

### *What's in the bag? Descriptors for Items and Pictures*

#### **ACNE (PIC)**

Acne is a skin condition that shows up as either whiteheads or blackheads.

#### **ACTIVE LIVING (PIC)**

Physical and recreational activities such as sports, walking, having fun with friends outside, etc. improve energy, physical and mental wellbeing

#### **ANTIPERSPIRANT/DEODORANT (ITEM)**

Using deodorants or antiperspirants can help with unpleasant body odour. Deodorants are meant to cover up the unpleasant odour where antiperspirants slow the sweating process.

#### **BAKING SODA IN BOX (ITEM)**

Can be used as an inexpensive, absorbent foot powder. Can also put some in a sock, tie it up and put into your shoes, boots, sporting gloves to help absorb humidity and odour.

#### **BALL CAP (ITEM)**

Hats or caps can become dirty. Wash them or change hats to keep dirt from the face or hair. Hats are good protection from the sun's heat and damaging rays. Do not to share ball caps or any other hats due to the possibility of getting head lice.

#### **BRA (ITEM)**

Females can wear a bra for comfort as their breasts develop. Some males develop breast tissue for a year or more, but this will go away.

#### **BRAIN (PIC)**

Discuss changes and strategies students may try as well as the various resources they may access.

#### **BRUSH AND COMB (ITEM)**

Talk about the importance of these items to personal care. Remind students not to share due to the risk of head lice.

#### **FACECLOTH AND SOAP (ITEMS)**

Due to perspiration, oiler skin, the presence of hair and physical activity, students should wash their face, underarms and pubic area daily. If unable to shower or take a bath then use the sink.

#### **HEALTHY NUTRITION (PIC)**

Eating healthy food choices improves energy, physical and mental wellbeing. Work towards increasing fruits, vegetables, and whole grains while minimizing high fat and high sugar foods/drinks.

### **MALE UNDERWEAR (ITEM)**

Males may choose to wear boxers or briefs. Cotton underwear allows the skin to “breathe” and keep moisture away from the body. Underwear should be comfortably loose. The scrotum moves close to or away from the body to adjust the temperature of the testicles, to promote the growth of healthy sperm. It is important to change underwear every day.

### **NAIL CLIPPERS (ITEM)**

Reinforce that when clipping toe nails, we must make sure to cut straight across and not to cut into the corners to prevent ingrown toe nails which is very painful. Encourage students to tend to nails once a week.

### **PANTS AND TOPS (ITEM)**

Pants could be worn for 2 days unless they are dirty or smell. Tops should be changed every day. Natural fibers such as cotton allow the skin to “breathe”. Clothes made from these fabrics may be more comfortable to wear.

### **Q-TIPS (ITEM)**

Q-tips are not to be inserted in the ear as this could cause damage. Our ears produce wax and are made to clean themselves out. Remind students to remember to wash behind them.

### **RAZOR (ITEM)**

Some men shave their facial hair and some women shave the hair on their legs and underarms. Different cultures have different practices so be sensitive to differences in opinion.

### **SHAMPOO (ITEM)**

Hair may be oilier due to an increase in hormone production. Wash hair often to clean away the oil and dirt. Some people wash their hair every day, some less often. When washing your hair be sure that you’re using your fingertips to so that you’re cleaning your scalp too.

### **SHAVING FOAM (ITEM, IN WITH RAZOR)**

Shaving with moisture feels better. Some people use shaving foam, or soap and water.

### **SLEEP (PIC)**

Getting plenty of rest is important for health. Going to be and relaxing even if you’re not ready to fall

asleep can help your body get into “sleep mode”.

### **SOAP (ITEM)**

A mild, unscented soap in bar or liquid form (body wash) is used for showering or bathing daily and for washing the face twice daily. Scented, deodorant soaps can cause dry skin.

### **SOCKS (ITEM)**

Wash feet and change socks every day. Occasionally, wash the insoles of shoes.

### **SUNSCREEN (ITEM)**

Studies have shown that sun exposure can cause skin cancer and premature aging

- **Slip** on clothing to cover your arms and legs
- **Slap** on a wide-brimmed hat
- **Slop** on sunscreen with a minimum SPF 30
- **Seek** shade
- **Slide** on sunglasses that offer 100 per cent UVA and UVB protection

### **TOOTHBRUSH, PASTE, AND FLOSS (ITEM)**

Brush and floss teeth at least twice a day. For fresh breath also brush the tongue.

### **FEMALE UNDERWEAR (ITEM)**

Cotton underwear is more comfortable as this natural fiber allows the skin to “breathe”. Synthetic underwear (e.g., nylon, polyester, rayon) may not allow the skin to “breathe”. Some synthetic underwear, pantyhose and tights, have cotton gussets (crotches) to allow moisture to leave the body.

Trapped moisture could cause vaginal infections.

### **WASH CLOTH (ITEM)**

A clean washcloth or sponge can be to wash the face with warm water and mild soap. No other skin care products are necessary unless advised by a doctor or parents.

### **WATER BOTTLE (ITEM)**

Drinking water is important and especially during physical activities and in hot weather. Plain water is the easiest and least expensive and doesn't cause tooth decay. Don't share water bottles and other mouth objects like lip balm or lip gloss and straws even with close friends or family members as they can spread germs that could make you sick or give you an infection in or around your mouth.