

Do Now

Personal hygiene, oral health and preventing infections



Tom was looking forward to school today. His teacher said that as it was the last day of term, the class could pick who they sat by. It was a very hot summer's day. Tom had a lot of friends but for some reason, none of them had saved a seat directly next to them.

Hmm, thought Tom. That's unusual.

Discuss: Why might Tom's friends have not saved a seat directly next to them?



Explain briefly what we mean by personal hygiene and an example of how we can look after our personal hygiene.

Personal hygiene means...

We can look after our personal hygiene by...

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Learning outcomes:

Correctly identify the different factors which contribute towards someone having excellent personal hygiene and oral health.

Describe what could happen to our health if we don't look after our personal hygiene and oral health, in both the short term and the long term, as well as explaining how to prevent infections.

Personal Hygiene - maintaining cleanliness of one's body and clothing to preserve overall health and well-being.

Oral Health – Oral health means the health of the mouth.

Infection – Infection refers to an invasion of the body by harmful microorganisms (germs) or parasites.

Personal hygiene, oral health and preventing infections



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In your booklets you information all about how to keep great personal hygiene and oral health. You're making a great start – BUT – some younger students have heard that you're a personal hygiene expert and have lots of questions!

GUIDED READING

Follow the writing with your guided reading and then complete the table of questions from the younger Students in your booklet.



Students ask:	What's the main problem here?	Why is it a problem?	What could be done about it?	What could happen if no action is taken?
I've got a weird itch between my toes. What's that all about?				
This girl I like walks off when I talk to her. What could be wrong with me?				
There's these white bits in my hair. How can I get rid of them?				
My boyfriend won't kiss me anymore and my friends stand back to talk to me. Why is this?				
My hair always looks greasy. What can I do?				
There are never enough places to wash my hands – what can I do?				
Think of a question to test a partner:				
Think of a question to test a partner:				

We will now find out more about why personal hygiene is so important

THORNDEN THREE = GUIDED READING



Why is personal hygiene so important?

Personal hygiene is essential because it helps keep you healthy and feeling good! When you take care of your body by washing your hands, taking regular baths or showers, brushing your teeth, and wearing clean clothes, you prevent germs and bacteria from making you sick. Plus, you'll smell fresh and look nice, which boosts your confidence and makes you feel more comfortable around others. So remember, keeping yourself clean and tidy is like a superhero power that keeps you strong, happy, and ready for all the fun adventures life has to offer!

Keep your mouth healthy and fresh:

Cleaning your teeth twice a day is an obvious thing that most people do. But have you ever really thought about when exactly is best to do it? It's best to clean your teeth **AFTER** breakfast. That's because if you clean your teeth before breakfast and then eat, you've basically just undone all your good work. That's why you also clean your teeth last thing at night, before you go to sleep and when you're not going to eat anything else that day. However, bad breath can also be caused by dehydration, so be sure to drink enough water too. Flossing is also an excellent habit – it can help with bad breath and dental infections. Don't enjoy a trip to the dentist? Floss every day and cut back on sugary foods and you won't need to visit as much – although it's still important to attend your check-ups every 6 months. Flossing helps remove food particles and plaque from between your teeth, where the toothbrush can't reach easily. It's essential for keeping your gums healthy and preventing cavities.

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THORNDEN THREE = GUIDED READING



Always keeping your hands clean:

Keeping a small bottle of hand sanitizer on you is a really good habit. Of course you should always avoid touching dirty things, but sometimes its unavoidable – say if you’ve been out playing football in the mud and you’re carrying the ball back. You can’t always get to a sink, so a bottle of hand sanitizer in your bag is perfect. We all know the obvious like washing your hands thoroughly with soap after every bathroom trip, but some things are less obvious – have you been dribbled on by your dog? Have you helped change a baby’s nappy? Are you about to prepare or touch food? Hand sanitizer is handy for all these occasions.

Keep your body as you would hope your boyfriend or girlfriend would keep theirs:

We know what this means – keep your private parts clean and fresh. Girls should avoid soap on their private parts as they are actually self-cleaning and soap can cause infections like thrush, but boys should always have a good wash down below. Always wash your armpits every morning and apply deodorant. Smelly people do not attract friends or dates. Fact. Shower every day to avoid this.

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THORNDEN THREE = GUIDED READING



Clean hair and nails is a massive win:

Wash your hair every 2-3 days. Avoid dandruff by using an anti-dandruff shampoo and if your head itches, get someone you trust to check you for headlice. Use a nailbrush so there is no dirt under your nails. That dirt is basically germs, which looks horrible and spreads disease. Just because you can't see the dirt under nail varnish doesn't mean it's not there! Your hair is a beautiful part of you – so make the best of it! In a few years it might start to go grey, or start falling out – so keep it in good condition and enjoy it.

Wear clean clothes every day:

If you don't you will start to smell. The worst thing about this is, you might not notice it and you are used to your own smell – but other people will. Don't expect your parents or carers to do all the washing for you, help them out! If you shower and then put on dirty clothes you have undone all your good work.

Take care of your feet:

If you don't wash your feet every day you could end up with smelly infections like athlete's foot – an itchy condition which is easily spread to other people. Always wear a clean pair of socks every day to avoid this. Remember, germs love warm, moist conditions so between your toes is a perfect breeding ground for them.

Ok, so that's hygiene – but what about preventing infections?

Watch and listen to the clips carefully (one is a bit silly – but it's memorable and it needs to be). Write down as many ideas as you can around the bubble, **you can use the images as clues.**

We'll go through the answers together afterwards.

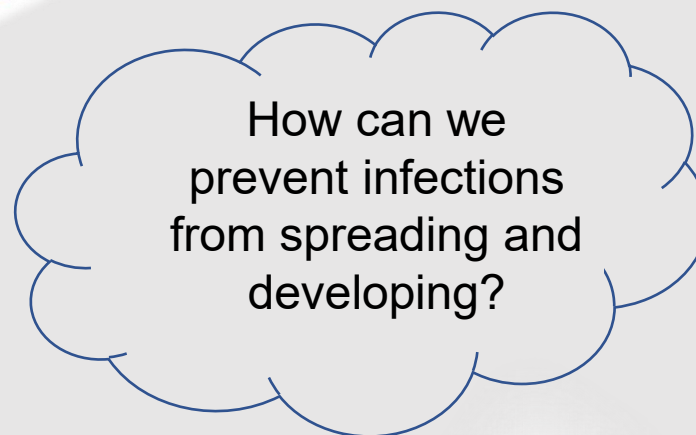
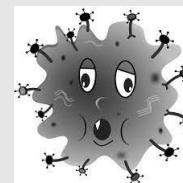


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<https://www.youtube.com/watch?v=S9VjeIWLnEg>

<https://www.youtube.com/watch?v=j5NB9sRuuk4>

<https://www.youtube.com/watch?v=RSu1who-Bk8>



One way we can prevent infections from spreading is....

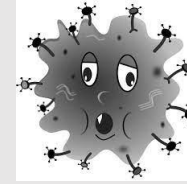


Let's add to the answers on our mind map with any additional information we collected. Be sure to add on to yours any that you missed.

Ensure you are up to date with all your vaccinations.



Don't share intimate products like toothbrushes and combs.



Wash hands for at least 20 seconds.



One way we can prevent infections from spreading is....

Wash your hands frequently.



Use anti-bac soap or even disposal gloves when cleaning out animals or preparing food.



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Survey

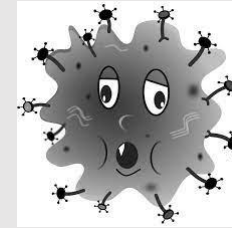
Instructions: On a scale of 1–10, rate how confident you feel about each of the following statements.

1 = Not at all confident, 10 = Extremely confident

#	Statement	1	2	3	4	5	6	7	8	9	10
1	I understand what "health and wellbeing" means and why it matters.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	I can explain the difference between physical health and mental health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	I understand what mental health is and can recognise some signs of poor mental health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	I know ways to improve or take care of my mental health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	I understand what it means to be resilient and how to deal with setbacks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	I can explain the importance of kindness and empathy in supporting others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	I feel confident in how to stay safe online and protect my personal information.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	I understand the risks of vaping and can explain why it's not safe.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	I know how to look after my personal hygiene and why it's important.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	I know who to talk to and where to go if I need support with my health or wellbeing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

This is your Home Learning. It has been shared with you on Satchel. Please make sure it is completed by next week

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Useful helplines and charities

[Young Minds](#). Child and adolescent mental health charity. Call: 0808 802 5544 (parents' helpline)

[Teen Line | Teens Support hotline - Connect, talk, get help!](#) Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

<https://www.brook.org.uk/your-life/puberty/> A great information site for teens going through puberty

https://www.betterliveshealthyfuturesbw.nhs.uk/learning_resource/puberty/

Information and help site run by the NHS

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>
Kooth – <https://www.kooth.com>
Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.
Wellbeing Team and School Nurse
Report a Concern on Satchel
Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>
Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.
Headspace – Meditation and stress relief.
Clear Fear – Manage anxiety (designed for young people).
MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –
<https://www.beateatingdisorders.org.uk>
NHS Live Well – Eating Disorders –
<https://www.nhs.uk/mental-health/conditions/eating-disorders/>