay ang mga nilalamang karanasan sa libro na to

Nagkonsulta at galing sa doktor ang nilalaman kung paano gamutin ang kuto

Galing sa mga nag-aaral ng De La Salle College of Saint Benilde

Maegan Alvarado  
Ryan Jimeno  
Karl Bryan Bonono



Si Karla ay isang mag-aaral sa pampublikong paaralan at siya ay nasa ika-limang baitang. Subalit, nagkaroon siya ng problema sa kaniyang pamilya at mga kaklase ng dahil sa kut0!

Samahan si Karla sa kanyang kwento at naging karanasan sa pagkakaroon ng kut0!