

Lesson: Healthy Hair

Length of lesson:
30 Minutes

Materials:

- Visual examples to be displayed
- Handouts with healthy hair facts and tips
- Guest Hair Stylists (optional)

Discussion Summary:

Hair is a big factor in the appearance of a young girl and can be a

controversial subject regarding different hair types amongst ethnicities and expectations from the media of what “good hair” is considered to look like. It’s important to remind the girls that all hair types are “good” and equally as beautiful.

While unique styling and hair types should all be praised and appreciated, it’s essential to teach the girls that no matter the hair type or style it’s important that the hair is clean and healthy. This lesson is most useful with a volunteer hairstylist who is a professional as they may have more insight about different textures and proper management of hair.

Discussion Questions:

- What do you consider ‘qualities’ of healthy hair?
- What are simple steps that can be taken to make your hair healthier?

1. Begin by showing pictures of multiple different hair types and textures. Explain to the girls that genetics account for your hair type and regardless of the texture or length, all hair is beautiful when it is clean and healthy.

2. Using pictures and poster boards compare and explain the differences between healthy vs. unhealthy hair and clean vs. dirty hair.

3. Using a large piece of butcher paper label Healthy/Clean hair and on the other Unhealthy/Dirty hair. Search for multiple pictures to portray each label and hand out pictures to the girls.

4. Allow the girls to assess what category each picture belongs to and ask them to explain why they chose that category.

5. Allow the guest speaker to explain healthy practices for hair and the effects of having unhealthy hair.

6. The guest speaker can explain topics such as proper styling with heated hair tools, proper shampoo methods, picking the correct hair products for your hair etc.

7. Conclude the session by allowing the girls to ask questions and passing around the visuals.

