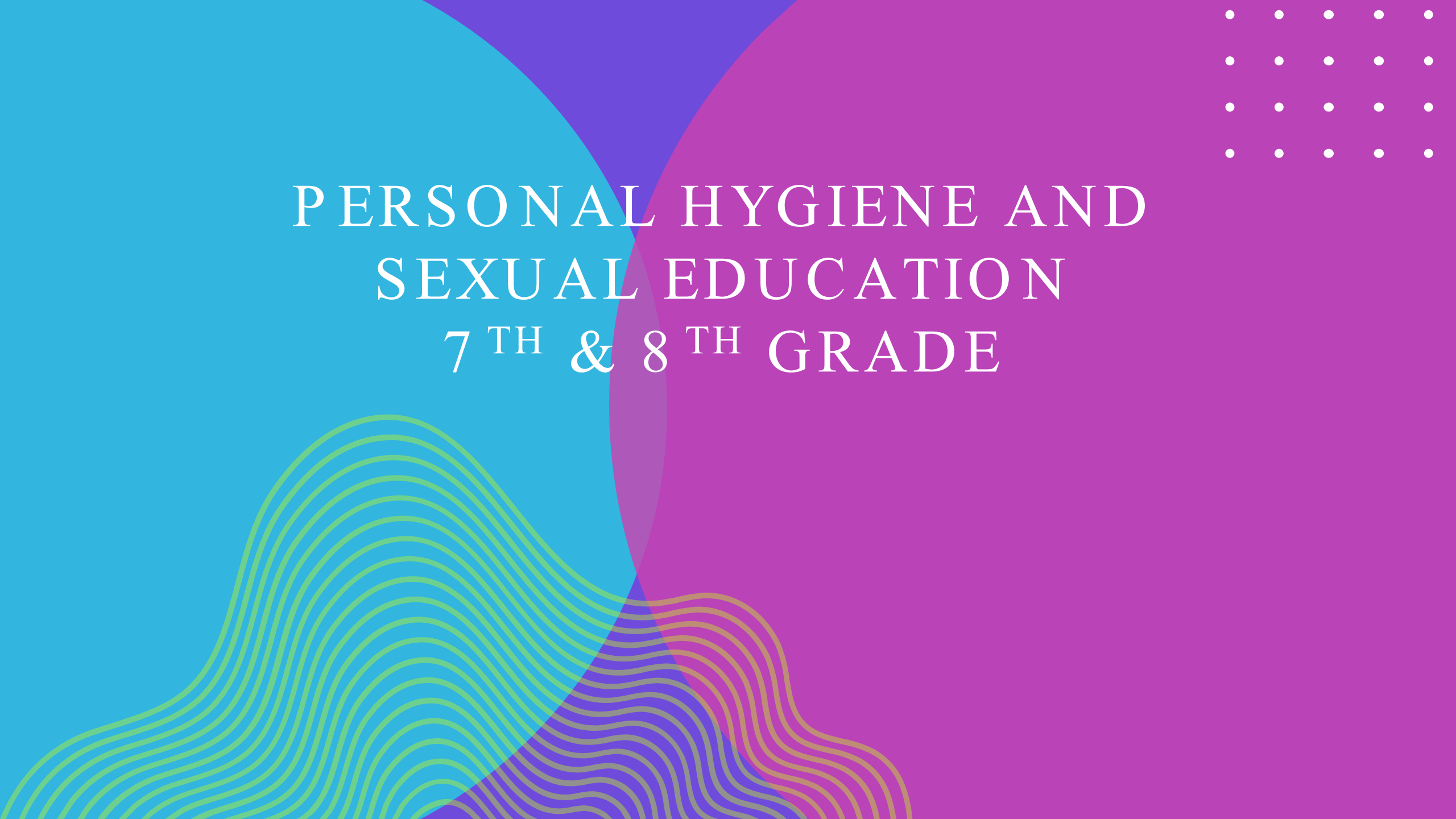




PERSONAL HYGIENE AND SEXUAL EDUCATION 7TH & 8TH GRADE

SELF CARE AND HYGIENE

- Shower daily using shampoo and soap
- Apply deodorant everyday
- Wash your face at the end of the day with a gentle cleanser
- Brush teeth morning and night
- Wash your clothes often and change your clothes daily
- Eat healthy
- Drink lots of water
- Sleep 8-10 hours
- Exercise regularly



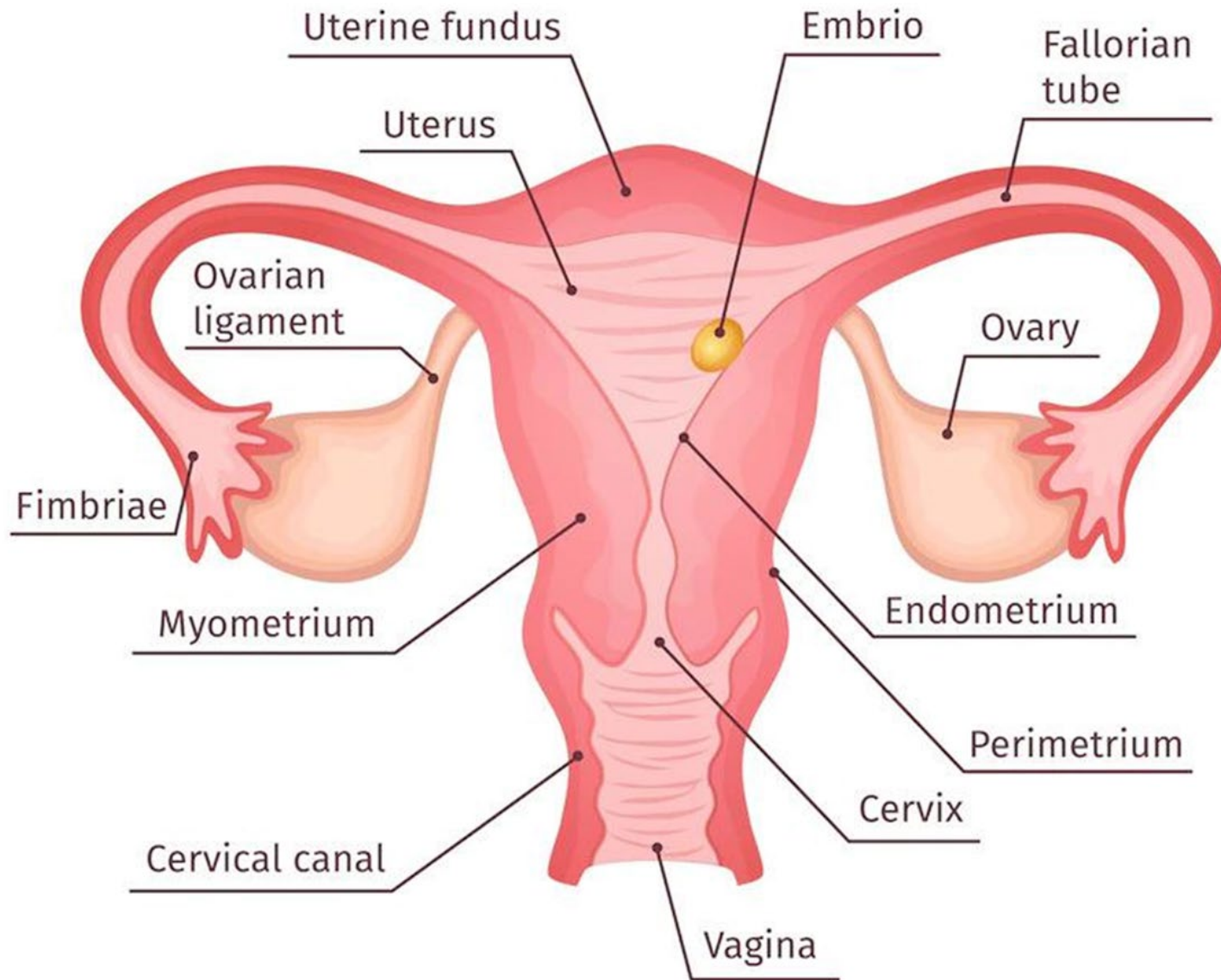


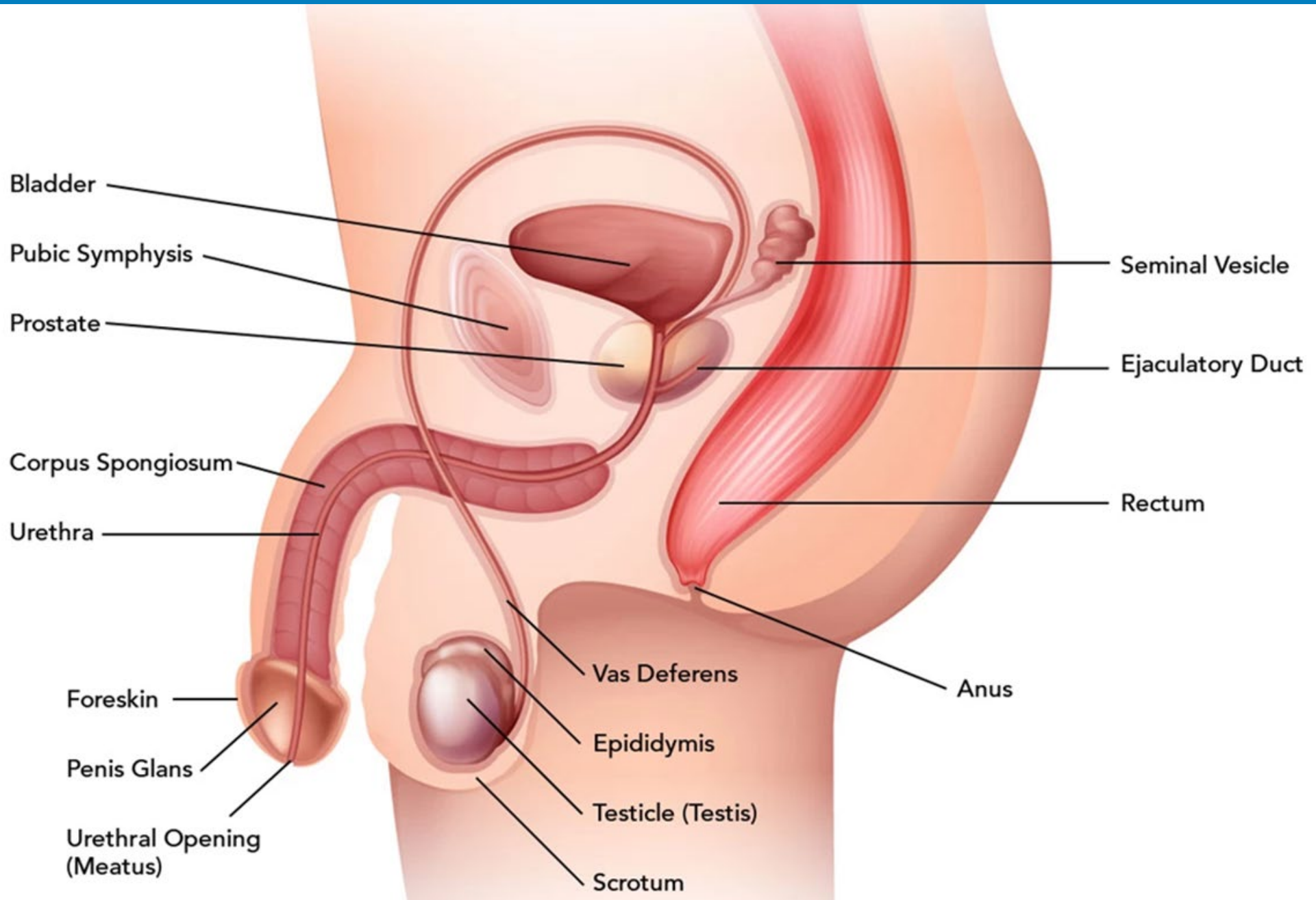
WHAT CAUSES BODY ODOR

Eccrine Glands- sweat glands that we are born with that produce clear, odorless sweat to help us stay cool.

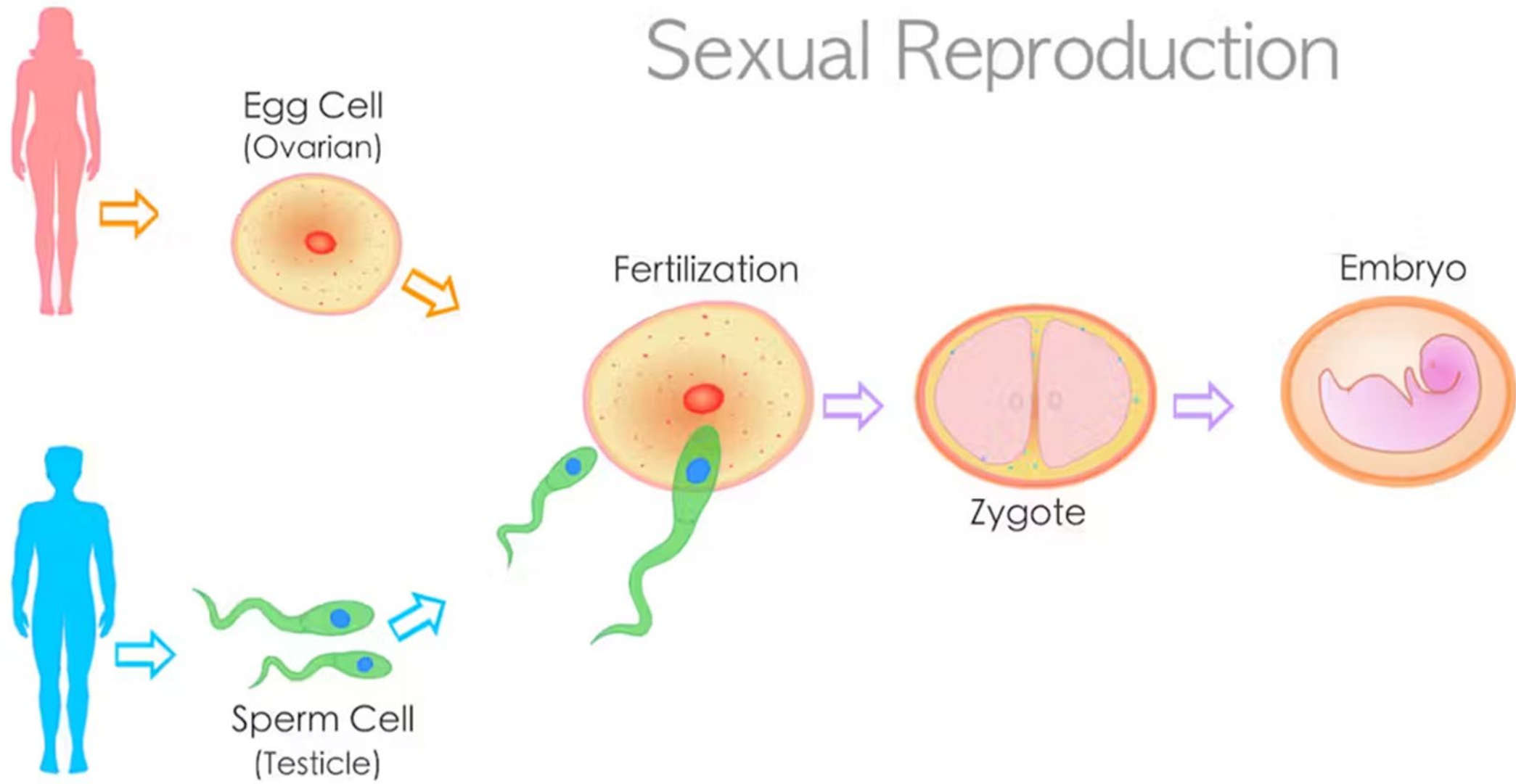
Apocrine Glands- sweat glands that are activated as we go through puberty. These glands produce sweat also, but when this sweat mixes with the natural bacteria on our skin, it causes body odor.

FEMALE REPRODUCTIVE SYSTEM





Sexual Reproduction



Abstinence is refraining from engaging in any sexual activity.

Abstinence is the only guaranteed way to prevent pregnancy or STI



WHAT IS AN STI

A Sexually Transmitted Infection (STI) is an infection passed from person to person through sexual contact and is caused by a bacteria, virus, or parasite.



QUESTIONS?

THANK YOU!

LAINI MCNANEY, RN
CUSTER SCHOOL NURSE