



Boulton-Hawker Films Limited

Combs Tannery, Stowmarket, IP14 2EN

www.boultonhawker.co.uk

Tel: 01449 616200

Fax: 01449 677600

E-mail: sales@boultonhawker.co.uk

PERSONAL HYGIENE

Length: 25 minutes

DVD SUPPORT NOTES

Prepared by Video Education Australasia, 2004

PERSONAL HYGIENE

Brief Summary of the Programme

This programme explores issues associated with young people and personal hygiene and looks at ways of achieving and maintaining healthy hygiene practices. It focuses particularly on keeping the skin clean, looking after hair, dental hygiene, nasal care and hand washing.

The programme features comments from Dr Rosemary Lester from the Department of Human Services and Dr Meredith Metia from the Australian Dental Association regarding dental care.

A separate section at the end of the programme covers aspects of personal hygiene during menstruation.

This programme would be useful when looking at personal hygiene as a general topic with a class but may also have a role for sensitive use by health/welfare professionals with individuals.

Programme Timeline

00:30	Introduction
01:48	The importance of hygiene – to help prevent infection illness and disease, to avoid social problems, skin an important barrier for germs and needs to be kept clean
03:07	<i>Summary</i>
03:33	Washing, bathing and showering – shower or bath at least once a day, wash every part of the body, “smell-good” products aid freshness, wash clothes regularly and air shoes
06:49	<i>Summary</i>
07:23	Looking after hair – wash hair regularly to prevent oil/sweat build up and avoid infection/dandruff, head lice cause scalp irritation/infection, but can be treated with insecticide or conditioner and comb
10:33	<i>Summary</i>
11:07	Oral hygiene – bacteria in mouth cause plaque and tooth decay; regular teeth cleaning prevents decay, gum bleeding and bad breath; avoid excess sugar
14:03	<i>Summary</i>
14:38	Your nose – cold/allergies cause mucus build-up, use tissues/handkerchief to keep nose clean
16:36	<i>Summary</i>
17:04	Washing hands – hands make most contact with germs and dirt; wash thoroughly before handling food, eating and after using toilet
19:02	<i>Summary</i>
19:32	Conclusion – brief summary of programme
20:14	Menstruation – frequency and duration of menstruation; use of sanitary pads and tampons - change regularly to avoid infection, proper disposal, extra care in hygiene procedures during menstruation.
23:39	<i>Summary</i>
24:26	End credits
24:53	End programme

Suggested Activities Prior to Viewing Programme

- ✍ Make a list of all the things that you can think of that people do everyday to look after their own personal hygiene.

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Student Response Sheet

1. What is the body's most important barrier against infection?

2. Why should we wash regularly?

3. Why do we sweat?

4. According to this programme what are some of the ways that you can keep your body smelling fresh?

5. What are headlice?

6. What are the two different ways that an infestation of headlice can be treated?

7. What are four different things that can happen if teeth are not cared for properly?

8. What is tooth decay?

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9. How should you care for your teeth?

10. Why should you cover your nose/mouth when coughing or sneezing?

11. Name three important things to remember to ensure good nose hygiene?

12. Why is it important to wash your hands?

13. When is it most important to wash your hands?

Added questions regarding hygiene during menstruation

14. Tampons should be changed regularly to prevent what infection?

15. How should tampons and pads be disposed of correctly?

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Answers to Questions

1. The skin acts as the body's main barrier against the invasion of microorganisms.
2. We should wash our skin regularly to remove sweat and dead skin cells which can clog up our skin pores and to help prevent social problems that may occur when people smell unpleasant.
3. The most important function of sweat is to assist in the maintenance of our internal body temperature. It also gets rid of some waste products from the body.
4. Some of the ways that you can keep your body fresh is by washing daily, changing clothes regularly, brushing teeth twice daily, washing hair when required and by using hygiene products like deodorant if desired.
5. Headlice are small insects that live in hair, they lay eggs called nits. Headlice cause scalp irritation and spread easily.
6. Insecticide or applying conditioner to dry hair and combing through with a fine tooth comb.
7. Tooth decay, tooth ache, bleeding gums, discoloured teeth, bad breath.
8. Tooth decay occurs when bacteria in the mouth causes plaque which can cause acid which can attack the teeth and cause tooth decay.
9. Caring properly for your teeth includes brushing twice a day- morning and night, eating a healthy diet limiting sugary foods, flossing once a day after brushing, having teeth checked by a dentist twice a year and using toothpaste containing fluoride.
10. To prevent spread of infection from bacteria and viruses present in the respiratory tract.
11. Bacteria and viruses spread easily, use hankies/tissues when you cough, sneeze or need to blow your nose, dispose of these properly, and wash hands after use.
12. It is important to wash your hands to prevent the spread of germs and infection. Hands most frequently come into contact with dirt and germs.
13. It is most important to wash your hands after using the toilet, before handling food and after using tissues or hankies.
14. Tampons should be changed regularly to prevent toxic shock syndrome.
15. Tampons and pads should be disposed of by wrapping them in paper and placing them in the bin or sanitary disposal unit. They should never be flushed down the toilet.

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Suggested Activities After Viewing the Programme

- ✍ In small groups or individually, students pick a life stage (baby, childhood, adolescence, adult, old age) and present information on personal hygiene requirements for this group. Presentation format could include art work, writing or Power Point presentations. Issues to think about would include:
 - What is the difference in personal hygiene needs for one life stage to the next?
 - Who is responsible during the different life stages for personal hygiene requirements?
 - Are some things more important than others?

- ✍ Students could be allocated a case study of different individuals with differing personal hygiene requirements (e.g. a family with three small children, an elderly person with a chronic illness, an adolescent with a severe case of acne, etc.). Students could be allocated an imaginary budget to purchase personal hygiene products. Students could research what products might be required, their cost and how items might be prioritised.

- ✍ **Discussion topics:** Activity could be undertaken in small groups or as a whole class.

Topics could include:

- What role might personal values play when thinking about personal hygiene issues?
- What other factors may play a role for an individual's capacity to care for personal hygiene issues?
- Do different cultures have different beliefs regarding personal hygiene issues, what might some of these be?