

Grade 5-6

Day #5

“It’s A Guy Thing” ...”

“It’s A Girl Thing” ...”

TIP

Especially
in the
creases

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Your chances of being smelly!

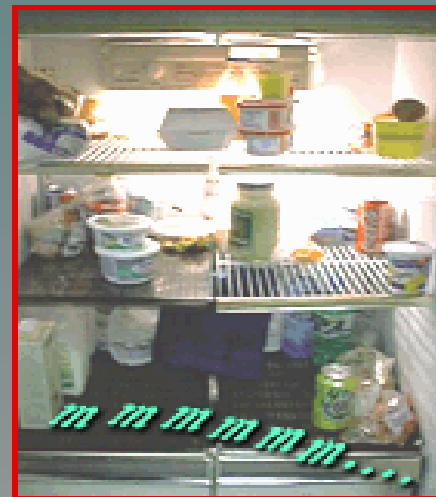
Studies show that many bacteria smell bad...

Really bad



Think about that container in the back of the fridge...

- You open the container, expecting some tasty treat...
- Then...WOW....the whole kitchen stinks.
- What made it stink?



Bacteria



- In dark places where no one bothers them,
- bacteria grow from single cells to colonies,
- then to a booming metropolis.

EXTRA! EXTRA! READ ALL ABOUT IT!!

• Entire bacteria population wiped out by

• SOAP



• TOOTHPASTE



• MOUTHWASH



• DEODORANT



• SHAMPOO

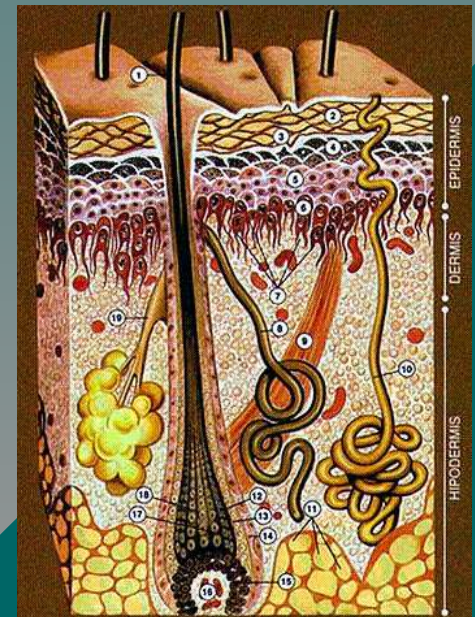


TIP

Go ahead
use them!

So Why do I suddenly stink?

- As the body matures, a certain kind of sweat gland develops
- Located in many creases of the body
- When Adults sweat, they stink.
- Bummer...but true



Head to Toe Hygiene

- A maintenance manual for the adolescent body
- Time to learn about adult hygiene habits



Good hygiene is just basic. With hair growing under your armpits, and more sweat and oil, it is a good idea to begin using a deodorant with an anti-perspirant. It is also important to wear clean clothes and shower or bathe every day to eliminate body odors.

The Hair

- More oil, wash hair daily
- Comb your hair every morning, and before I see you
- Don't share combs or hats...etc (Lice)



Your Hair

Hair can be styled, cut, colored, and changed in many ways.

Keeping your hair clean and healthy is part of personal grooming.



Hair and Scalp Problems

Some problems that can occur with the hair and the scalp are as follows:

- **Dandruff, a flaking of the outer layer of dead skin cells on the scalp. This condition is usually caused by dry hair and can be treated with special shampoos.**
- **Head lice, parasitic insects that live on the hair shaft and cause itching. Use a special shampoo and wash your hair immediately.**
- **Any linens and clothes you have used should be washed in hot-water or dry-cleaned.**



The Eye

- Don't touch
- Contact users wash hands before insert
- Pink eye treated with antibiotic drops (VERY contagious)

The Ear



- No Q-tips (turns wax into a plug)
- Earwax kills germs and fungus (leave it to do its work)
- Cheap earrings (nickel) cause infections in some
- 14K gold posts best, surgical steel OK

The Nose



- Fingers introduce bacteria...a leading cause of sinus infection
- Do you understand what I mean?
- You can pick your friends.....

The Lips

- Balms and moisturizers are good. (but don't share)
- Mouth sores: Herpes, impetigo, vitamin B deficiency (see your MD)
- Don't share stuff you drink



The Teeth

- Brush 2 times a day (at least)
- In the evening in order to keep your teeth
- In the morning in order to keep your friends
- Flossing and tongue brushing reduces oral bacteria, (reduces BAD BREATH)

Healthy Teeth and Gums

Why is it important to take care of your teeth and gums?

Your teeth and gums help you:

- Eat
- Smile
- Talk



Healthy Teeth and Gums (cont'd.)

Tooth and gum problems start when plaque stays on the teeth too long.

Plaque is the main cause of:

- Tooth decay**
- Gum disease**
- Bad breath**



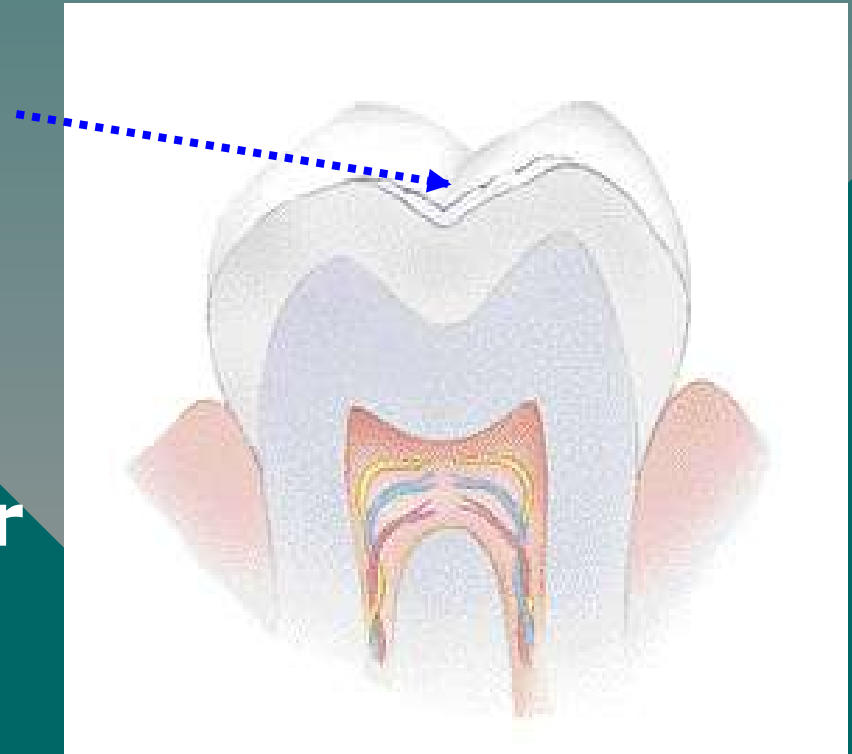
Tooth Decay

Tooth decay and gum disease usually result from poor dental care.

Stage 1

The bacteria in plaque combine with sugar to form a harmful acid.

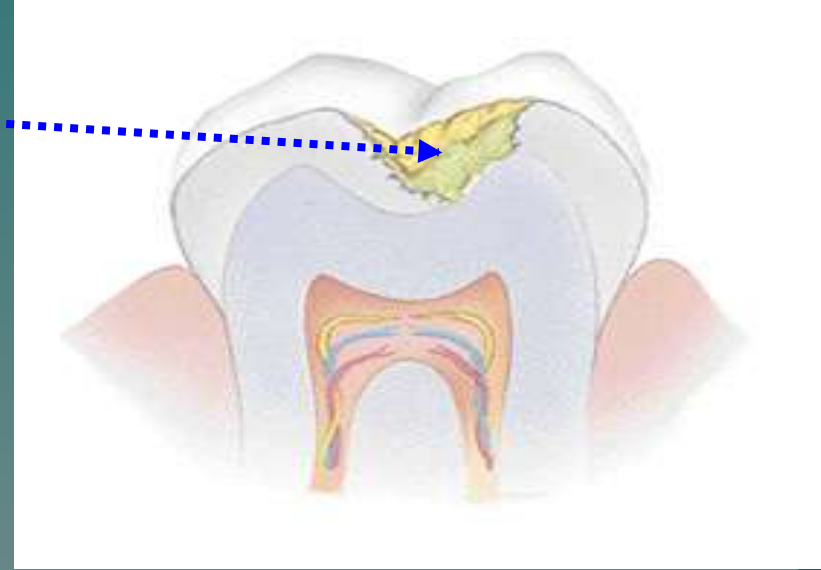
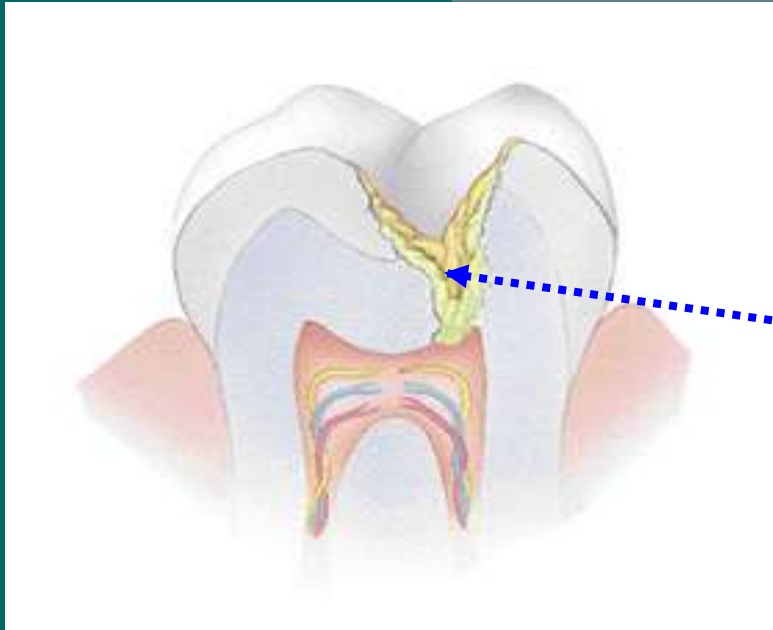
This acid eats into the enamel, the hard outer surface of the tooth.



Tooth Decay (cont'd.)

Stage 2

Repeated acid attacks on the enamel cause a cavity, or hole to



Stage 3

If the cavity grows and reaches the sensitive inner part of the tooth, it can cause a toothache

Preventing Tooth and Gum Problems

The best way to avoid tooth and gum problems is to clean your teeth correctly.

If plaque is not removed by cleaning, it can turn into tartar.

Tartar can only be removed by a dentist or dental hygienist using special instruments.

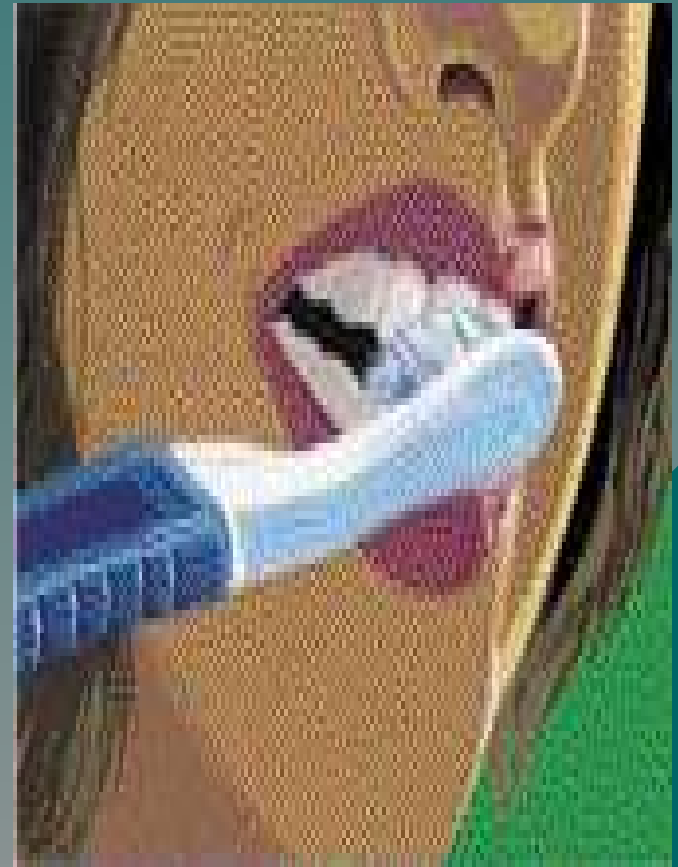
The Correct Way to Brush Teeth

To reduce plaque, brush your teeth after eating whenever possible.

Use a soft-bristled brush and toothpaste that contains fluoride.

The Correct Way to Brush Teeth

- 1. Brush the outer surfaces first.**
- 2. Tilt the top of your toothbrush where your teeth and gum meet.**



The Correct Way to Floss Teeth

- 1. Take about 18 inches of dental floss, and wrap the ends around the middle finger of each hand.**



The Correct Way to Floss Teeth (cont'd.)

2. Hold the floss tightly between your thumbs and forefingers, and slide it gently between your teeth.



3. Move it up or down to the gum line with a gentle sawing motion.

The Correct Way to Floss Teeth (cont'd.)

4. Rub the side of the tooth, and bring the floss back out gently.

5. Repeat the process between all your teeth.



Tooth Care (cont'd.)

How to Floss

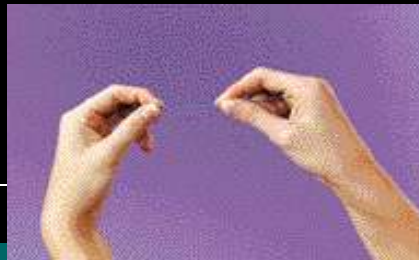


Forming a C with the floss around each tooth, keep sliding the floss

it up and down along the side of the tooth.



Wrap about 18 inches of floss around the middle finger of each hand



Grip the floss firmly between thumb and forefinger.



Slide the floss back and forth between teeth toward the gumline until it touches the gumline.

Preventing Tooth and Gum Problems

Keep your teeth strong and healthy by eating right.

- **Eat foods high in calcium, such as milk and yogurt.**
- **When eating sugary or starchy foods, either eat them at meals or brush your teeth right afterward.**

Tooth Care (cont'd.)

To fight tooth decay, follow these guidelines:

- Eat at least five servings of fruits and vegetables each day. Include foods, that contain calcium, such as milk and yogurt.**
- Limit your intake of sugar.**
- Visit a dentist at least twice a year**

Visiting the Dentist

To keep your teeth and gums healthy, see your dentist twice a year.

The dentist or dental hygienist will:

- 1. Clean your teeth to prevent decay and disease.**
- 2. Look for signs of tooth decay and gum disease and provide any necessary treatment before problems worsen.**



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Death by morning breath

More about Teeth



- Get a new toothbrush every 6 months
- See your Dentist every 6 months for cleaning and a check-up
- When you brush, each tooth should be brushed 8 times
- Yellow sweaters on teeth are gross. Watch!

The Face

- Wash twice a day (morning and night)
- Rinse and pat dry (helps with acne)
- Some are allergic to some make up (so watch for signs)



Once puberty starts, hair and skin seem like an oil pit. Washing your hair daily or every other day can help control this problem. But your face requires special attention, because as it gets oilier, more pimples may appear. Pimples come in one-size-fits-all whiteheads and blackheads. Serious and persistent cases of pimples are called acne.



Your Skin

The skin is the body's largest organ. It is composed of three layers:

- **The epidermis – the outermost layer of skin.**
- **The dermis – the skin's inner layer, which contains blood vessels, nerve endings, hair follicles, sweat glands, and oil glands.**
- **A layer of fat cells.**

These tips can help keep skin clear and healthy. Don't worry too much if it doesn't work all the time. You have no control over these common pimple creators: heredity (if your family has a history of pimples) and hormones.

- A clean face. Wash with mild soap and water daily.

- Keep hands and hair off your face. That just makes your skin more oily.

- No pimple-picking. That can infect them and may result in scarring.

Your Skin

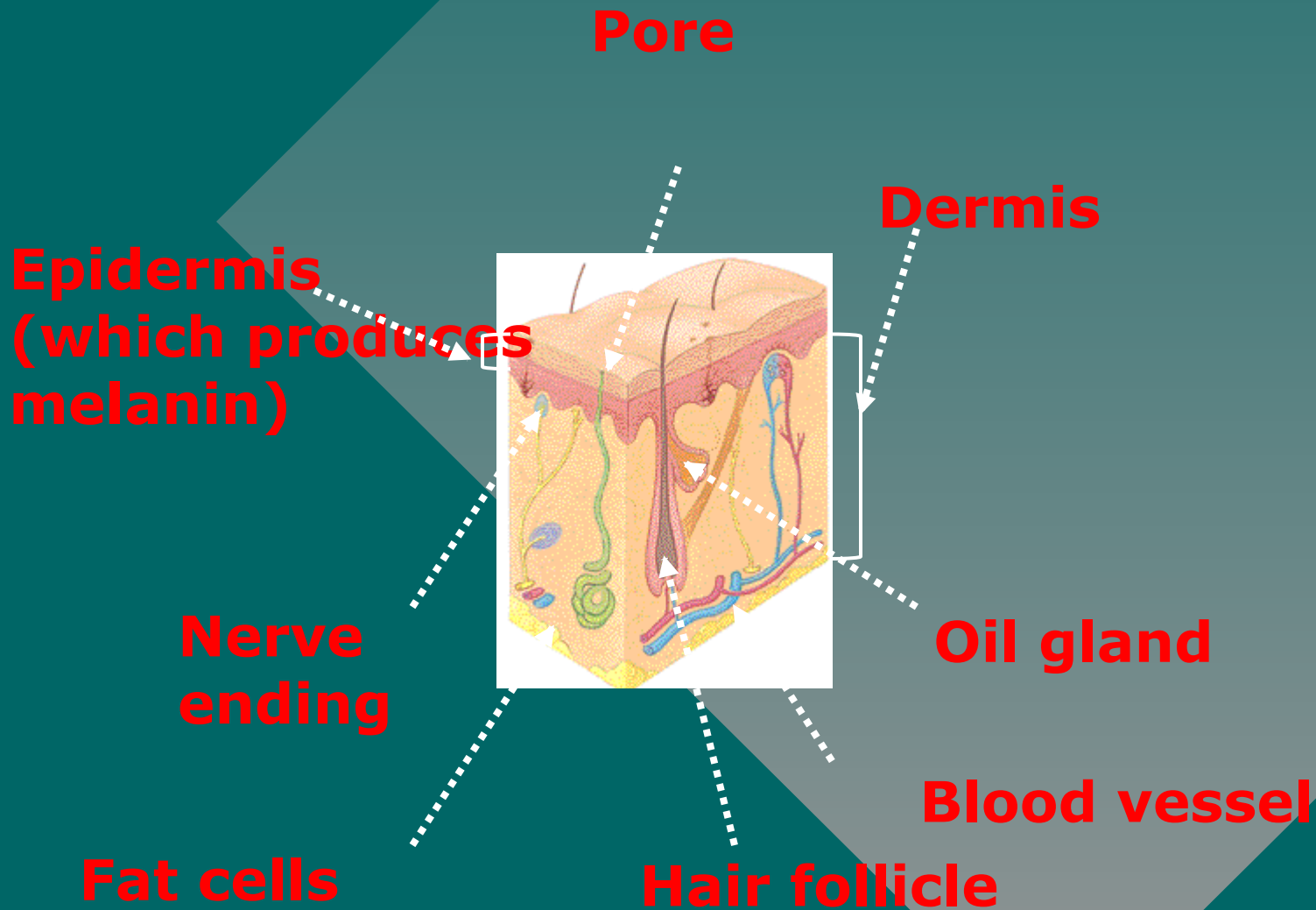
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The Skin

- It is a barrier against germs and sun damage
- Oil gland (protection)
- Sweat glands (temperature control)
- Piercing: a source of infection (Soap)
- Tongue piercing associated w/ heart infections

Your Skin (cont'd.)



Your Skin (cont'd.)

The skin has many important functions:

- **Waterproofing**
- **Vitamin D formation**
- **Protection**
- **Temperature control**
- **Sensation**

Acne

Acne is a skin condition that occurs when active oil glands cause hair follicles to become clogged. It often appears during puberty.

Acne may affect the face, neck, back, chest, and shoulders.

To deal with acne:

- **Gently wash the affected area at least twice daily with mild soap and warm water.**
- **Avoid touching the area.**
- **Avoid the use of heavy makeup or creams.**

Acne (cont'd.)

A

A **whitehead** results when a pore, or follicle opening, becomes plugged with sebum and dead skin cells.

B

A **blackhead** forms when a whitehead is exposed to the air and darkens.

C

If a clogged follicle ruptures and bacteria invade the skin, an infection occurs. The area becomes red, swollen, and filled with pus, producing a **pimple**.

Skin Care

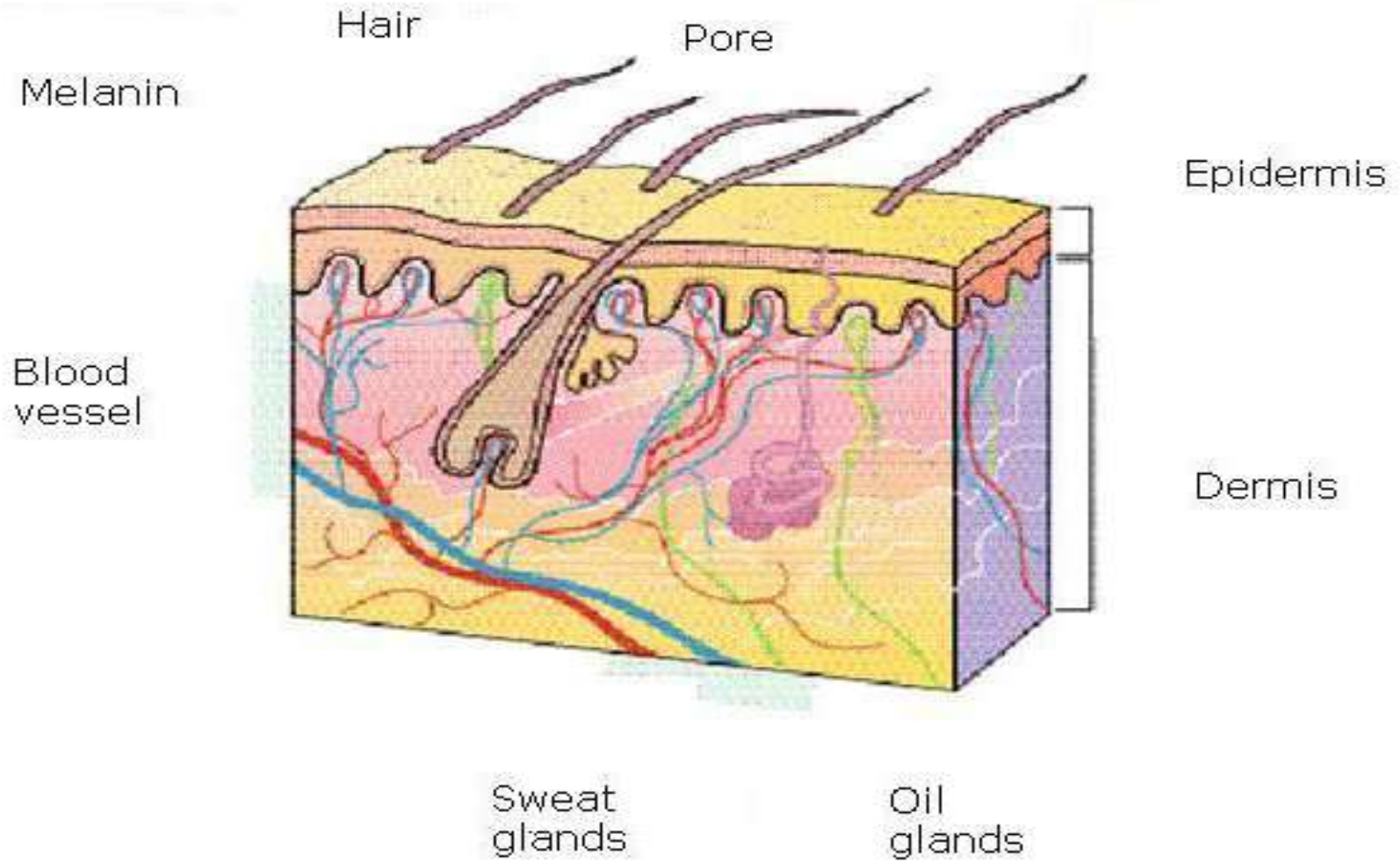
Taking care of your skin can help you feel good about yourself.

- **Keep clean.**
- **Eat properly and stay physically active.**
- **Protect yourself from the sun's ultraviolet (UV) rays.**
- **If you're going to be in the sun, wear sunscreen and reapply it every hour.**
- **Avoid body decoration such as tattoos and piercing.**

Your skin:

- Is your body's largest organ.**
- Protects you from germs.**
- Helps control your body temperature.**
- Allows you to feel textures, temperatures, pressures, and pain through nerve endings.**

Parts of the Skin



Caring for Your Skin

The best way to care for your skin is to:

- Keep your skin clean.**
- Protect your skin from the sun.**

Skin Problems

Common teen skin problems include pimples, whiteheads, and blackheads. These are all forms of acne.

Mild acne can be treated at home. For serious acne, you might need to see a dermatologist.

More about skin

- Feet require good scrubbing
- Your armpits require good scrubbing
- Don't forget to think of it...all of your skin
- IT REQUIRES A GOOD SCRUBBING
- once a day



armpit

Message from your school nurse

- Just remember:
- IN CREASES BACTERIA INCREASES
- Don't be afraid to wash in the creases
- with mild soap and water. Like washing the car....
- Enough said....

The Clothing

- The expiration date on *socks and underwear* is...
- ONE DAY
- Turning wrong-side-out doesn't count as changing



The Hands



- Most effective way to stay well
- 26 seconds under running water
- clean under those nails (bacteria in creases)

Why Should you take care of yourself?

- Appropriate cleaning will
- keep your tissues healthy
- Keep you well

TIP

It helps you feel confident

So Remember...in creases, bacteria increases

- Clean your body daily
 - especially in the creases
- Wear clean clothes
 - expiration date on sock and undies = 1 day
- Clean teeth last longer
 - brush every part of your mouth (2 times a day)
- Use soap, deodorant, toothpaste
 - ...it helps.

Rap up..

- Take a bath or shower
- Brush your teeth
- Wash your face
- Comb your hair
- Wear clean clothes
- Don't you feel great?!

TIP

Look in the mirror,
YOU CHECK
see if you are neat and clean.