

# Who would you employ?



Why?

| <b>Traits making employers less likely to hire candidates</b> |                                    |              |
|---|------------------------------------|--------------|
| <b>Rank</b>   | <b>Factors</b>                     | <b>Ratio</b> |
| 1   | Poor personal hygiene              | 68%          |
| 2   | Negative body language             | 64%          |
| 3   | Poor speech and grammar            | 59%          |
| 4   | Dress sense                        | 56%          |
| 5   | Bad attitude                       | 52%          |
| 6   | Excessive body piercing or tattoos | 49%          |
| 7   | Inappropriate sense of humour      | 47%          |
| 8   | Accent                             | 44%          |
| 9   | Unattractive                       | 41%          |
| 10  | Poor employment history            | 38%          |

Washing hands

Body odour

Showering



Clothes

Brushing teeth

Anti-bacterial

Periods

Acne



# Aims of this session

- To be able to describe what good personal hygiene is.
- To be able to explain why personal hygiene is important.

# What is personal hygiene?

- Personal hygiene may be described as the principle of maintaining cleanliness and grooming of the external body.
- People have been aware of the importance of hygiene for thousands of years. The ancient Greeks spent many hours bathing, using fragrances and make up in an effort to beautify themselves and be presentable to others.
- Personal hygiene products are a billion dollar business in the commercial market, with many high profile celebrities endorsing products that aim to keep us looking our best. In fact, hygiene is actually a scientific study.
- Maintaining a high level of personal hygiene will help to increase self-esteem and confidence.

# Diseases

- Good personal hygiene is paramount in preventing epidemic or even pandemic outbreaks.
- To engage in some very basic measures could help prevent many coughs and colds from being passed from person to person.

# Social Embarrassment

- Social aspects can be affected, as many people would rather **alienate** themselves from someone who has bad personal hygiene than to tell them how they could improve. **Bullies** may use bad personal hygiene as a way of abusing their victims, using social embarrassment as a **weapon**.
- Poor personal hygiene can have significant implications on the success of **job applications** or the chance of promotion; no company wants to be represented by someone who does not appear to be able to look after themselves.



Vaginal care

Washing

Hair care

Oral care

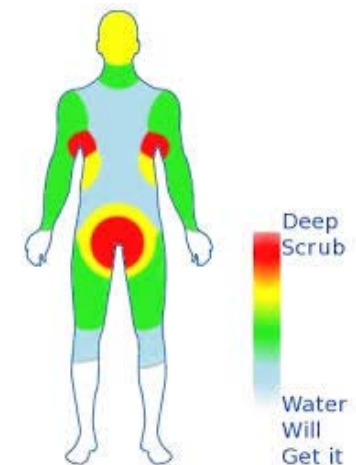
What we look at in more detail





# Washing - body

- **Why do we wash?**
  - Minimise the spread of germs
  - Remove dead skin
  - Remove sweat from the skin
- **Why is it more important during adolescence?**
  - Sweat glands are more active during puberty, so you produce more sweat which can get trapped onto your clothes
  - Acne is more common during adolescence so removing excess oil is a good way of keep it in check.



# Smelling nice



- Your lifestyle can also have a big impact on body odour. Certain foods, like curry, garlic or spices, and some types of medication can make our sweat smell unpleasant.
- There are numerous types of deodorant and antiperspirants, so choose the right kind for you.



# Smelling nice

## Types of sprays



### Body sprays

If you're using a body spray by itself without an antiperspirant or deodorant, body odour and sweat can still be a problem. Body sprays help you freshen up, but they only cover body odours, rather than stop them

### Deodorants

Deodorants get rid of the odour of sweat by covering it up



### Anti -Perspirant

These combat BO by reducing the odour-causing bacteria found on your skin. With no bacteria for your sweat to mix with, no odours can be generated.

# Washing - clothes

- Re-wearing dirty clothes many times or sharing dirty, sweaty sports equipment can lead to skin infections. Unpleasant body odour can also arise from bacteria that accumulate on stains from mould on clothing.



# How often should you change your clothes?



**Underwear:** Change daily after every wear.



**Socks, tights:** Change daily after every wear.



**Bras:** After three to four wears.



**Shirts /Tops:** One to two wears



**Sportswear:** After every wear or every week.



**Trousers, skirts:** Three to four wears.

# Oral care

- Maintaining good oral hygiene is important if you want to have healthy and strong teeth, steer clear of gum infections or disease, and avoid bad breath.
- Oral hygiene means cleaning and taking care of your whole mouth, not just your teeth.



# Oral care

- **Here are some dental hygiene tips to ensure that you always you maintain good healthy, white teeth.**
- Brush your mouth properly. ...
- Floss regularly. ...
- Ensure that your diet is teeth-friendly. ...
- Limit intake of sodas and alcohol. ...
- Visit the dentist regularly. ...
- Leave a little fluoride in your mouth before bedtime.





# Hair care

- Dirty head hair does not actually cause many health problems; it's mostly for appearance factor that keeping hair clean is a good idea.
- Greasy hair - At some points of your life - especially in teenage years and at times of hormonal change, hair can become greasy more easily. There's really only one solution to greasy hair and that is to wash it, although some people find dry shampoo or talc helps to absorb some of the grease.





# Hair care



- Dandruff - can have several causes, including dry skin, seborrheic dermatitis, not cleaning/scrubbing often enough, shampooing too often, scalp psoriasis, eczema, sensitivity to hair care products, or a yeast-like fungus
- Head lice - are highly contagious. The best way to avoid persistent head lice is to wash your hair, leave a conditioner in and comb through with a fine tooth comb. Do this at least once a week, then even if a couple of lice manage to find their way to your lovely locks, they will not be given the chance to lay eggs and multiply!



# Vaginal care



- A healthy vagina also secretes small amounts of discharge. While some women might not even be aware of it, others can notice anywhere up to a teaspoon or tablespoon of discharge a day.
- Discharge is a normal physiologic reaction — it's essentially shedding of cervical and vaginal cells.





## Vaginal care

- Your vagina should stay clean and dry — and what you wear can affect that. Certain types of fabrics and tight-fitting clothing create warm, moist conditions in which yeast thrive.
- Wear breathable cotton underwear and avoid thongs. If you're prone to yeast infections, change out of sweaty clothes as quickly as possible.
- If you experience a lot of discharge and dampness during the day, take two pairs of underwear with you every day when you go to school, and change your underwear during the day. It'll help you feel more comfortable and will help prevent infection.



## Vaginal care

- Common sense can go a long way in protecting the health of your vagina.
- After a bowel movement, wipe from front to back to avoid bacterial contamination of the vagina and to lower the risk of bladder infection. It's a good idea to avoid perfumed soaps, gels and antiseptics as these can affect the healthy balance of bacteria and pH levels in the vagina and cause irritation.
- Use plain, unperfumed soaps to wash the area around the vagina (the vulva) gently every day

# Vaginal care



- During your period, washing more than once a day may be helpful.
- It's not a good idea to go an entire school day without changing pads, pant liners, or tampons. No matter how light your flow is, or even if there is no flow, bacteria can build up. Changing your pad every 3 or 4 hours (more if your period is heavy) helps to prevent bad odours and is good hygiene. This is especially true if you'll be playing sports or rushing around from class to class.

# Evaluation Personal Hygiene

- Was the session on Personal hygiene useful?
- Yes/no
- Did you feel you could ask questions if you wanted to?
- Yes/no
- Are there any areas in the session you would have liked to have more information on?
- .....
- .....
- .....
- .