



HYGIENE

Description of this class for parents + caregivers

The word “hygiene” is almost always associated with things like showering, brushing teeth, and wearing clean clothes. But hygiene is more than just looking (or smelling) fresh—it’s about everyday habits that help keep bodies healthy, like washing hands, changing into clean underwear, and caring for skin and hair. And as kids enter the tween and teen years, the slew of changes they’re experiencing make these habits even more important.

During puberty, the body shifts in its shape, proportion, and sexual maturity. Around the same time, tweens and teens also experience adrenarche, which is responsible for more sweatiness, oilier and greasier sweat, and growth of body hair in all sorts of new places. It’s adrenarche that starts a chain of events that set the stage for acne and body odor.

Adrenarche is not specifically covered in this lesson (that information comes in the lesson called *Why We Smell*) but managing the impacts of adrenarche is covered in depth. That’s because *all* of the changes kids go through during the puberty years can shape how they feel about themselves and also how they interact with others. Building good hygiene and self-care habits early not only supports kids’ health, it boosts confidence, too.

By the end of this lesson, students will understand the variety of meanings of the word hygiene, know the different ways people keep their bodies clean, and recognize why good hygiene matters in the short term + in the long run.