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Personal hygiene

Y4-5 Lesson 3

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Learning objective

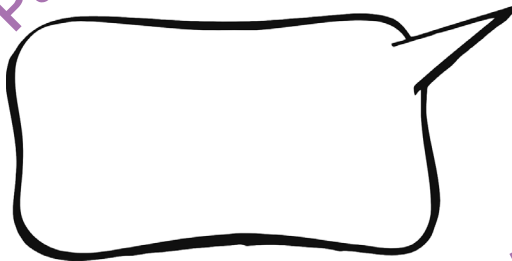
We are learning about the importance of personal hygiene during puberty

Learning outcomes

- I can identify body parts or areas to keep clean during puberty.
- I can explain how to keep clean during puberty.
- I can describe ways to manage physical changes during puberty, including the use of products to keep clean.

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Ground rules



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Looking after bodies

Bailey's parents say: "Now that you are getting older Bailey, there are some things you must do to look after your body and keep it clean. It is really important, especially when you start puberty."

"Why?" asks Bailey.

In pairs, write a sentence from the point of view of Bailey's parents, explaining the importance of keeping clean, and what Bailey should do to look after their body.



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Body outlines

In your groups, draw an outline of a young person.

Label all the different body parts that they will need to pay special attention to in relation to personal hygiene.



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Body outlines

They will need to pay special attention to....

- feet
- armpits
- hair
- Female genitals(vulva)
- Male genitals (penis and testicles)

Next to the labels, write down:

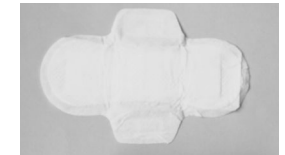
- **why** they need to pay attention to the area
- **how** they should keep the area clean and **how often**

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Personal hygiene items

What is the product?

What is it used for?



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Hygiene questions

With your partner, read and write an answer to the question.

Then, swap questions with another pair and add your answer too (you may agree or disagree).



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Shopping list

What products might Bailey want to buy to prepare for puberty?

In pairs, write a shopping list for Bailey for items to include in their wash bag.



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What has been learnt?

Go back to the conversation between Bailey and their parents at the beginning of the lesson.

- Make any changes to your ideas if you think necessary.
- Add your new learning from the lesson.

Use a different colour pen or pencil



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Signposting support

If you have any questions or worries about personal hygiene during puberty, it is important to speak to a trusted adult – a parent/carer or teacher at school.

www.childline.org.uk can provide support too (phone 0800 1111 to talk to someone).



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More activities

Day in the life

Write a 'day in the life' or diary entry for Bailey.

- some of the physical changes that Bailey is experiencing
- the times of day when Bailey washes or keeps clean
- the products that Bailey uses to manage personal hygiene



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