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## **Program Support Notes**

**Grades 7 - College**

**25mins**

# **Personal Hygiene**

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# Personal Hygiene

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## **Brief Summary of the Program**

This program explores issues associated with young people and personal hygiene and looks at ways of achieving and maintaining healthy hygiene practices. It focuses particularly on keeping the skin clean, looking after hair, dental hygiene, nasal care and hand washing.

The program features comments from Dr Rosemary Lester from the Department of Human Services and Dr Meredith Metia from the Australian Dental Association regarding dental care.

A separate section at the end of the program covers aspects of personal hygiene during menstruation.

This program would be useful when looking at personal hygiene as a general topic with a class but may also have a role for sensitive use by health/welfare professionals with individuals.

## **DVD Timeline**

00:00:00	Introduction
01:18:02	The importance of hygiene
02:37:18	Summary
03:03:22	Washing, bathing and showering
06:19:19	Summary
06:53:18	Looking after hair
10:03:03	Summary
10:37:04	Oral hygiene
13:33:02	Summary
14:08:17	Your nose
16:06:08	Summary
16:34:09	Washing hands
18:32:08	Summary
19:02:24	Conclusion
19:44:21	Menstruation
23:19:22	Summary
23:56:14	End credits
24:23:06	End program

## **Suggested Activities Prior to Viewing Program**

- Make a list of all the things that you can think of that people do everyday to look after their own personal hygiene.

# Personal Hygiene

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## Student Response Sheet

1. What is the body's most important barrier against infection?

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2. Why should we wash regularly?

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3. Why do we sweat?

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4. According to this program what are some of the ways that you can keep your body smelling fresh?

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5. What are headlice?

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6. What are the two different ways that an infestation of headlice can be treated?

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7. What are 4 different things that can happen if teeth are not cared for properly?

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8. What is tooth decay?

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9. How should you care for your teeth?

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## Personal Hygiene

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10. Why should you cover your nose/mouth when coughing or sneezing?

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11. Name three important things to remember to ensure good nose hygiene?

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12. Why is it important to wash your hands?

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13. When is it most important to wash your hands?

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*Added Questions regarding hygiene during menstruation*

14. Tampons should be changed regularly to prevent what infection?

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15. How should tampons and pads be disposed of correctly?

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## Personal Hygiene

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### Answers to Questions

1. The skin acts as the body's main barrier against the invasion of microorganisms.
2. We should wash our skin regularly to remove sweat and dead skin cells which can clog up our skin pores and to help prevent social problems that may occur when people smell unpleasant.
3. The most important function of sweat is to assist in the maintenance of our internal body temperature. It also gets rid of some waste products from the body.
4. Some of the ways that you can keep your body fresh is by washing daily, changing clothes regularly, brushing teeth twice daily, washing hair when required and by using hygiene products like deodorant if desired.
5. Headlice are small insects that live in hair, they lay eggs called nits. Headlice cause scalp irritation and spread easily.
6. Insecticide or applying conditioner to dry hair and combing through with a fine tooth comb.
7. Tooth decay, tooth ache, bleeding gums, discolored teeth, bad breath.
8. Tooth decay occurs when bacteria in the mouth causes plaque which can cause acid which can attack the teeth and cause tooth decay.
9. Caring properly for your teeth includes brushing twice a day- morning and night, eating a healthy diet limiting sugary foods, flossing once a day after brushing, having teeth checked by a dentist twice a year and using toothpaste containing fluoride.
10. To prevent spread of infection from bacteria and viruses present in the respiratory tract.
11. Bacteria and viruses spread easily, use hankies/tissues when you cough, sneeze or need to blow your nose, dispose of these properly, and wash hands after use.
12. It is important to wash your hands to prevent the spread of germs and infection. Hands most frequently come into contact with dirt and germs.
13. It is most important to wash your hands after using the toilet, before handling food and after using tissues or hankies.
14. Tampons should be changed regularly to prevent toxic shock syndrome.
15. Tampons and pads should be disposed of by wrapping them in paper and placing them in the bin or sanitary disposal unit. They should never be flushed down the toilet.

## Personal Hygiene

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### **Suggested Activities After Viewing the Program**

- In small groups or individually, students pick a life stage (baby, childhood, adolescence, adult, old age) and present information on personal hygiene requirements for this group. Presentation format could include art work, writing or power point presentations. Issues to think about would include: What is the difference in personal hygiene needs for one life stage to the next? Who is responsible during the different life stages for personal hygiene requirements? Are some things more important than others?
- Students could be allocated a case study of different individuals with differing personal hygiene requirements. (Eg a family with three small children, an elderly person with a chronic illness, an adolescent with a severe case of acne etc) Students could be allocated an imaginary budget to purchase personal hygiene products. Students could research what products might be required, their cost and how items might be prioritized.
- Discussion Topics: Activity could be undertaken in small groups or as a whole class.

*Topics could include:*

- What role might personal values play when thinking about personal hygiene issues?
- What other factors may play a role for an individual's capacity to care for personal hygiene issues?
- Do different cultures have different beliefs regarding personal hygiene issues, what might some of these be?