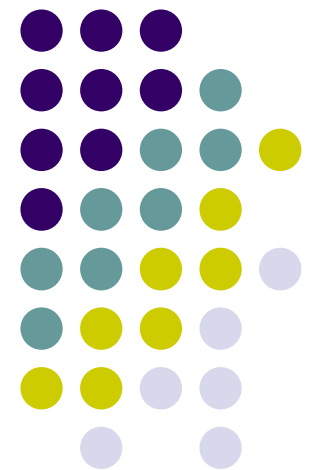


# Taking Good Care of Ourselves: Personal Hygiene

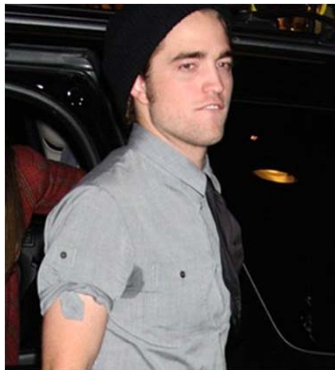
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Arizona Middle School  
Ms. Tran  
School Counselor



# Sweating It Out

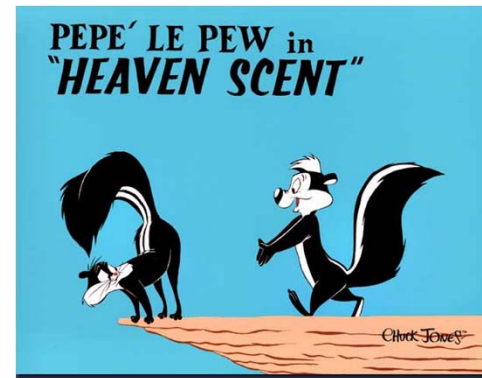
- Sweating has an important job – it helps to **cool your body down** when you are hot.
- You actually have **two to four million sweat glands** all over the body (mainly eccrine).
- But thanks to puberty, these glands not only become more active than before (apocrine – underarms)
  - They also begin to secrete



different chemicals into the sweat that has a strong smelling odor

**Don't panic, though.**

**Sweat and smell are normal parts of becoming an adult.**



- *How do you know if you have unpleasant body odor?*
  - 1) Strange as it may seem, people with unpleasant body odor are unable to smell their body odor.
  - 2) You may have an unpleasant smell if you do not **shower or bathe at least once a day.**
  - 3) If you do not **change clothes and undergarments daily.**
  - 4) Air out shoes and socks to avoid stinky feet.

# Getting Rid of the Smell

- **Shower or take a bath every day.**
- **Wearing clean clothes, socks, and underwear** each day can also help you to feel clean.
- If you sweat a lot, find clothes made from cotton or other natural materials will help absorb sweat more effectively.

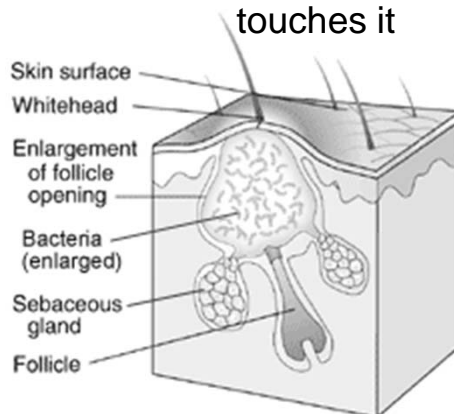


- If you're concerned about the way your underarms smell, you can try using a **deodorant or deodorant with antiperspirant**.
  - Deodorants get rid of the odor of sweat by covering it up
  - antiperspirants actually stop or dry up perspiration.
- **Remember:** nothing smells better than clean skin. Perfumes are not a good substitute for a shower or wash.

# Scoop on Skin Care



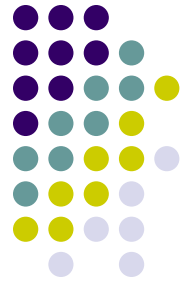
- Acne often starts in your early teen years because **your body is making more oil glands.**
- A few different skin problems are a part of acne:
  - **Whiteheads:** hair follicle (root) is plugged with oil and skin cells
  - **Blackheads:** plugged up stuff comes up to the surface of the skin and the air touches it



- **Cystic acne:** plugged follicle breaks deep inside in the skin, nodules or cysts form

- What can make acne worse?
  - Oil-based make-up, suntan oil, hair gels, and sprays
  - Stress
  - Your period
  - Picking at your pimples
  - Scrubbing your skin too hard
  - Getting too much sun
- **The best way to do this is keep your face clean by washing your face twice a day with mild soap.**

# Myths About Acne



- **Myth #1: Tanning clears up skin.**
  - Although a tan may temporarily mask acne, the sun can make the skin dry and irritated, leading to more breakouts in the future

- **Myth #2: Chocolate and greasy foods cause acne**
  - Although eating too many sugary, high-fat foods is never a good idea, studies show that **NO SPECIFIC FOODS** have been proven to cause acne.

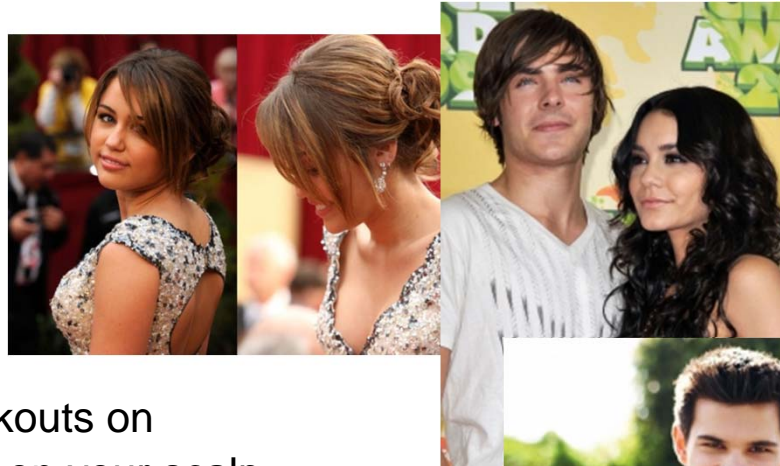
- **Myth #3: The more you wash your face, the fewer breakouts you'll have**



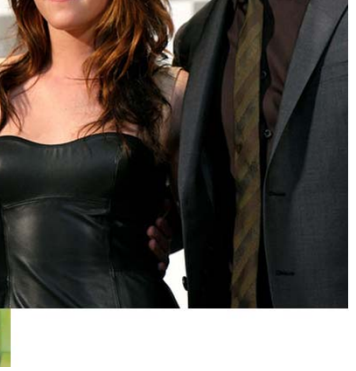
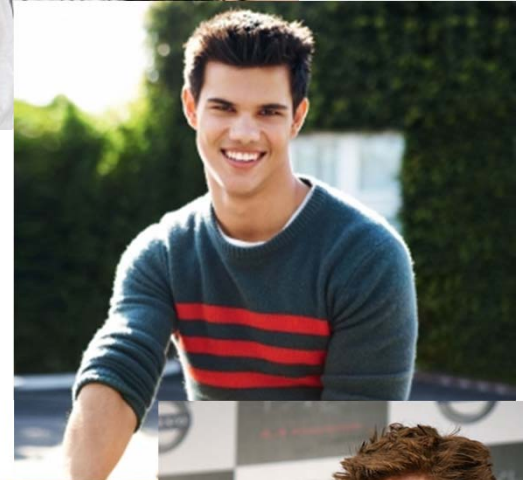
- As a general rule, **wash your face twice a day with mild soap and water** in a circular motion and gently pat dry when you're done.

- **Myth #4: Popping pimples will help them go away faster**
  - By squeezing pimples and zits, you can actually push bacteria, dead skin cells, and oil further into the skin.
- **Myth #5: Don't wear makeup if you want clear skin**
  - As long as you choose cosmetics that are noncomedogenic, it's ok.
- **Myth #6: If you keep getting breakouts, it helps to use more acne medication until the breakouts stop.**
  - Because acne medication contains drying agents like benzoyl peroxide and salicylic acid, using too much medication may cause over-drying.

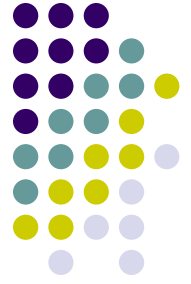
# Get Healthy, Gorgeous Hair



- The same kind of oil that causes breakouts on your face also comes out of the pores on your scalp.
- If your hair is oily, wash it every day.
  - **Wash regularly with shampoo** (cheap ones are often as good as very expensive ones).
  - Massage your scalp well. This will remove **dead skin cells, excess oil and dirt.**
  - Rinse well with clear water.
- When you're styling your hair, pay close attention to the products you use.



# Smelly, Baaad Breath



- **Bad breath**, also called halitosis, **is caused by bacteria that grow in your mouth.**
  - The bacteria gather on the small food pieces left in your mouth, especially between your teeth.
- Tips for preventing bad breath:
  - **Brush your teeth (and tongue!) for at least 2 minutes twice a day** with a fluoride toothpaste, especially after meals.
  - Floss every day.
  - Replace your toothbrush every 3 to 4 months.



- Avoiding certain foods: garlic, onion, cabbage, coffee.
- Visit your dentist every 6 months.
- A neat trick that can reduce bad breath is to brush your tongue.



# Clean Hands, Please!



- The single most important thing we can do to keep from getting sick and spreading illness to others is to **clean our hands!**
- Hands are the easiest transporters of germs and bacteria.

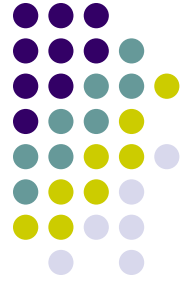
## Let's Get it Right!

1. Wash your hands with warm water and soap for at least 20 seconds. (Happy Birthday song TWICE).
  2. You may need a brush to get under nails if they are dirty.
  3. Use something clean to dry your hands, such as paper towel or a hot air dryer.
- You should wash your hands thoroughly, **especially after using the restroom, coughing, sneezing or handling food.**
  - **Hand Sanitizers** – Great Way to Decontaminate Hands
    - Use when no access to sink
    - Reduce bacteria counts
    - Kills microorganisms
    - Quick and easy
  - **Who's Washing Their Hands and Who's Not?**
    - *In one study, only 58% of female and 48% of male middle and high school students washed their hands after using the bathroom. Of these, only 33% of the females and 8% of the males used soap.*





# Let's Recap



## You Got It?

- *Shower or take a bath every day.*
- *Wash your face regularly to help prevent or worsen acne.*
- *Use a deodorant (covers smell) or an antiperspirant (decreases sweating), or a product that has both.*
- *Brush your teeth (and tongue!) for at least 2 minutes twice a day with a fluoride toothpaste, especially after meals.*
- *Change your clothes and undergarments daily.*
- *Wash your hands with soap and warm water for 20 seconds (sing happy birthday song twice) frequently.*
- **Ben in 6<sup>th</sup> grade**  
"Personal hygiene is very important because no-one likes to be close to a person who stinks and is dirty. So, whoever you are and wherever you go remember: Wash your hands before you eat and your feet before you sleep."

