

## Personal Hygiene

Maintaining good personal hygiene is important for adolescents. Changes occur during adolescence that require an increased focus on hygiene. Your body produces more \_\_\_\_\_, and you perspire more frequently with more \_\_\_\_\_. These changes are a normal part of becoming an adult. These are some general habits that you should be practising at home.

### TEETH & MOUTH

- brushing your teeth is an important part of oral hygiene
  - you should brush in the morning and at \_\_\_\_\_ every day;
  - brush teeth away from the \_\_\_\_\_, not across;
  - when you can't brush (e.g. at school) rinse with \_\_\_\_\_;
  - use a \_\_\_\_\_ bristle brush only;
  - change your toothbrush when you are \_\_\_\_\_ and when the bristles are worn;
  - bacteria lives on the \_\_\_\_\_ so brush it as well;
- \_\_\_\_\_ your teeth at least three times a week;
- use mouthwash everyday

### HAIR

- during puberty, hormones produce extra \_\_\_\_\_;
  - each strand of hair has its own oil gland;
  - the extra oil coats the hair and makes it look and feel \_\_\_\_\_;
- \_\_\_\_\_ your hair at least every other day or every day;
- use a shampoo and a conditioner
  - some styling gels or lotions can \_\_\_\_\_ extra oil and grease to your hair;
  - look for products that are ' \_\_\_\_\_ ' or ' \_\_\_\_\_ '

### BODY

- your body \_\_\_\_\_, or sweats, more during puberty;
  - perspiration comes from sweat \_\_\_\_\_ in your body;
  - during puberty, these glands become more \_\_\_\_\_ and produce different chemicals into the sweat that has a stronger smelling \_\_\_\_\_;
- shower (instead of a bath) \_\_\_\_\_ or every other day;
- soap can dry out your skin - use one with a moisturizer in it;
- soap and wash every \_\_\_\_\_ of your body
- wash your \_\_\_\_\_ regularly to stay healthy, especially before you \_\_\_\_\_ and always after coming from the \_\_\_\_\_;
- use deodorant or anti-perspirant every day

### CLOTHING

- change your undergarments (e.g. underwear) and socks every \_\_\_\_\_;
- after a shower, put on \_\_\_\_\_ clothes;
- phys. ed. clothes should be \_\_\_\_\_ after they have been worn

## ACNE

- \_\_\_\_\_ of all teens have acne;
- how acne is caused
  - your body produces oil to keep your hair and skin \_\_\_ and protected;
  - during puberty, \_\_\_\_\_ oil is produced and it comes out of \_\_\_\_\_;
  - pores become clogged if there is too much oil and too many \_\_\_ skin cells;
  - \_\_\_\_\_ can get trapped, causing swelling and redness;
- types of acne are blackheads, whiteheads, pimples, and cysts;
  - \_\_\_\_\_ are clogged pores that are closed but bulge out from the skin;
  - \_\_\_\_\_ are pores that are clogged but open and the top surface darkens;
  - if a clogged pore breaks, the oil, dead skin cells, and the bacteria make their way under the skin and cause a small, red infection called a \_\_\_\_\_;
  - \_\_\_\_\_ are clogged pores that open up very deep in the skin;
- how acne is \_\_\_ caused
  - acne is not caused by \_\_\_\_\_ greasy food, chocolate, or drinking pop;
  - \_\_\_\_\_ doesn't cause acne, though it can make existing acne worse by producing more oil;
- how to prevent acne
  - you need to prevent the \_\_\_\_\_ buildup;
  - wash your face \_\_\_ a day with soap and warm water, especially after exercising;
  - don't \_\_\_\_\_ your face - it might make it worse;
  - makeup and sunscreen should be \_\_\_\_\_;
- teens still get acne even if they maintain excellent hygiene
  - some girls get it a few days before they get their \_\_\_\_\_;
  - don't pick, squeeze, or touch a pimple - you might cause more swelling, add more oil from your hands, and leave permanent \_\_\_ on your face;
  - continue washing your face twice a day;
  - you may even want to get acne cream from the pharmacy to help clear it