



## Teen Social Group: Personal Hygiene

1. What does it mean to have good personal hygiene?
  - Good personal hygiene means keeping your body **looking, smelling, and feeling clean** and healthy.
2. Why is it important?
  - Maintaining good personal hygiene is important to keep our bodies healthy and feeling good. This is also important because the way we look and smell can change the way other people think or feel about us. For example, it is usually easier to make friends or get a job if you have good personal hygiene.
3. What are some examples of things I should do?
  - bathing/showering
  - washing hair
  - brushing hair
  - going for hair cuts
  - brushing teeth
  - wiping mouth
  - blowing nose
  - washing hands
  - wearing deodorant/antiperspirant
  - changing clothes
  - shaving (face for men, legs and underarms for women)
  - washing face
  - trimming/cleaning nails (fingers and toes)
4. How often should I do these things?
  - It is a good idea to shower every day, especially after exercise or heavy physical activity. The same thing is true for changing clothes and wearing deodorant. Many of these things will require you to **pay attention to how things look, smell, or feel**. This might mean that you need to take a moment to look in the mirror to check your hair, face, or clothing. You may also need to pause to think about how your body feels after you eat, get dressed, or have a runny nose.
5. What if I don't like the way it feels to do these things?
  - Some people might not like the feeling they get when they are getting a haircut, brushing their teeth, or getting their face wet, for example. If it is difficult for you to practice good personal hygiene because of the way things feel, talk to your parents or your "teachers" at Communication Innovations about ways to help your body react differently.
6. What if I don't know how to do one of these things?
  - It is always OK to talk to your parents or your "teachers" at Communication Innovations about personal hygiene. If you don't know how to do something, or if you have questions about why something is important, just ask!
7. What are some tricks to make taking care of myself easier?
  - Make a routine
    - Use pictures, schedules, lists, calendars, alarms, or timers as helpful reminders
  - Use products with more than 1 purpose
    - Combined shampoo & conditioner
    - Combined shampoo & body wash (Axe, for men)
    - Razors with built-in skin-conditioning solid (Schick Intuition, for women)
    - Laundry sheets (Purex detergent, fabric softener, & dryer sheets)

## **Resource Guide for Adolescents & Their Families**

- <http://www.livestrong.com/article/220114-how-to-teach-personal-hygiene-to-teenagers/>
- <http://www.facebook.com/DontFretTheSweat>
- <http://www.webmd.com/parenting/features/teen-hygiene>
- <http://kidshealth.org/teen/>
  - [http://kidshealth.org/teen/your\\_body/take\\_care/hygiene\\_basics.html#](http://kidshealth.org/teen/your_body/take_care/hygiene_basics.html#)

### **Specifically for Females**

- <http://www.girlshealth.gov/>
  - [http://www.girlshealth.gov/freestuff/teenguide/teen\\_survival\\_guide.pdf](http://www.girlshealth.gov/freestuff/teenguide/teen_survival_guide.pdf)
- Book: The Care and Keeping of You (American Girl; Author: Valorie Schaefer)

### **Specifically for Males**

- Book: The Boy's Body Guide: A Health and Hygiene Book for Boys 8 and Older (Author: Frank C. Hawkins)



## Activity: Matching Products & Actions to the Situation

- Windy weather → hairbrush, mirror to look at hair/clothes
- Have a cold → tissue, hand sanitizer
- Dry weather → lip balm, lotion
- Before Exercise → deodorant/antiperspirant
- After exercise → shower products, deodorant/antiperspirant, change **all** clothes
- Eating a BBQ cheeseburger → wiping face/hands, look at clothes, toothbrush/paste
- Eating corn on the cob → wiping face/hands, look at clothes, toothbrush/paste, floss
- Long nails → nail clippers
- Going to the bathroom → hand soap, towel, mirror to look at clothes
- Greasy hair → shampoo
- Showering → face wash, body wash, washcloth or loofah, razor & shaving cream, shampoo/conditioner
- Wearing sweatshirt for 3 days → clean sweatshirt, laundry detergent
- Before going to bed → toothbrush/paste, floss, face wash, washcloth, shower?
- Getting ready in the morning → toothbrush/paste, face wash, washcloth, shower?, hairbrush (and gel, clips, pony tail holder, etc.), clean clothing, mirror to look at clothes