

Lesson 4:

Puberty and Hygiene Learning Outcomes:

- To understand that good personal hygiene becomes even more important through puberty.
- To understand that bacteria and viruses can affect health and that following simple routines can reduce their spread.

Activity 1:

Think about the following items e.g. detergents, razor, toothbrush, spot cream, sanitary towel, shampoo. They are linked to hygiene.

Think about the following questions for each item "What is it?" "What is it used for?" "Is it for male or female use or both?" "Is it for children or adults or both?" "Is it important to use or not?"

Activity 2:

Draw an outline of a body and draw on the parts that need to be kept clean and how to do this. Can you use the 'biological' language to label your drawing.