

Resource 16a (Activity 8) Personal Hygiene Quiz

1 Young children may sweat but don't have body odour - true or false?

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2 Underwear needs to be changed every two days – true or false?

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.....

3 Where is the largest collection of sweat glands in the body?

.....
.....

4 The best way to avoid body odour is to use deodorant - true or false?

.....
.....

5 You can die from not washing your hands - true or false?

.....
.....

6 The genital area needs a special cleaning routine - true or false?

.....
.....

7 After a bowel movement, should you wipe front to back or back to front?

.....
.....

8 Name three ways to help keep your teeth healthy.

.....
.....

9 Greasy hair comes from eating fatty foods - true or false?

.....
.....

10 People get spots because they don't clean their faces enough - true or false?

.....
.....

Resource 16b (Activity 8)

Personal Hygiene Quiz - Answers

- 1** True - special sweat glands under the arms and around the genitals only start fully producing sweat that smells at the start of puberty.
- 2** False - they need to be changed every day. The clothes next to your skin collect dead skin cells, sweat and possible other unmentionable stains. Overnight bacteria starts to work on these stains so your clothes do not smell as nice on the second day of wearing.
- 3** Feet - this means you need to dry your feet carefully to stop fungal infections growing. Sweat gets in to your shoes leaving them moist, which is the perfect breeding ground for bacteria. Try to air your shoes as much as possible.
- 4** False - nothing smells better than freshly clean skin. However, if you know you will sweat a lot and not be able to wash it off soon afterwards, it is better to wear deodorant.
- 5** True - some infections, such as e-coli, comes from food being contaminated by dirty hands and then eaten. It is extremely important to wash hands thoroughly with soap and water before and after eating, and to be dried using a clean towel.
- 6** Both! Women simply clean their vaginal area as any other part of their body and do not need to clean internally as the vagina is able to clean itself. However, during menstruation it is important to change tampons or towels regularly and to wash hands carefully before and after handling a tampon or towel. Men who are not circumcised can get a build-up of secretions under the foreskin called smegna. They need to gently pull back their foreskin and clean underneath with water. If soap is used, it needs to be rinsed off thoroughly.
- 7** Front to back - this reduces the chance of infections passing to the sexual organs.
- 8** Brush teeth after breakfast and before bed; regularly floss your teeth; eat as little sugar as possible; brush in such a way as to get rid of food particles stuck in between teeth and in the crevices of teeth; go to the dentist regularly.
- 9** False - the hair follicles produce oil to keep the hair smooth, which mixes with the sweat from sweat glands in the scalp, making your hair look greasy. During puberty people often produce a lot of oil, so need to wash their hair regularly.
- 10** False! During puberty, the excess oils produced in the face and back can cause pores to become blocked and so infected. Regular washing can help but cannot completely stop spots occurring.

Resource 17 (Activity 8)

Looking After My Body: Things I Need To Do

Wash my body

Eat a healthy diet

Exercise my body

Feel proud of my body

Respect my body

Listen to my body

Communicate through my body
(hugs/kisses/shake hands)

Rest my body

Protect my body

Care for my body

Resource 18 (Activity 8)

The Physical Changes That Take Place During Puberty

In both girls and boys increase in height and weight
change in the shape of their body
acne on the face and neck

In girls (9-18 years approximately)

breasts develop
the pelvic region (hips) becomes wider
fat is deposited over the hips
menstruation begins (9-16 years)
growth in oviducts, uterus and vagina
pubic hair and underarm hair
vaginal wall thickens and secretes moisture

In boys (11-18 years approximately)

testicles increase in size
shoulders become wider and heavier
increase in muscle mass in shoulders, arms and legs
production of sperm in the testes
penis grows in length and circumference
pubic hair, underarm hair and facial hair
voice deepens

For the first year after the male's voice has begun to break, the lower vocal cords have not fully developed and therefore control of the voice can be difficult.

Many adolescents may get more spots or pimples but do not get acne.

Note: There is considerable variation in when puberty begins for different girls and boys.

Resource 19 (Activity 8)

Hygiene Habits - Guidance for Girls

The Genital Area

Regular washing of the genital area is important. It is normal for girls, especially around puberty, to begin producing a vaginal discharge. This discharge may look white and creamy and it is odourless. The amount discharged varies during the menstrual cycle and also from person to person. During menstruation, which normally lasts three to five days, blood is lost. It is important that the blood loss is dealt with hygienically to avoid unpleasant odours and leakage. Because blood carries germs it must be disposed of carefully. Good personal hygiene is essential and sanitary protection should be changed regularly.

Sebum/Oily Substance

A gland in the skin near the hair follicle produces an oily substance called sebum, which helps to keep the hair waterproof and supple. Changing levels of hormones during puberty sometimes make these glands produce excess sebum, making the hair greasy. Skin cells are also lost from the scalp. If the hair is not washed regularly it will begin to smell and may become greasy. Hair should be washed at least twice a week during puberty and brushed regularly.

Skin Cells

Old skin cells are constantly being lost. During puberty, excess oil can prevent this so pores may become blocked. Regular washing also helps to prevent spots by removing dead skin cells and oil, which can block the pores. However, it may not cure them completely. A healthy diet, including lots of water, may also help prevent spots and pimples.

Sweat

Sweating itself does no harm; in fact it is the body's way of keeping cool. However, sweat, when it reacts with the germs present on your skin, produces a nasty smell or body odour (often called BO).

To Avoid This

- Wash all areas of the body daily, especially underarms and genitals.
- Use an underarm deodorant, which will help by preventing smell. Some deodorants are also anti-perspirants, which helps reduce the quantity of sweat produced.
- Keep sports clothes separate from other items of clothing and wash after use.
- Wear cotton underwear and socks, as cotton helps the sweat to evaporate.
- Pay particular attention to feet. Change socks daily and avoid wearing the same shoes all the time.

Resource 20 (Activity 8)

Hygiene Habits - Guidance for Boys

The Genital Area

Regularly wash the genital area. It is also important for uncircumcised males to wash under the foreskin regularly.

During puberty, males often experience what is called a 'wet dream'. This is where semen is released during the night while the boy is asleep. A wet dream is beyond the boy's control. Bed clothes and linen should be kept clean by regular washing.

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