

PUBERTY and HYGIENE

Puberty:

The life development stage when sex organs mature into adulthood.

Physical Changes

	Just Boys	Both Boys and Girls	Just Girls
	<ul style="list-style-type: none"> • Facial Hair (beards, mustaches) • Body hair on chest • Shoulders become broader (wider) • Thighs become more muscular • Voice changes (gets deeper) 	<ul style="list-style-type: none"> • Grow taller • Gain weight • Sweat glands become more active (perspiration) • Face complexion may change (pimples, acne) • Develop pubic, underarm, and leg hair • Reproductive organs begin to develop 	<ul style="list-style-type: none"> • Breasts develop • Hips get wider • Waist narrows • Menstruation begins (getting your “period”)

Hygiene:

The things you do to keep yourself and your surroundings clean in order to maintain good health.

What Do We Do To Take Care of Ourselves ?

Examples of ways to take care of oneself and to show good hygiene:

- Shower or bathe daily
- Wash your hair, with shampoo, regularly
- Brush your teeth two times a day
- Floss your teeth daily
- Brush your hair daily
- Use deodorant or antiperspirant
- Clip and groom your finger and toenails weekly
- Wash hands regularly
- If shaving, use your own clean razor
- Change underclothing daily
- Keep your personal (bedroom) space clean and tidy