The IDF Teen Program empowers teens to contribute and help others.

- **Awareness and Advocacy** - Teens distribute IDF materials and speak to legislators and others about PIDD.
- **Teen and Young Adult Council** - Council members share stories and offer support to other young patients with PIDD and serve as leaders at IDF events.
- **Take the Zebra Challenge** - Teens organize fundraising campaigns.

**About Primary Immunodeficiency Diseases**

In the United States, approximately 250,000 people are diagnosed with a primary immunodeficiency disease, and many more go undetected. Representing a group of more than 150 different rare disorders, primary immunodeficiencies are often difficult to diagnose. While not contagious, these diseases are caused by hereditary or genetic defects, in which part of the body's immune system is missing or functions improperly.

Many people with primary immunodeficiencies live their entire lives more susceptible to infections — enduring recurrent health problems and often developing serious and debilitating illnesses. Fortunately, with proper medical care, many patients are able to live healthy and independent lives.
The Immune Deficiency Foundation (IDF) created the IDF Teen Program exclusively for teens diagnosed with a primary immunodeficiency disease (PIDD). The program promotes friendship, provides education and peer support, builds leadership skills, and encourages teens to live life to the fullest with a primary immunodeficiency disease.

**Learn**

**IDF Talk Show** addresses issues that affect teens with PIDD with a series of five short videos:
- Dealing with Transitions
- Treatment Options, The Fear of Getting Sick and Missing School
- Peer Pressure and Making Good Choices
- Making Friends and When to Tell a Friend about your PIDD
- Dating, Privacy and Personal Boundaries

**In Tune with Your Immune System** is a rocking, teen-friendly video comparing the human immune system to a band. All the parts must function to make great music!

**The Battle of the Bands comic book** complements In Tune with Your Immune System with a battle of the bands.

www.idfcommonground.org.

**Explore**

**IDF Teen Escape** is a weekend getaway for teens diagnosed with PIDD. Teens meet other young people who understand what it’s like to live with PIDD while having fun and learning from healthcare experts.

**Teens will:**
- Discover more about PIDD and how their lives can be healthy and fulfilling
- Connect with others living with PIDD and develop friendships
- Empower themselves by gaining life skills and developing confidence
- Have a great time!

**Separate parent sessions include:**
- Coping Skills for Parents
- Helping Your Teen Take Control
- Insuring Your Teen
- Q & A Sessions with Medical and Life Skill Professionals, and Young Adult Patients

**Teen Escapes are held in cities across the country.**

Visit www.primaryimmune.org/event-calendar to find the next IDF Teen Escape!

**Network**

**IDF Common Ground** is an interactive website filled with resources for teens with PIDD. It is a forum to share information, including discussion boards, user videos and more.

Teens stay in touch with friends, meet new people and find cool stuff. Sign up today at www.idfcommonground.org!

IDF respects the privacy of everyone who joins the Common Ground community. Therefore, it is open only for teens with PIDD, and information will be kept secure and confidential.