



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 oils, and you perspire more frequently with more odour. 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 night every day;
 - brush teeth away from the gums, not across;
 - when you can't brush (e.g. at school) rinse with water;
 - use a soft bristle brush only;
 - change your toothbrush when you are sick and when the bristles are worn;
 - bacteria lives on the tongue so brush it as well;
- floss your teeth at least three times a week;
- use mouthwash everyday



HAIR

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



BODY

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



CLOTHING

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



ACNE

- 80% of all teens have acne;
- how acne is caused
 - your body produces oil to keep your hair and skin soft and protected;
 - during puberty, more oil is produced and it comes out of pores;
 - pores become clogged if there is too much oil and too many dead skin cells;
 - bacteria can get trapped, causing swelling and redness;

ACNE

- types of acne are blackheads, whiteheads, pimples, and cysts;





- whiteheads are clogged pores that are closed but bulge out from the skin;



- blackheads 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 pimple;



- cysts are clogged pores that open up very deep in the skin;

ACNE

- how acne is not caused
 - acne is not caused by eating greasy food, chocolate, or drinking pop;
 - stress doesn't cause acne, though it can make existing acne worse by producing more oil;



ACNE

- how to prevent acne
 - you need to prevent the oil buildup;
 - wash your face twice a day with soap and warm water, especially after exercising;
 - don't scrub your face - it might make it worse;
 - makeup and sunscreen should be oil free;



ACNE

- teens still get acne even if they maintain excellent hygiene
 - some girls get it a few days before they get their period;
 - don't pick, squeeze, or touch a pimple - you might cause more swelling, add more oil from your hands, and leave permanent scars 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

