Middle School Health

Unit One - Personal Hygiene

Week One

The Importance of Personal Hygiene

Note to parents, please check all links prior to allowing your child to access the internet to ensure they have not changed and keep in mind that all videos should be inspected prior to viewing to ensure you deem it's appropriate for your child. In addition, some websites include rotating ads or links that should be carefully monitored.

As you're nearing the teenage years of your life, it is becoming increasingly important that you understand the importance of personal hygiene.

This week you'll discover what personal hygiene is, why it is important, basic personal hygiene tips, and more.

Sometimes you may not notice that you need to be more intentional about your personal hygiene habits, so it is important to listen to family and friends that may be reminding you to take care of yourself.

Personal hygiene takes only a few minutes a day. Starting a daily hygiene routine will greatly benefit you and your health throughout your life.
Articles

What is Personal Hygiene?

What is the Importance of Personal Hygiene?

What is Personal Grooming?

The Importance of Good Personal Hygiene

Hygiene Basics

Tween Boy Hygiene

Videos

Basic Hygiene

Hygiene Tips for Teenage Girls (Parents, you may want to stop the video at 7:50 because it covers personal topics for girls and uses terms/language that may be offensive or questionable.)

SchoolhouseTeachers.com note: Parents should closely monitor children’s use of YouTube and Wikipedia if you navigate away from the videos and articles cited in these lessons. We also recommend viewing the videos on a full screen setting in order to minimize your students’ exposure to potentially offensive ads.

Online Quiz

How Well Do You Take Care of Yourself?

Printables

Personal Hygiene Tracking Chart
Why is it important for you to have a daily personal hygiene routine?

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What steps should be part of your daily personal hygiene routine?

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How do you need to improve your current daily personal hygiene routine?

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Why is a good daily personal hygiene routine important to you?

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