

**Lesson:**  
**Hygienic Practices**

**Length of lesson:**  
**20 Minutes**

**Materials:**

- Large Butcher Paper
- Markers
- Pictures of examples of good and bad hygiene
- Display of hygienic products

**Discussion Summary:**

Because of puberty, many girls, ages 8-13, are experiencing significant changes within their body. Some of these changes include growth of pubic and under arm hair, growth of breast, menstruation or the development of acne. It is important that they are aware of how to properly cleanse and adjust to their developing, changing bodies.

**Discussion Questions:**

- **What are some ways that you practice good hygiene?**
- **How does hygiene affect your everyday interactions?**
- **Why is good hygiene so important?**

1. Allow the girls to take turns reading different facts on the handout.
2. Explain the meaning of hygiene and follow up by asking the discussion questions.
3. Prepare hygienic products to be on display and passed around.
4. As each product is passed around, explain the proper use of each product and why it is important. You may even share hygienic tips about practices or products that are personally beneficial in working or improving your own hygiene. For example, "Deodorant should be applied after taking a shower; you may find it useful to bring a travel size deodorant to keep in your backpack if you notice that you may need to apply more throughout the day."
5. Once the girls understand more about the meaning of hygiene and hygienic practices, use the large butcher paper to illustrate what this looks like. Label one poster *Good Hygiene* and the other, *Bad Hygiene*.

- 6.** Pass around the various pictures that depict the two descriptions along with a couple sticks of tape.
- 7.** Call on each participant to tape their picture on the poster in which they feel the picture best depicts.
- 8.** Once the participants have decided where to stick each picture, continue the activity by asking the girls to give examples of why the picture displays bad or good hygiene.