Personal Hygiene

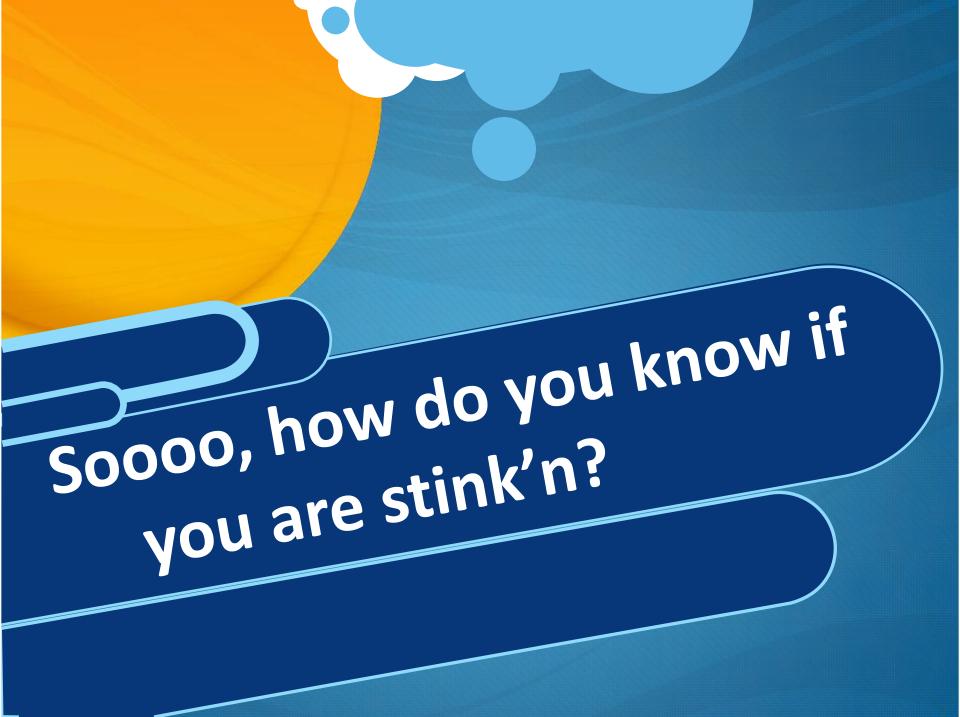


Sweating It Out

- 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 mooooore active.
- And guess what? They make you STINK.



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



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?

Casy, just shower EVERY day! ^o 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! O 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!

 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?

- O Whiteheads and blackheads are a part of life, but soon you will be free. Popp'n only makes it worse.
- O 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

GERM POOP!

IS

Are you Listening?

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





Have a great SMELLY GOOD day!