

# Personal Hygiene

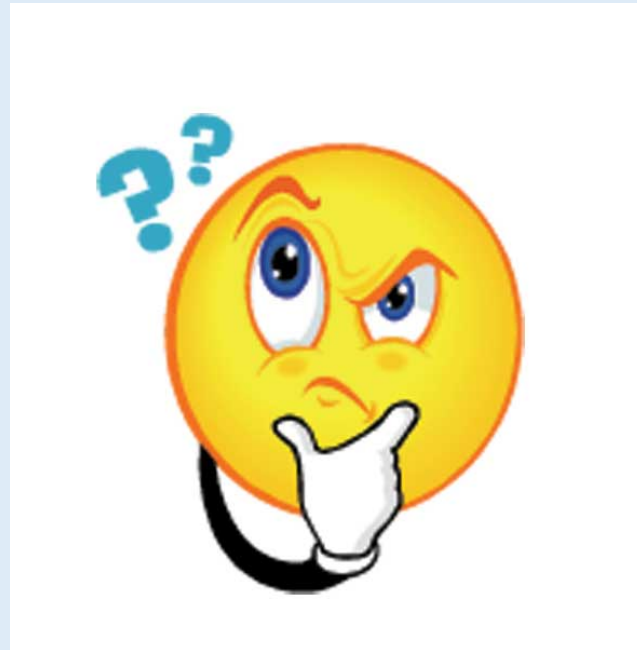
**SOL 6.1** The student will understand personal hygiene practices and physical changes that occur during puberty

**Learning Target:** I can describe proper personal hygiene practices.



# **THINK- PAIR- SHARE**

**What do you think personal hygiene means?**



# Key Term:

- **Personal hygiene** may be described as the principle of maintaining cleanliness and grooming of the external body.
- Failure to keep up a standard of hygiene can have many implications. Not only is there an increased risk of getting an infection or illness, but there are many social and psychological aspects that can be affected.

# HOOK

- What kind of things do you do in order to maintain your personal hygiene?
- Create a list of the things you do to maintain your personal hygiene.



# **Key Terms Continued**

**Body odor**-the smell of the human body, especially when unpleasant.

**Antiperspirant**-a substance that is applied to the skin, especially under the arms, to prevent or reduce perspiration and body odor.

# **Body Odor: THINK TO YOURSELF**

- When is a time you may have to be concerned about having body odor?
- What kind of things do you do to prevent body odors or what do you think people should do to prevent body odor?

# Body Odor

- Where does perspiration come from?
- Why may I sweat more now than I did when I was younger?
- What parts of my body are most likely to perspire?
- How do I maintain cleanliness, even when my body is producing more sweat?

# SHAMPOOING





# HYGIENE VIDEO

## HUMAN RELATIONS MEDIA

Write down 10-12 key words and details found within the video.

# Teeth: THINK TO YOURSELF

- What are some ways to keep your teeth clean?
- What may happen to your teeth if you do not take care of them?



# Why brush my teeth regularly?









# Teeth: Bad Breath

- Bad breath is caused by odor-producing bacteria that grow in the mouth. When a person doesn't brush and floss regularly, bacteria accumulate on the bits of food left in the mouth and between the teeth. The sulfur compounds released by these bacteria make your breath smell.
- Certain foods, especially ones like garlic and onions, contain pungent oils that contribute to bad breath because the oils are carried to your lungs and out through your mouth. Smoking is also a major cause of bad breath.
- If you brush and floss properly and visit your dentist for regular cleanings, but your bad breath persists, you may have a medical problem like sinusitis or gum disease.

# BRUSHING AND FLOSSING VIDEO

## [Procedures for brushing and flossing](#)

(Click the link to watch the video)

<b>Proper Brushing Technique</b>		
		
Tilt the brush at a 45° angle against the gumline and sweep or roll the brush away from the gumline.	Gently brush the outside, inside and chewing surface of each tooth using short back-and-forth strokes.	Gently brush your tongue to remove bacteria and freshen breath.
<b>Proper Flossing Technique</b>		
		
Use about 18" of floss, leaving an inch or two to work with.	Gently follow the curves of your teeth.	Be sure to clean beneath the gumline, but avoid snapping the floss on the gums.

# Teeth: Bad Breath Myths

- **Myth #1** - Mouthwash will make bad breath go away.
- **Myth #2** - As long as you brush your teeth, you shouldn't have bad breath.
- **Myth #3** - If you breathe into your hand, you'll know when you have bad breath.

# **Feminine Hygiene**

## **Definitions:**

### **GIRLS ONLY**

- **Sanitary napkin or pad**-an absorbent pad worn externally by women during menstruation to absorb the menstrual flow.
- **Tampon**-a plug of soft material inserted into the vagina to absorb menstrual blood.

# **GIRLS ONLY**

## **Proper disposal of sanitary products:**

**Step 1:** Fold your used sanitary pad in half to cover the menstrual blood, leaving only the adhesive side of the pad exposed.

**Step 2:** Wrap a few layers of toilet paper around the sanitary pad, which keeps the pad folded closed. If you prefer, you can place the wrapped sanitary pad/tampon inside a small plastic or paper bag or inside the wrapper that belongs to your next sanitary pad.

**Step 3:** Discard the wrapped sanitary pad or tampon in a trash can that is out of reach of pets. Sometimes pets dig in the trash and pull out used sanitary pads, which can be embarrassing. Trash cans located inside cabinets, like under the bathroom sink, or ones with lids, are usually secure enough to keep pets out. If you have pets and do not have a secure trash can, discard the used sanitary pad/tampon in an outside trash bin.

**Step 4:** Wash your hands with soap and warm water.

\*The school nurse has sanitary pads/tampons available if needed.



# POWER PARAGRAPH





## **I HAVE A QUESTION.....**

We strongly encourage you to discuss the information contained in this lesson with your parent/guardian or trusted adult.



**VIRGINIA BEACH CITY PUBLIC SCHOOLS**  
CHARTING THE COURSE

# Work Cited

<https://kidshealth.org/en/teens/hygiene-basics.html?WT.ac=ctg#cattake-care>

## **Videos:**

Brushing/Flossing:

<https://www.youtube.com/watch?v=y-4y7p58Xa0>

Personal Hygiene:

The Basic Hygiene Video. Human Relations Media, 2012.



**VIRGINIA BEACH CITY PUBLIC SCHOOLS**  
CHARTING THE COURSE