

TAKING GOOD CARE OF YOU

3 TIPS FOR HYGIENE HEALTH

How to Stay Clean?



Staying clean and looking nice is an important part of growing up. When a person goes through puberty they may need to shower or bathe more often because their oil and sweat glands are activated. When a person showers they wash their hair and body. For cleaning sexual parts, an unscented, gentle soap and water is fine.

For cleaning the vulva, a person can spread the labia to clean with soap and water. Soap does not need to go into the vagina, just the outside part, the vulva.

For cleaning the penis, if the person is uncircumcised (their foreskin is still on the penis), they can gently pull the foreskin back to clean under the foreskin. If the person is circumcised, just washing with soap and water is fine.

Puberty is also a time when people start to use deodorant every day because they may start to smell and sweat under their arms. Deodorant helps a person to not sweat as much and covers their body odor. When people don't smell clean, other people don't want to be around them.

Sometimes people put on perfume, cologne, or scented deodorant to smell nice. You have to be careful not to use too much, because it can bother other people and some people are allergic to the scents. Choosing unscented products helps keep you smelling nice, but doesn't bother other people.

Whether to Shave/Wax or Not?



Puberty adds more hair to our bodies. We grow hair under our arms, on our sexual parts, and for some people, more hair on their arms, legs, and face. Whether you shave or not depends on how you feel about hair. Some people like to keep all the hair off of them and shave their legs, sexual parts, and underarms. Other people decide not to shave at all. Some people shave certain parts and not others. It is really just a personal choice. Shaving doesn't make you any healthier. Shaving is about what feels right for you. There are often ideas about shaving that can change with time, but in general, many people do shave parts of their body and some don't shave at all.

If you decide to shave or wax, this is something that you do in private. Many people do it while in the bath or shower because the water softens the skin and using soap or shaving cream makes shaving easier. Make sure you use a razor that is safe. Safe means that someone else has not

used it already, except for you, and that it is clean. It may also help to talk to someone like

your parents about whether to shave or not and for ideas about safe ways to shave. If you are going to shave your sexual parts, remember that the skin on those parts can be very sensitive and it can also be difficult to see, so you may have to be a little extra careful.

Instead of shaving, some people choose to wax their hair off. Waxing is when you apply hair removal wax to the area you want to remove the hair and then, take off the wax which takes off the hair. It can hurt to do this, but only for a few seconds.

What's important is that you make a decision that works best for you and your life, not what others tell you to do, and to feel good about your decision because it is your body and you get to decide what is right for you.

How To Take Care of Your Skin and Avoid Acne (Pimples, Zits)?



Since oil and sweat glands get activated during puberty, some people start to get pimples or zits on their skin. Pimples and zits are red spots on the skin that can fill with puss. People can feel embarrassed when they have pimples on their face especially if they have a lot of pimples.

This, too, is private and doesn't need to be talked about unless you need help or support. For example, a person may notice that they have many zits and wants to talk to one of their parents about how to manage the zits or maybe you mention to a close friend how embarrassed you are to have a zit right on your nose.

In general, a person needs to wash their face more often, but may still get pimples and zits anyway. It is important to leave pimples and zits alone. Sometimes people want to pop their zits, which is not recommended because it can leave scars on your face. If you must pop a zit, it is something that you do in private. Wash your hands afterwards to keep yourself clean.

There are also helpful medicines that can be purchased at the local drug store/pharmacy, and some acne can be greatly helped by working with a skin doctor.