

## Personal Hygiene

Hygiene is the practice of being healthy and clean.

Maintaining personal hygiene is necessary for many reasons; personal, social, psychological and general health. Maintaining good hygiene helps to prevent the development and spread of infections, illnesses and bad odors. No one wants to be around a smelly body.

Puberty causes all kinds of changes in your body. These bodily changes are a normal part of becoming an adult. Examples include:

- Oily skin, which can lead to acne.
- Oily hair. Hormones that create acne are the same ones that produce extra oil and can make your hair look shiny and greasy.
- Sweat and body odor. Perspiration, or sweat, comes from sweat glands that you've always had in your body. During puberty, sweat glands begin to secrete different chemicals into the sweat that have a stronger smelling odor.
- Body hair. Hormones will cause you to grow body hair in new places. Some people begin shaving in some of the places where body hair grows.
- Acne. A pimple starts when the pores in the skin become clogged with oil. To help prevent breakouts and clear them up you should wash your face twice a day with warm water and mild soap. Don't pop pimples as this can push infected material further into the skin leading to more swelling and redness. You should avoid touching your face with your fingers because touching your face can spread the bacteria from your hands and cause pores to become inflamed and irritated.

### General guidelines for good hygiene:

- Have a daily set routine for good hygiene.
- Take a shower or wash your face every morning when you get up. (If you don't shower in the morning, the best hygiene tip would be to shower at night.)
- Brush your teeth at least twice a day.
- Brush your hair at least twice a day.
- Do not share towels or personal hygiene products (razors) with others.
- Change your SOCKS daily! Wear clean socks.
- BOTH girls and boys should apply DEODORANT every day!
  - Applying perfume and/or cologne after PE class or activity does not cover your sweaty smell!
- BOTH boys and girls should REAPPLY deodorant after participating in physical activity.
- Girls, always be prepared for YOUR personal needs.
- Wash your hands with soap and water after you have used the restroom.
- Wash your hands before lunch and after physical activity.
- Wash all workout clothing after each class/activity period.

**Check for Understanding**

- How does your body change during and/or after puberty?
  
  
  
  
  
  
  
  
  
  
- What changes to your daily routine must you do to maintain your personal hygiene after puberty?
  
  
  
  
  
  
  
  
  
  
- Why should you not share towels and personal hygiene products with others?
  
  
  
  
  
  
  
  
  
  
- What would you tell a friend if you noticed they smell bad?

**Coach's Reflection:**