Lesson Six

Activity Four: Discussion About Hygiene - 10 minutes

● What are some of the body changes that happen during puberty that would make you want to change your hygiene?

    Answers might include: sweat glands and oil glands are more productive, or that wearing braces requires more careful oral hygiene practices.

● Why is it important to have good hygiene?

    By taking care of our bodies through proper hygiene, we are more likely to stay healthy. Good hygiene can also help us better cope with the changes that occur in puberty.

● There are many ways that girls and boys can practice good hygiene.

Oral Hygiene

● How can we take care of our teeth and gums?

    Brush our teeth three times a day.
    Floss our teeth every night.
Lesson Six

Hygiene for the body

● What happens to our skin during puberty?

    As hormone levels increase, the oil glands (on the face, shoulders, chest and back) become more active. If the pores are blocked, blackheads may result. When bacteria get into pores, it can cause infections that produce pimples.

● What can you do?

    Washing your face with soap and water, with a face cloth a few times a day, can help remove oils from the skin and keep your pores clean. Regular showers will help to clear up pimples from your shoulders, chest and back. Sometimes, washing does not help acne problems. In these cases, you should talk to a parent, teacher, or consult a doctor.

● Why does body odour occur during puberty?

    At puberty, sweat glands start to produce more secretions. When these secretions are exposed to air and moisture, they produce odours.

● What can you do?

    Take daily showers or baths with soap and water. Pay particular attention to underarms and the pubic area to decrease unpleasant odours. Wash your hair at least three times a week. Dry your skin well after you shower or bathe. You might also try wearing antiperspirant or deodorant. Finally, be sure to change your underwear every day.
Lesson Six

Hygiene for girls

● What do girls need to think about during puberty?

When girls begin to menstruate, the promotion of good vaginal health becomes important. To prevent the growth of harmful bacteria, girls should change their tampons or pads every four hours. Tampons or pads with deodorant should not be used, as they can be harmful to delicate membranes. Contrary to what commercials will tell you, thin pads (pantiliners) are NOT required for everyday use.

Girls should also avoid wearing tight jeans or pants. This can lead to vaginal infections. Young women should wear underwear and pantyhose that are lined with cotton. This allows for better absorption and freer exchange of air that discourages bacterial growth. Girls should avoid wearing underwear to sleep at night unless they are large and/or loose-fitting such as boxer shorts.

Douches are unnecessary as the vagina secretes its own cleansing mucous.

Vaginal sprays are not recommended since they can cause irritations.

Hygiene for boys

● What do boys need to think about during puberty?

Boys should not wear tight jeans or pants because they prevent good air circulation in the pubic region. Jeans should be washed frequently to prevent odour and infections from starting in the scrotal region.

Any boy who has an uncircumcised penis must learn to wash away the oily secretions that collect under the foreskin.

Boys should use athletic supports when engaging in active sports. If pain or bruising occurs as a result of injury, and does not go away fairly quickly, ask your parent about it. You may require the attention of a doctor.
Lesson Six

Activity Five: Hip To Hygiene Quiz - 10 minutes

If time allows, have the students fill out the Hip To Hygiene Quiz. They could complete the quiz individually or in groups. Take a few minutes to review the answers and to address any questions your students may have.

Answers to the Hip To Hygiene Quiz:

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<tbody>
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<td>1. True</td>
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<td>2. True</td>
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<td>3. False</td>
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<td>4. True</td>
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<td>5. False</td>
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# Hip To Hygiene

<table>
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<tr>
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<th>True</th>
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<tbody>
<tr>
<td>1. Washing your face every day can help control pimples.</td>
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<td>2. Tobacco and soda pop stain teeth.</td>
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<td>3. Getting a lot of sun is good for acne.</td>
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<td>4. Flossing your teeth every day removes food between teeth that can cause bad breath.</td>
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<td>5. You should put on deodorant or antiperspirant after gym class.</td>
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<td>6. Eating chocolate and greasy foods will cause pimples.</td>
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<td>7. The best way to stay clean during puberty is to wash your body on a daily basis.</td>
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<td>8. Using fluoride toothpaste will help fight tooth decay and cavities.</td>
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<td>9. Males tend to sweat more than females.</td>
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<td>10. If you scrub your face very hard, you can eliminate blemishes.</td>
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Handout

Hygiene Hints

When you take care of your body, through good personal hygiene, you are helping yourself to stay healthy and to enhance your self-esteem.

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Hygiene Hints

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Hygiene Hints

Resources
