

# Personal Hygiene



# Sweating It Out

- Sweating has an important job. It helps cool down your body.
- You actually have **2 to 4 MILLION** sweat glands all over.
- Thanks to puberty and beyond these glands become **moooooore** active.
- And guess what? They make you **STINK.**



# *Don't Panic*

Sweat and smell are normal parts of becoming an adult. That's what you want, *right?*



**Sooooo, how do you know if  
you are stink'n?**



# Wanna know how? Listen up!

- **Strange as it may seem, you can't smell your own body odor.**
- **If you don't shower once a day you're gonna stink!**
- **Same with underwear – pew!**



# So, Dude, what do you do?

- Easy, just shower  
*EVERY* day!
- If you've never heard of soap look it up in the dictionary (*or Internet*). You might learn something new!



And, ***DON'T EVER FORGET***

- Wash that stuff on your head!  
It's called ***SHAMPOO!***
- *And just in case you've never heard of scrubbing that scalp, now you can say you did!*  
***DO IT, YOU'LL LIKE IT!***



# Look it up, Dude!

o It's called *Deodorant*.

And, if you really don't want to sweat, you'll buy some antiperspirant, cuz, while deodorant will take care of that stink, the anti stuff will dry you up.





# Listen Up

- All that smelly good stuff like perfume and body spray won't work if you don't shower.
- Don't believe me? Just ask that cool girl or guy sitting next to you (unless they've already moved).  
Get the picture?

Wanna get rid of *THAT* smell?

Wear clean clothes, and *YES*,  
that means socks  
and underwear.  
Stinky feet = stinky  
socks and shoes.





## Want the **SCOOP** on Skin Care?

- Whiteheads and blackheads are a part of life, but soon you will be free. Popp'n only makes it worse.
- Wash that face twice a day and keep those dirty hands off.
- That reminds me, **WASH** those hands!
- Good time to clean and trim those dirty nails.

# Spread Cheer, Not Germs!

- Wash hands thoroughly with warm water and soap for at least 20 seconds (sing Happy Birthday twice). Do it — **after using the restroom, coughing, sneezing or handling food.**



# Just Do It, Dude!

Don't be a  
**DOPE** -  
wash with  
soap!





# The *Real* Scoop on Stinky Breath

- Think about it, Halitosis is like that stinky river. If you wouldn't get in it, then start brushing, or just like a fish, you'll be the *last* catch! Brush that tongue, floss daily and buy a new tooth brush *OFTEN*.

**Stinky Breath, Stinky Life!**

Have you heard?

Tartar

*IS*

**GERM POOP!**



# Are you Listening?

- o It's your call to be called "Stinky Dude" or "Cool Dude". Same goes for you Princesses. Stinky is not gender bias!





A stylized illustration of a sun and clouds. The sun is a bright yellow semi-circle with a small blue circle in the center, partially obscured by blue and white clouds. The background is a solid blue color with a subtle grid pattern.

Have a great *SMELLY*  
*GOOD* day!