



Personal Hygiene

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To know the causes of body odour and how to prevent it

To 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, Anti-perspirant, Hygiene, Bacteria, Body Odour, Positive Wellbeing



STARTER ACTIVITY

What does the term hygiene mean?

Why is keeping clean important?

Extension: Solve the anagrams

1.apos - 2.moospah - 3.ahed cile - 4.tdeodaorn

5.yobd urood - 6.abd eatrbh

Anagram
Answers

(CLICK TO REVEAL)



3 Minutes

GROUND RULES



Be Respectful

Listen & don't interrupt others
Only 1 person talking at a time
Use the agreed appropriate Language (Avoid slang terms)



Be open and honest
No Personal Comments
Discussions must be about 'general situations'



PSHE CLASSROOM RULES

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

DEALING WITH SENSITIVE TOPICS

Be Non-Judgemental
No put-downs. Challenge the opinion, not the person

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

It's OK to be embarrassed
by a topic but don't show that you are embarrassed through silliness



There are **no stupid questions**
It's OK to get things wrong

Conversations on sensitive topics stay in the classroom unless it is a **safeguarding issue**

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








Personal Hygiene

ASSESSMENT FOR LEARNING

BASELINE CONFIDENCE CHECKER




BEFORE THE LESSON	NOT CONFIDENT		CONFIDENT				VERY CONFIDENT			
Knowledge, Skills & Actions	1 	2	3 	4	5 	6	7 	8	9 	10
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 good standards of personal hygiene										




Complete a baseline assessment of where you think you are at for this lesson
(Discuss or complete sheet)

2 Minutes


I'm not confident at all on this topic




A little confident



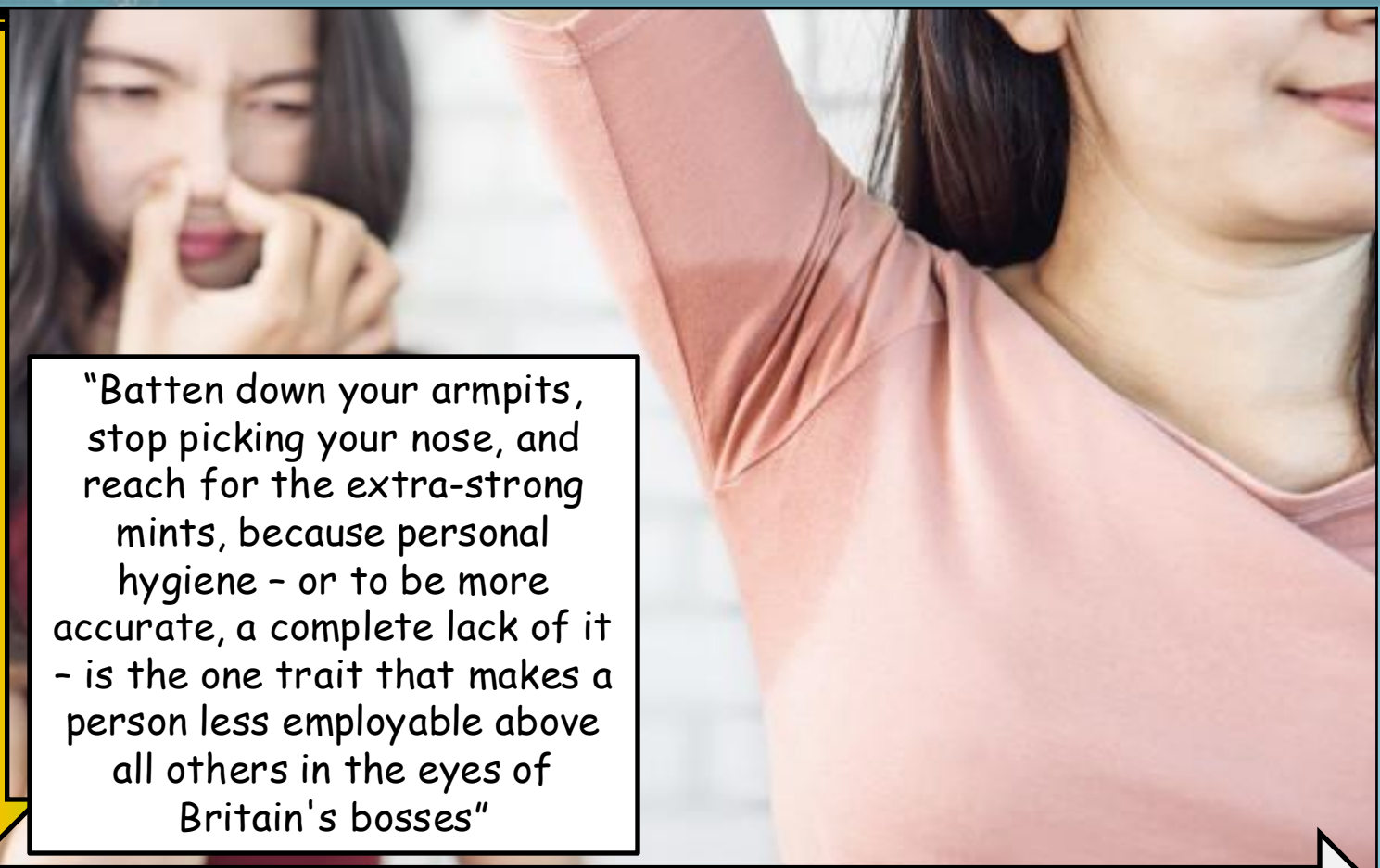
Confident



Very confident



I am super confident on this topic



"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"

HOW?

WHAT?

WHERE?

WHO?

WHY?

FIRST

SECOND

PAIR & SHARE

THOUGHTS & FEELINGS

DID?

MIGHT?

COULD?

CAN? / WILL?

IS? DOES?



Use the grid above to help you come up with three questions about the image

2 Minutes



Task

If you could only take three toiletries with you to a desert island for a month, what would you take?





Brain Pop - Explains Hygiene



PERSONAL HYGIENE

Task: Pick one or two coloured hats and answer all the related questions



5.5 Minutes



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?

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

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

INFORMATION

FEELINGS

CREATIVITY

THINKING

JUDGEMENT

Place the hygiene activities below onto the correct card on the washing line

More Than
Once A Day

e.g. Wash hands

Every Day

Every Other
Day

Every Week

Every Two
Weeks

Wash face

Cleanse your face

Floss your teeth

Change bed sheets

Brush teeth

Wash genitals

Cut toe nails

Wash feet

Wash clothes

Wash armpits

Wash hair

Wear clean
underwear

EXTENSION

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

WHAT IS BODY ODOUR?

Also known as BO, it is an 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
- You can use anti-perspirants to reduce the amount of sweat your body produces
- You can use deodorants to mask the smells your body makes
- Washing hands with soap and water, and using a tissue to prevent germs spreading

Did you know?

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.

Protection from Infection

Use of barriers to stop germs spreading e.g. latex gloves or face masks or condoms

- 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.



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

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

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.

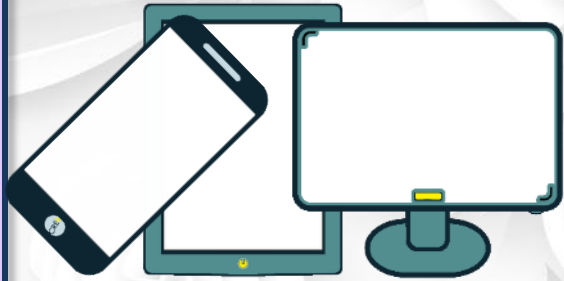
Sarah has noticed that her vulva is developing a distinct body odour. What can she do to combat this?

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



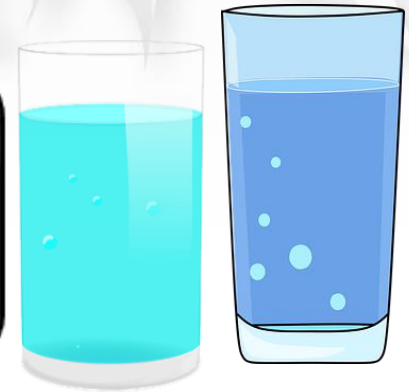
Farooq has noticed that when he finishes ballet club at lunchtime, he can be quite smelly for his afternoon lessons and develops sweat patches under the arms

3 TOP TIPS FOR POSITIVE WELLBEING



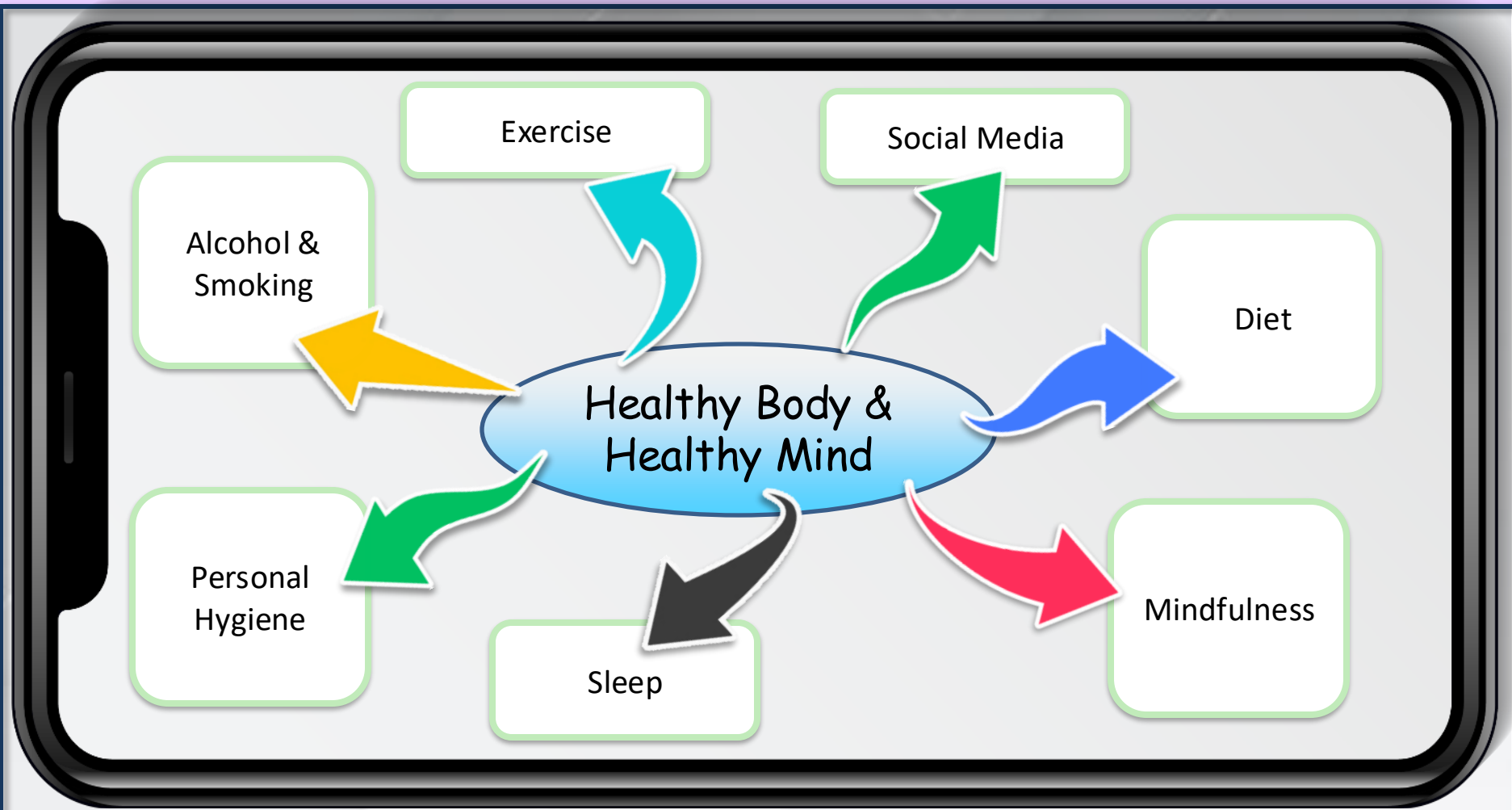
Taking breaks from technology. It can create strain on the eyes, disrupt sleep and overstimulate your brain. Normally technology is also linked to a lack of movement.

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 five portions daily.





Task

For each of the above categories, explain any associated benefits or risks.

How can each add to, or take away from a healthy body and healthy mind?



EXTENSION

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

What Do You Think?



“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... said. I think...
- An alternate way of looking at this is...
- I sort of agree, however...
- I would challenge what.. said because ...

Do you agree or disagree? Why?

Can you add to the statement?

Do you have a question about the statement?

Would you like to challenge what is being said?

Do you have an alternative idea?










REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER




AFTER THE LESSON	NOT CONFIDENT		CONFIDENT		VERY CONFIDENT
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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 good standards of personal hygiene					



3 Minutes




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

 I'm not confident at all on this topic

 A little confident

 Confident

 Very confident

 I am super confident on this topic

HOMWORK SUGGESTION

Homework Explained

Add some of the things you have learned today to your own personal hygiene routine moving forwards.

DUE DATE

It must be submitted by..

Hand / Google
Classroom





IMPORTANT INFORMATION



2 Minutes



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

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ChildLine - You can talk to us about anything. No problem is too big or too small. Call us on 0800 1111 or chat to us online <https://www.childline.org.uk>
- <https://kidshealth.org/> - A large range of health subjects covered including puberty for children and teens
- <https://www.brook.org.uk/your-life/puberty/> Brook Health lives for young people
- <https://www.nhs.uk/> - Loads of information on a very wide range of physical and mental health issues

HEALTH
& WELLBEING

SEEKING
SUPPORT

REFLECTION PLENARY



A problem I overcame today was...

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

**The key words for this lesson
were...**

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

Today I have tried to...

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

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

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

Next lesson I would like to...

**A question I would like to ask
is...**

**I would like to learn more
about...**

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

**I now know I can supported
others by...**

**One thing I didn't realise was...
this will help me to...**

2 Minutes





REFER TO MINDFULNESS POWERPOINT



Time for a little something extra?

?? Minutes