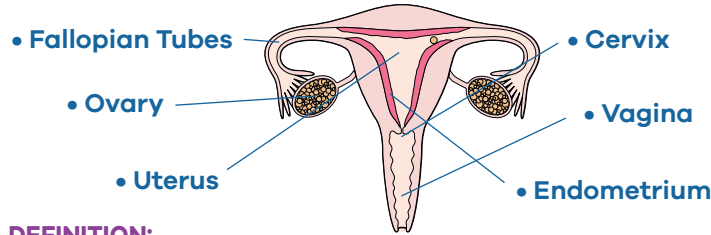


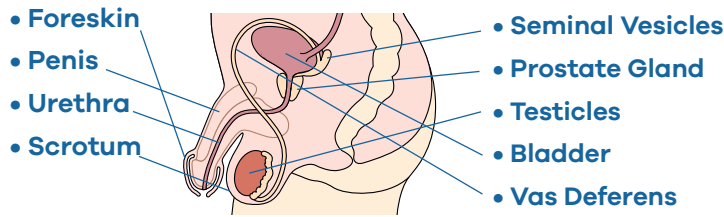
Always Changing & Growing Up

Facts about female sex organs



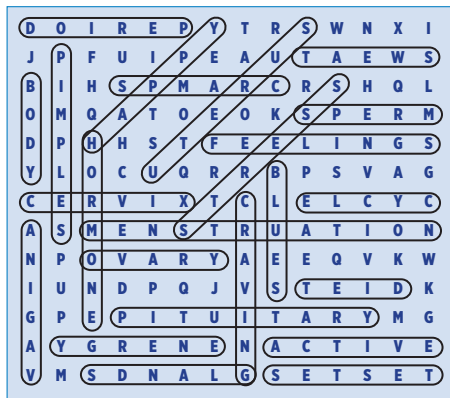
DEFINITION:
1. Cervix 2. Fallopian Tubes 3. Ovary 4. Uterus 5. Vagina 6. Endometrium

Facts about male sex organs



DEFINITION:
1. Scrotum 2. Seminal Vesicles 3. Testicles 4. Penis 5. Prostate Gland
6. Urethra 7. Vas Deferens 8. Bladder 9. Foreskin

Hidden changes



Scrambled words

1. NUTRITION 2. EXERCISE 3. FAD DIET 4. SHAMPOO 5. DEODORANT
6. GLANDS 7. ACNE 8. DIRT 9. POSTURE 10. CAVITY

Puberty is the perfect time to start practicing good **HYGIENE**.

Activity Sheet Answers

Activity Sheet 2

Myths and facts about personal care

1. Skin Care

- a. True**—To help get rid of everyday dirt and oil, wash face gently, twice a day, with soap or cleansers, which can be medicated or non-medicated.
- b. True**—Stress can contribute to skin problems. Although it does not cause pimples, it may make them worse.
- c. False**—The sun can actually aggravate acne. The sun also speeds aging of skin and can cause skin cancer.
- d. False**—It is now believed that diet

- is not a cause of acne. However, a well-balanced diet is very important for overall health and well-being.
- e. False**—Although daily cleansing may be beneficial in preventing pimples, hard scrubbing can actually aggravate acne. Harsh soaps or other products can also make skin problems worse and lead to dry, flaking skin.
- f. True**—Some people can get pimples by frequently resting their face in their hands.

Activity Sheet 5

2. Dental Care

- a. True**—Clean between teeth with dental floss to remove food stuck between teeth. Use mouthwash to provide additional help in controlling bad breath.
- b. False**—Healthy gums should be pale pink, but may vary from person-to-person.
- c. False**—Tobacco and caffeinated drinks can stain teeth. Visit a

- dentist at least twice a year for a check-up and professional cleaning to remove plaque from below the gums, even if they have been brushed regularly.
- d. True**—Brush teeth and tongue at least twice a day with a fluoride toothpaste to help prevent tooth decay.

3. Staying Fresh and Dry

- a. False**—Deodorants are perfumes which mainly help to mask or cover up B.O. Antiperspirants help stop B.O. from developing by reducing underarm wetness.
- b. True**—The best way to achieve maximum effectiveness is to use deodorant or antiperspirant as part of a daily routine, especially after a bath or shower.
- c. True**—A daily bath or shower gets rid of the dirt and oil on your skin, and reduces the bacteria that can lead to odour.
- d. False**—Eccrine glands produce perspiration that is clear and odourless. These glands start working as soon as you are born.

- e. False**—Sweat is normal and important – it helps your body regulate its temperature.
- f. True**—The Apocrine glands become active when you start puberty. They produce perspiration which can smell unpleasant when it comes in contact with bacteria on the skin. This smell is known as B.O (body odour).
- g. True**—Drinking water reduces the concentration of perspiration.
- h. False**—Sweat glands are everywhere on your body, except your lips and ears. Each person has about 2.5 million eccrine glands.

Activity Sheet 7

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