

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



You don't have to say  
things about yourself if  
you don't want to

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



## Be Respectful

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



**Don't Make Assumptions**  
about people's values,  
attitudes, behaviours, life  
experiences or feelings

## **PSHE CLASSROOM RULES**

### **DEALING WITH SENSITIVE TOPICS**

### **SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART**

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



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

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

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








# Personal Hygiene

ASSESSMENT  
FOR LEARNING

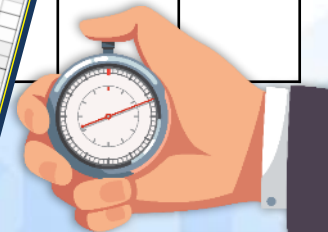
## BASELINE CONFIDENCE CHECKER




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

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”

SECOND

DID?

MIGHT?

COULD?

CAN? / WILL?

IS? DOES?

PAIR & SHARE

THOUGHTS & FEELINGS

Tasks

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?

INFORMATION



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

FEELINGS



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

CREATIVITY



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

THINKING



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

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.

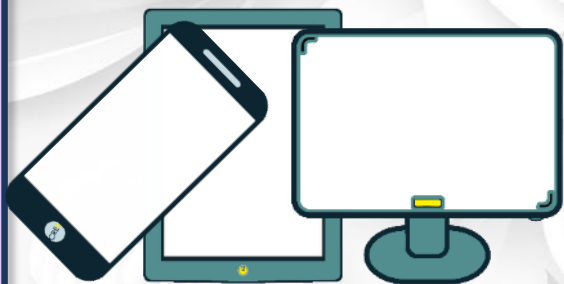
Sarah has noticed that her vulva is developing a distinct body odour. What can she do to combat this?

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



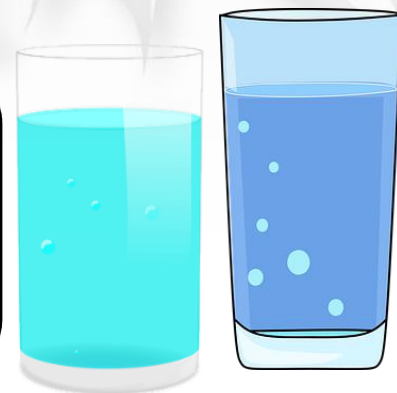
Farooq has noticed that when he finishes ballet club at lunchtime, he can be quite smelly for his afternoon lessons and develops sweat patches under the arms

## 3 TOP TIPS FOR POSITIVE WELLBEING



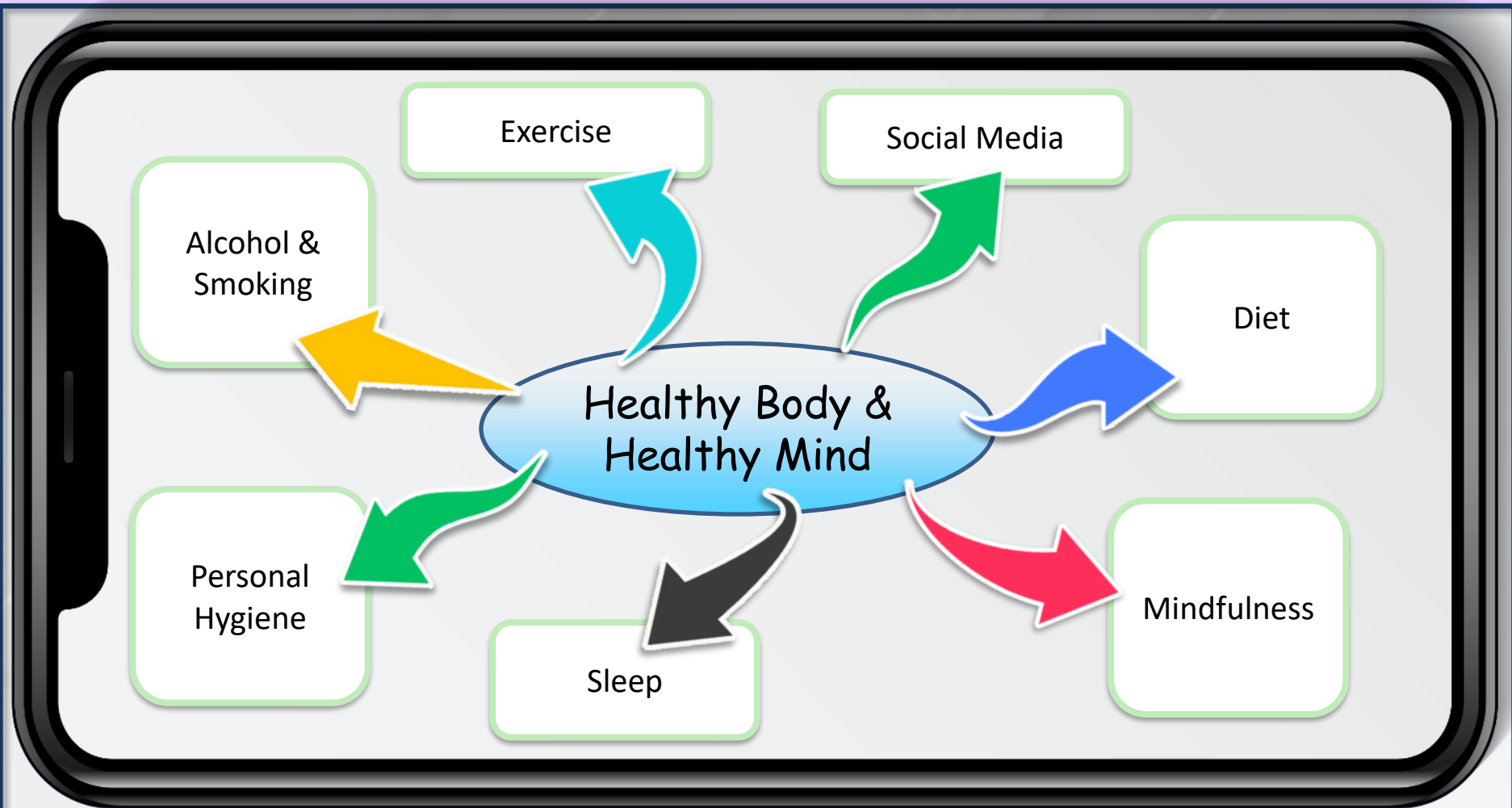
Taking breaks from technology. It can create strain on the eyes, disrupt sleep and overstimulate your brain. Normally technology is also linked to a lack of movement.

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.

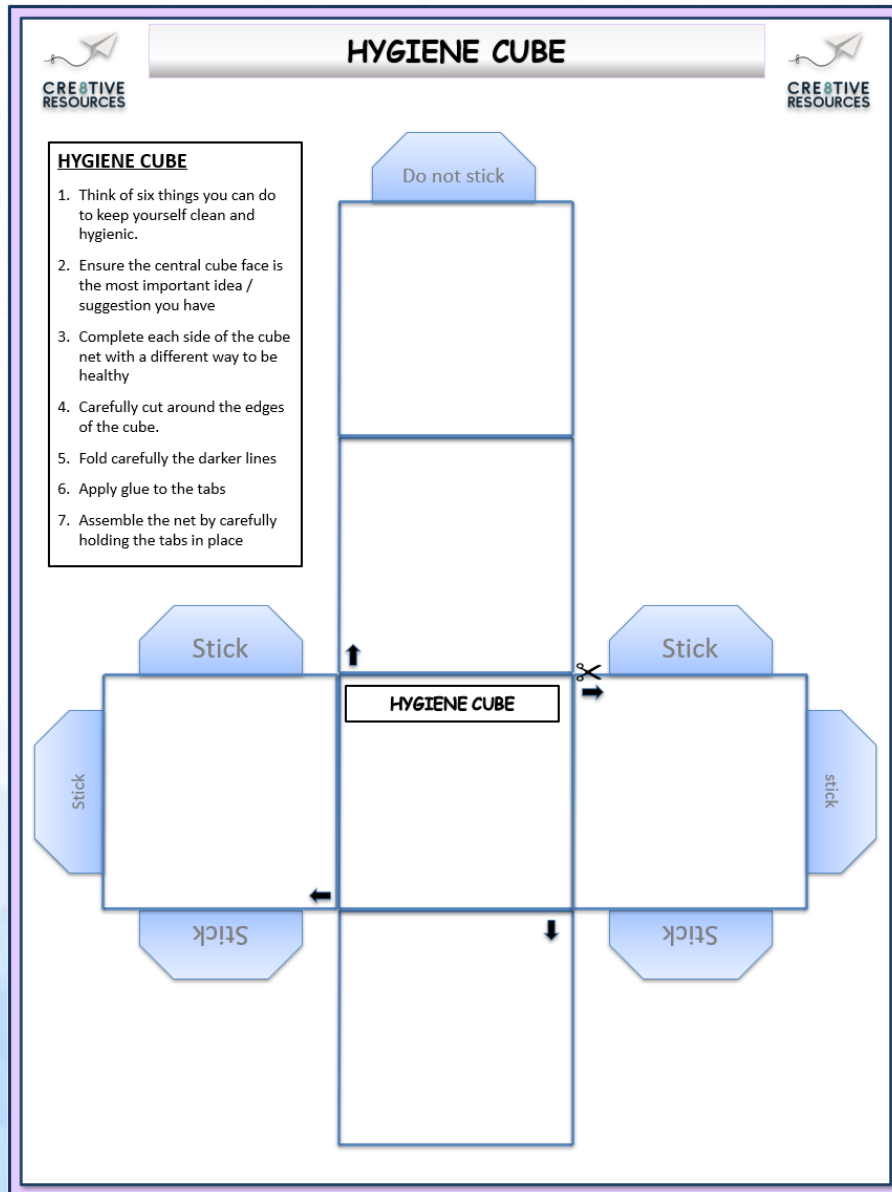
How can each add to, or take away from a healthy body and healthy mind?



## EXTENSION

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

# HANDOUT



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

## 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?**





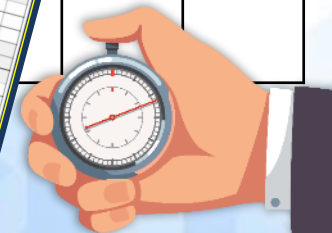
# REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT  
FOR LEARNING

## CONFIDENCE CHECKER



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I understand the causes of body odour and how to prevent it										
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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

# HOMEWORK 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

