

## What is it?

Personal hygiene is how you take care of your body.

Every day our body comes into contact with millions of germs and viruses and it is essential to have a good personal hygiene routine each day to prevent us becoming ill.

Good personal hygiene increase self-esteem and positively impacts our personal relationships.

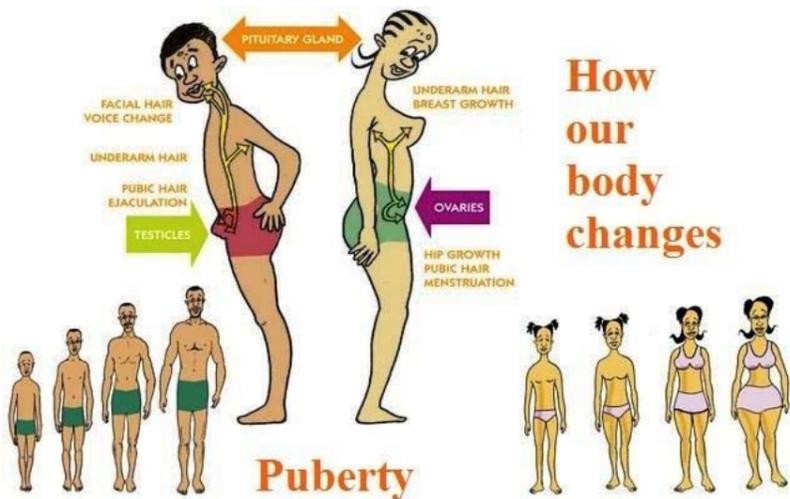
## Common signs of poor personal hygiene

- An unpleasant body odour (this is especially common in teenagers)
- Dirty nails
- Plaque and tartar on the teeth
- Illness from not washing hands after using the toilet / before eating or preparing food.
- People avoid sitting / standing close to you

## Puberty

During puberty your hormones go into overdrive and cause lots of bodily changes.

Your body will start to produce more sweat and oil. It will start to grow hair in places you haven't seen it before (under arms, legs, genitals and facial). As a result of all the chaos caused by our hormones in this period our bodies can become quite smelly if we don't look after ourselves.



## What can help?

### Having good personal hygiene?

- Washing your body often (if possible bath or shower each day). If this isn't possible give yourself a full body wash with a wet sponge or cloth.
- Clean your ears from wax.
- Clean your teeth twice a day
- Wash hands after going to the toilet / before eating or preparing food
- Wearing clean underwear each day
- Covering the nose and mouth when coughing and sneezing

### Different types of personal hygiene

- Sleep hygiene – A person should sleep for at least 7 hours per night.
- Food hygiene – Eat a balanced diet and not just garbage.
- Sexual hygiene – always use protection and avoid promiscuity (NB. Legal age is 16).
- Home hygiene – keep rooms ventilated, clean and tidy.
- Mental hygiene – Avoid the negative obstacles in your life.

### Ask for support and help

- Miss Bailey has lots of products in B316 to give to students to improve their personal hygiene.
- Use the daily personal hygiene sheet in the strategies section, to ensure you complete each part of your hygiene routine until it comes a natural process each day.
- Make sure you are registered with a GP and Dentist and keep up with scheduled appointments.