

"With a clean body, clean hair, clean clothes and shoes, you will feel good and your friends will be happy to be near you. Keep your fingernails and toenails short and clean too."



5 Top Tips

- **to keep you looking and feeling your best.**

1. Take a bath or shower.
Every kid sweats, but as you start to reach puberty you may find your sweat starts to smell. ...
2. Wear Clean Clothes.
There's no point putting dirty clothes on a clean body! ...
3. Take Care of Your Hair. ...
4. Brush Your Teeth. ...
5. Wash Your Hands.

Hygiene

Personal hygiene is a routine of **personal** care that keeps you clean and healthy. It involves regular care of your hair, skin, face, teeth, ears, nails, feet and clothes.





According to the experts young kids may sweat but they don't start having body odour (BO) until they reach puberty. That's when special sweat glands under the arms and around the genitals roar into full production pouring out sweat which smells!

Clothes

Even if you're not heavily into puberty style sweating, clothes can get stained, dirty and generally grubby, so you need to change them often.

Your underwear should be changed every day.

If you are a bigger kid you may want, or feel you need, to start using a deodorant under your armpits. Some people have problems with perfumes, which can be a trigger for headaches, asthma or hay fever, so don't spray them around in the washroom or changing room.

Keeping your body clean is an important part of keeping you healthy and helping you to feel good about yourself.

**"TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU
HAVE TO LIVE."**

- JIM ROHN