



Puberty: Hygiene & Health



LEARNING OUTCOMES

Knowledge, Skills & Actions

I understand the ways in which diet, exercise, hygiene and sleep contribute to being healthy

To understand how important personal hygiene is and how to achieve it



New Vocabulary

Deodorant, antiperspirant, Hygiene, bacteria



3 Minutes

ANAGRAMS

- 1.apos
- 2.moospah
- 3.ahed cile
- 4.tdeodaorn
- 5.yobd urood
- 6.abd eatrbh



STARTER ACTIVITY

What does the term hygiene mean?
Why is brushing teeth so important?
Extension: Solve the anagrams

EFFECTIVE GROUND RULES

CREATIVE CURRICULUM

PSHE

EFFECTIVE GROUND RULES

CREATIVE CURRICULUM

Show respect

- By listening
- Not interrupting
- Only 1 person talking at a time

Be open and honest but **no personal comments** – Discussions will be about **'general situations'**

Don't make assumptions about people's values, attitudes, behaviours, life experiences or feelings

You don't have to say things about yourself if you don't want to (**You have the right to pass**)

PSHE CLASSROOM RULES DEALING WITH SENSITIVE TOPICS

There are **no stupid questions**. A question box for anonymous Questions

It's OK to get things wrong

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

Have a **non-judgemental approach**. No Put downs and challenge the opinion not the person

Enjoy the lesson, Challenge your perceptions and **understand how to seek further advice and support**

Use the agreed appropriate Language (**Avoid slang terms**)

Don't show the fact you are embarrassed through silliness

Conversations stay in the room unless it is a **safeguarding issue**



Puberty: Hygiene & Good Teeth

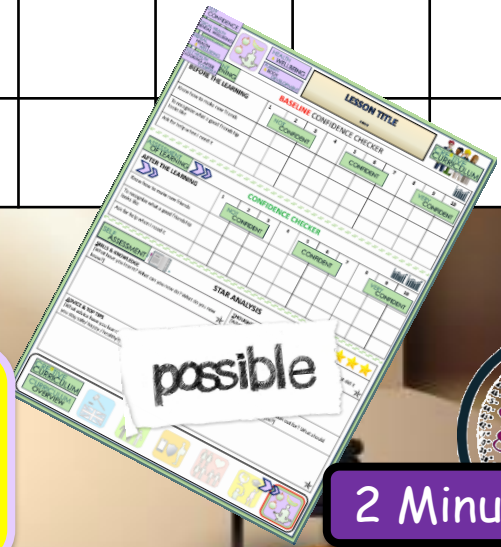


ASSESSMENT FOR LEARNING

BASELINE CONFIDENCE CHECKER



BEFORE THE LEARNING	1	2	3	4	5	6	7	8	9	10
	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
I understand the causes of body odour and how to prevent it										
I can explain how personal hygiene links to a healthy body										
I understand how to achieve high standards of personal hygiene										



Complete a base line assessment of where you think you are at for this lesson
(Discussion or complete sheet)

2 Minutes



I'm not confident at all



I'm getting more confidence



Confident



Very confident



Super confident

PAIR &
SHARE

THOUGHTS &
FEELINGS

DID?

MIGHT?

COULD?

CAN? /
WILL?

IS?
DOES?

SECOND

HOW?

WHAT?

WHERE?

WHO?

WHY?

FIRST



"Batten down your armpits, stop picking your nose and reach for the extra-strong mints, because personal hygiene - or to be more accurate, a complete lack of it - is the one trait that makes a person less employable above all others in the eyes of Britain's bosses"



Using the grid above come up with three questions about the image

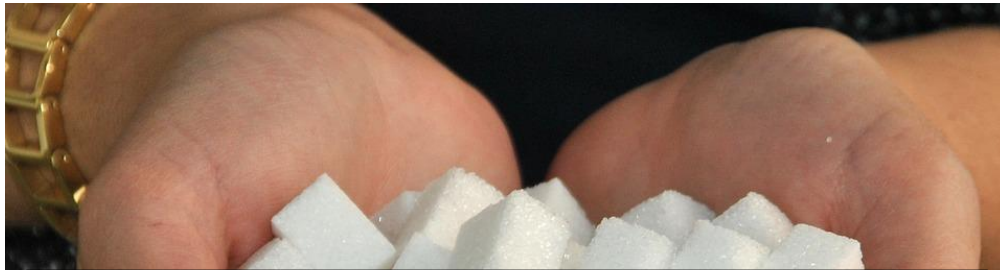
2 Minutes



If you could only take three toiletries with you to a desert island for a month - which would they be?



Soap
Shampoo
Head lice
Deodorant
Body odour
Bad breath



By cutting out excess sugar from your diet some of the benefits you will get are:

- **Healthier teeth**
- **More energy**
- **Better concentration**
- **Water is free**
- **Milk builds strong bones**

Task

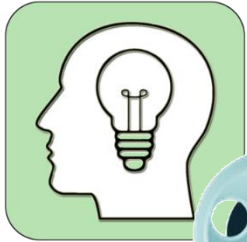
What is the message from these images?



Brain Pop – Explains Hygiene



Play video



What thinking is needed? next steps? Where are we now

What is wrong? Is it safe? can it be done?

THINKING

JUDGEMENT

PERSONAL HYGIENE
Task: Pick one or two colours and answer all the related questions



What facts do I know? What else do I need to know? What do I want to know?

How do I feel about this? What don't I like about this? What do I like about this?

Can something be done? New ideas? What are the solutions/ suggestions?



INFORMATION

FEELINGS

CREATIVITY

6 Minutes

THINKING
HATS

Place the following activities in the correct column

Wash face

Cleanse your face

Floss your teeth

Change bed sheets

Brush teeth

Wash genitals

Cut toe nails

Wash feet

Wash hair

Wash clothes

Wash hands

Wear clean underwear

Wash armpits

More Than Once A Day

Every Day

Every Other Day

Every Week

Every Two Weeks

Extension
Think of even more ways you should stay clean
Explain why it is important to stay clean

WHAT IS BODY ODOR?

Known as BO – Unpleasant odour produced by bacteria reacting with sweat on the skin

- ✓ *Avoid it by keeping yourself clean with a particular focus on areas that sweat the most (Feet, Armpits and Genitals)*
- ✓ *Change clothes on a regular basis*
- ✓ *Washing regularly*
- ✓ *Washing clothes regularly*
- ✓ *Using anti-perspirants - Reduces the amount of sweat your body produces*
- ✓ *Deodorants – Masks the smells your body make*
- ✓ *washing hands with soap and water and using a tissue to prevent germs spreading*

Protection from Infection

- ✓ *use of barriers to stop germs spreading eg. latex gloves or face masks or condoms (e.g Condoms are used to help protect people from some infections or pregnancy. They are mostly made from latex and are worn over the penis or inside the vagina to act as a barrier during sex so sperm or infections can't pass between people)*

Hormonal changes can lead to increased oil production – this can clog your pores and cause spots and irritation to your skin. (Try to keep your skin clean and clear and add this into your daily routine).

1

CRE⁸

Precious has noticed that her skin has been developing more and more spots. She tries to cover them up with make up so nobody makes comments. This is becoming harder to do.

2

CRE⁸

Sarah has noticed more of her hair coming out when brushing and that it is becoming quite greasy on a regular basis.

3

CRE⁸

Farooq has noticed that when he finishes ballet club at lunchtime he can be quite smelly for his afternoon lessons and develops sweat patches under the arms

4

CRE⁸

Adam has recently overheard comments from other students whispering about how his breath smells quite bad

5

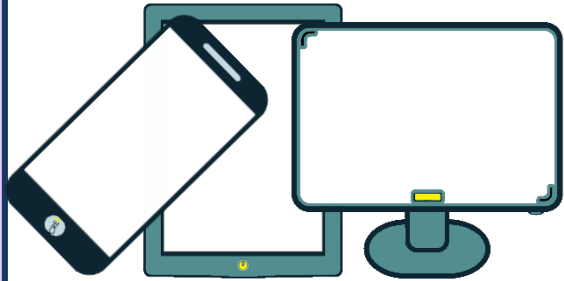
CRE⁸

Sarah has noticed that her vulva is developing a distinct body odour. What can she do to combat this?

Task

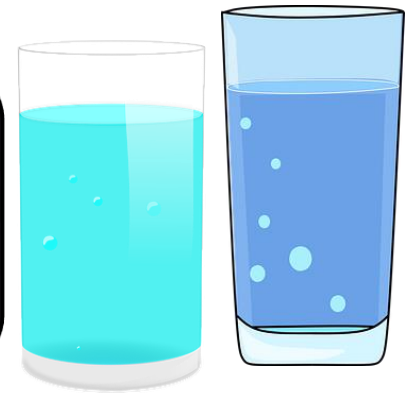
- 1) Pick a scenario and demonstrate your knowledge of the topic by giving this young person good advice about what they could do.

3 TOP TIPS FOR POSITIVE WELLBEING



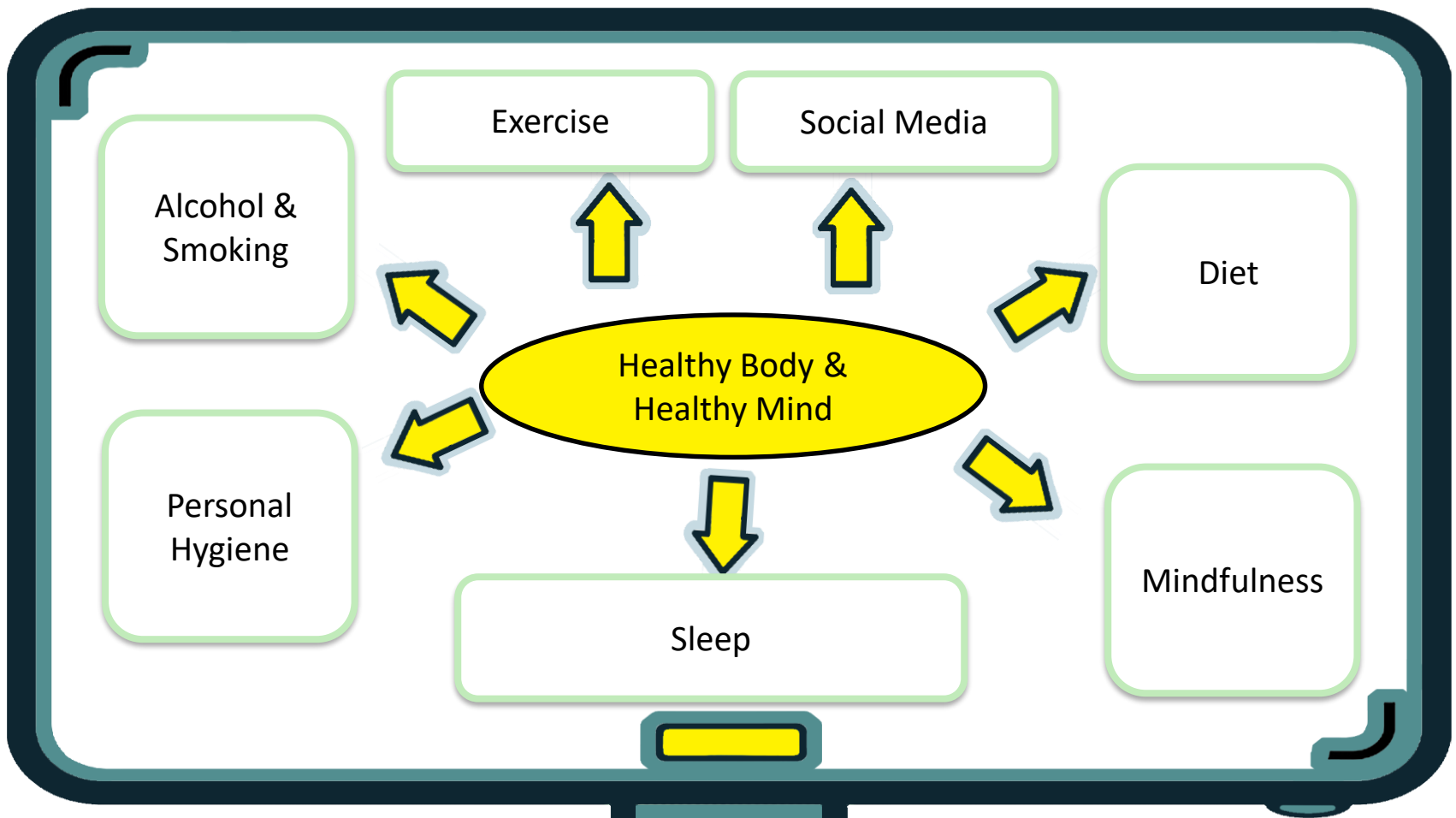
Taking breaks from technology. It can create strain on the eyes, disrupt sleep, overstimulate your brain and normally technology is linked to a lack of movement.

Drink plenty of water. We are over 70% water and dehydration can cause low energy amongst other undesirable symptoms



Eat fresh fruit and vegetables daily. Food helps to build and nourish your body, it provides energy and helps you when you're not feeling well. Aim for at least 5 portions daily.





Extension

How could poor personal hygiene impact you as you get older?

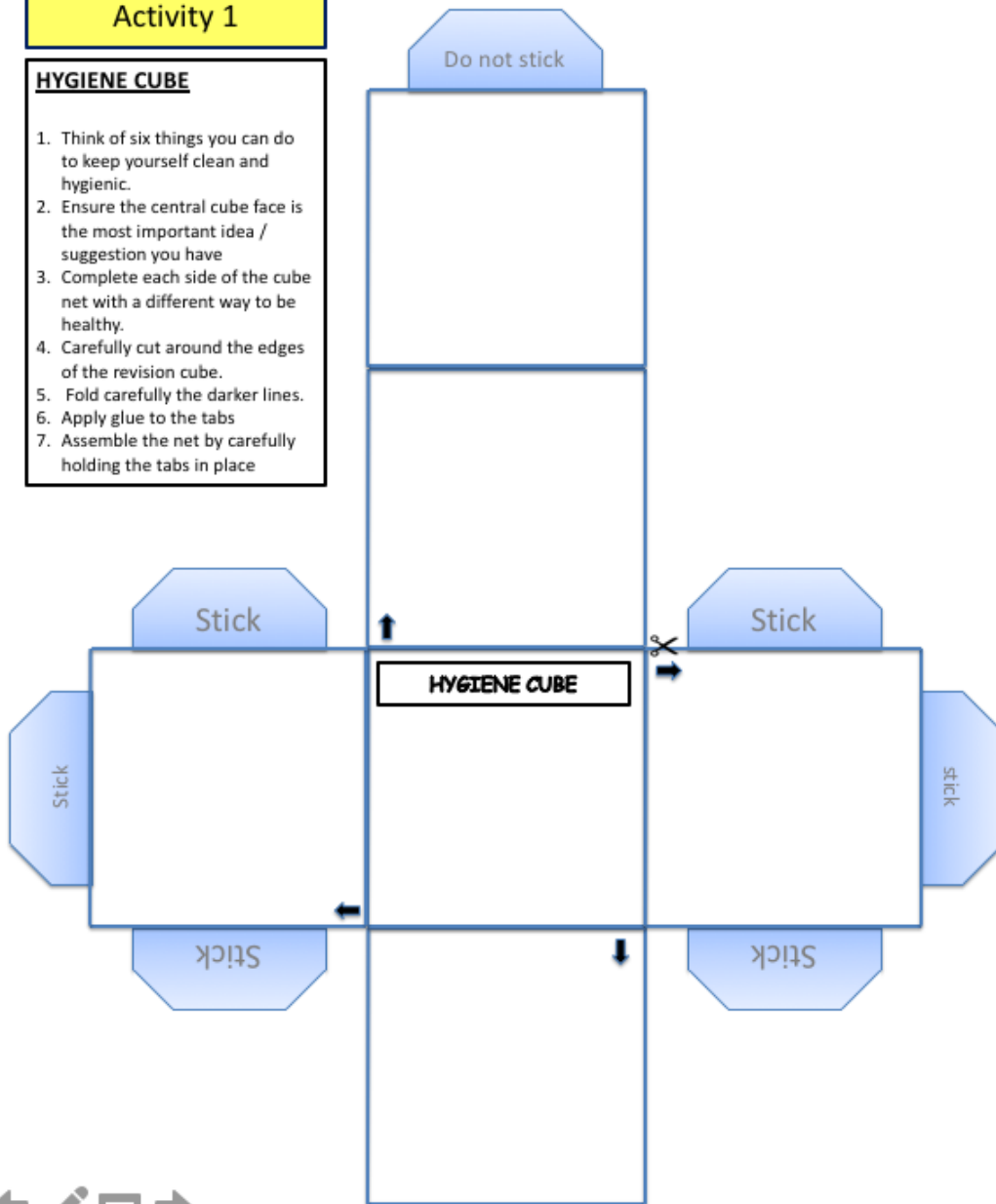
Task

For each of the above categories explain any associated benefits or associated risks. How can each add to or take away from a healthy body and healthy mind

Activity 1

HYGIENE CUBE

1. Think of six things you can do to keep yourself clean and hygienic.
2. Ensure the central cube face is the most important idea / suggestion you have
3. Complete each side of the cube net with a different way to be healthy.
4. Carefully cut around the edges of the revision cube.
5. Fold carefully the darker lines.
6. Apply glue to the tabs
7. Assemble the net by carefully holding the tabs in place

**HYGIENE CUBE**

Tasks

Think of six things you can do to maintain your hygiene during puberty

Ensure the central cube face is the most important idea / suggestion you have

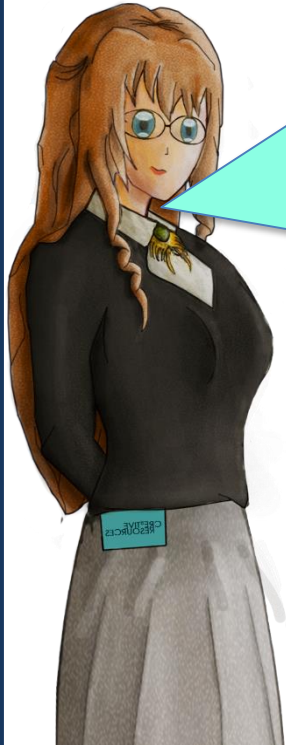
Complete each side of the cube net with a different way to be healthy.

Carefully cut around the edges of the revision cube.

Fold carefully the darker lines.

Apply glue to the tabs

Assemble the net by carefully holding the tabs in place



“Girls always keep themselves more clean than boys during puberty”

Talking points

- I think that ...
- I don't think... is right because...
- My opinion is...
- I would argue the same because...
- I disagree with... because
- Building on what
- An alternate way of looking at this is...
- I sort of agree, however....
- In my view...
- I would challenge what... said because ...

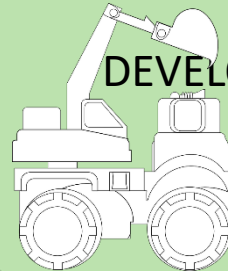
AGREE



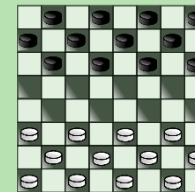
DISAGREE



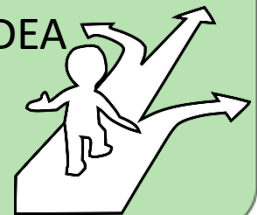
DEVELOP



CHALLENGE



ALTERNATE IDEA



LEARNING OUTCOMES



STOP!



Let us review our learning outcomes for this lesson
Knowledge, Skills & Actions

PAIR & SHARE

ASSESSMENT FOR LEARNING

Confidence Checker



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Complete the confidence checker of where you think you are at for this lesson (Discussion or complete sheet)



3 Minutes



	I'm not confident at all		I'm getting more confidence		Confident		Very confident		Super confident
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IMPORTANT INFORMATION

SEEKING SUPPORT

Enjoy the lesson, Challenge your perceptions and understand how to seek further advice and support



IMPORTANT INFORMATION



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT WE WOULD ADVISE ONE OF THE BELOW:



SPEAK TO YOUR PARENTS/GUARDIANS OR HEAD OF YEAR, TRUSTED ADULT OR FRIEND IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW - IT IS ALWAYS IMPORTANT TO TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- <https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/> NHS
- <https://www.childline.org.uk> Has support for Puberty - Boys & Girls
- <https://kidshealth.org/#cattake-care> Information on a variety of topics
- <https://www.brook.org.uk/your-life/puberty/> Brook Health lives for young people



CORE
THEME 5

2 Minutes

SIGNPOSTING
SUPPORT

HELP & SUPPORT
SERVICES

FURTHER
INFORMATION



REFLECTION PLENARY

I know if I need further support or help I could speak to.... or contact...

Before I could/would say and do ... but now I feel I am able to say

Before I only knew ... now I also know ...

I supported others by...

One thing I didn't realise was... now I know that...

The key words for this lesson are...

I always knew ... but now I can see how it connects to...

The most important thing I have learnt today is...

I'm really proud of the way I have...

I used to feel ... but I now feel ..

I would like to learn...

A question I would like to ask is...

Before I thought that ... but now I realise..

One assumption of mine that was challenged was...

Today I have tried to...

Next lesson I would like to..

Before I would have done... Now I will ...

Before I would have said ... but now I will say...

A problem I overcame today was...

2 Minutes



REFER TO MINDFULNESS

➤➤➤ POWERPOINT



Time for a little something extra?

?? Minutes

