



Do Now

Personal hygiene, oral health and preventing infections



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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.

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Good hygiene helps to:

Prevent illness by reducing the spread of germs and infections.
Improve confidence and help you feel comfortable around others.
Keep your body healthy, clean and fresh.

Oral Health Matters

Brush your teeth **twice a day**, ideally after breakfast and before bed.
Floss regularly to remove plaque and food trapped between teeth.
Limit sugary foods and drinks.
Attend regular dental check-ups and drink plenty of water.

Hand Hygiene

Wash hands regularly with soap and water.
Use hand sanitiser when a sink isn't available.
Always clean your hands before eating, preparing food, and after touching animals or dirty surfaces.

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Everyday Habits for Good Hygiene

Take Care of Your Body

Shower or wash daily and use deodorant.

Keep your body clean, especially after exercise.

Wear clean clothes and fresh socks each day.

Hair, Nails and Feet

Wash your hair regularly and treat dandruff or head lice if needed.

Keep nails clean and trimmed to prevent germs spreading.

Wash and dry your feet daily to help prevent infections such as athlete's foot.

Key Message

Small daily habits make a big difference to your health, confidence and wellbeing.

Clean body, clean clothes and good hygiene help you stay healthy and feel your best.

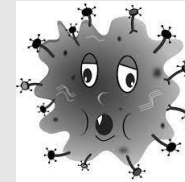
Ok, so that's hygiene – but what about preventing infections?

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>



How can we prevent infections from spreading and developing?



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

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



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

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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.

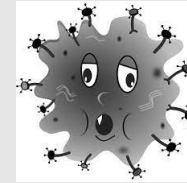


Wash hands for at least 20 seconds.



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

Wash your hands frequently.



Use a clean, new bandage or plaster for wounds.



How can we prevent infections from spreading and developing?



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

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Survey

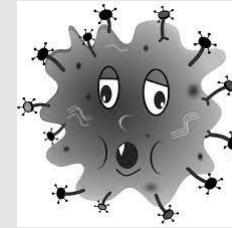
Instructions: On a scale of 1–10, rate how confident you feel about each of the following statements.
1 = Not at all confident, 10 = Extremely confident

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



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

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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/>