

Human Growth & Development



Healthy
Lifestyle

Ground Rules



- ✓ Be Respectful
- ✓ Exhibit Maturity
- ✓ Demonstrate Patience

Introducing...



The Question Box

Ahhh... Sleep



On average,
adolescents need
10 hours of sleep
per night

Remember to Eat Healthy

- ✓ Make half your grains whole
- ✓ Vary your veggies
- ✓ Focus on fruits



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Remember to Eat Healthy

✓ Focus on Fats

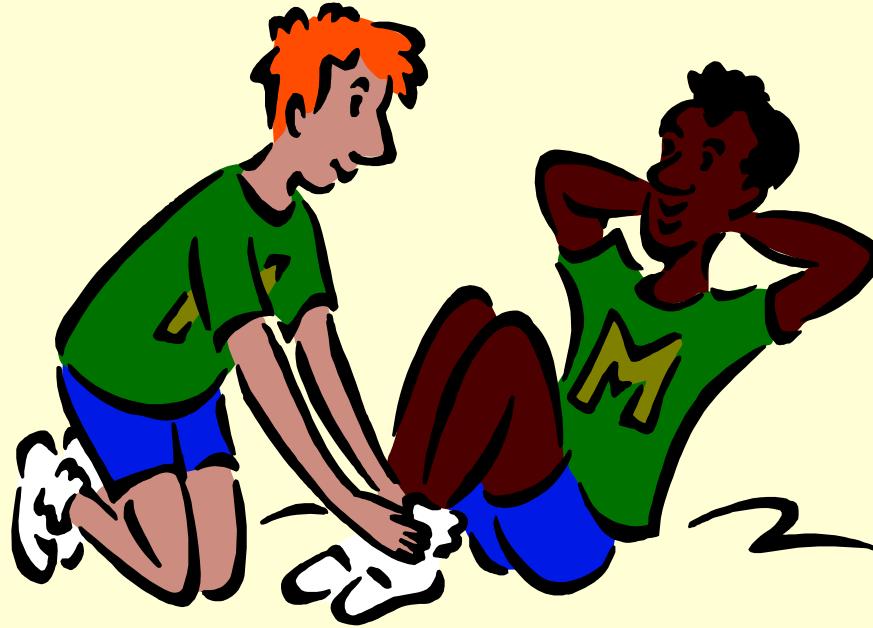
✓ Get Calcium
rich foods

✓ Go lean on
protein



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Remember to Be Active



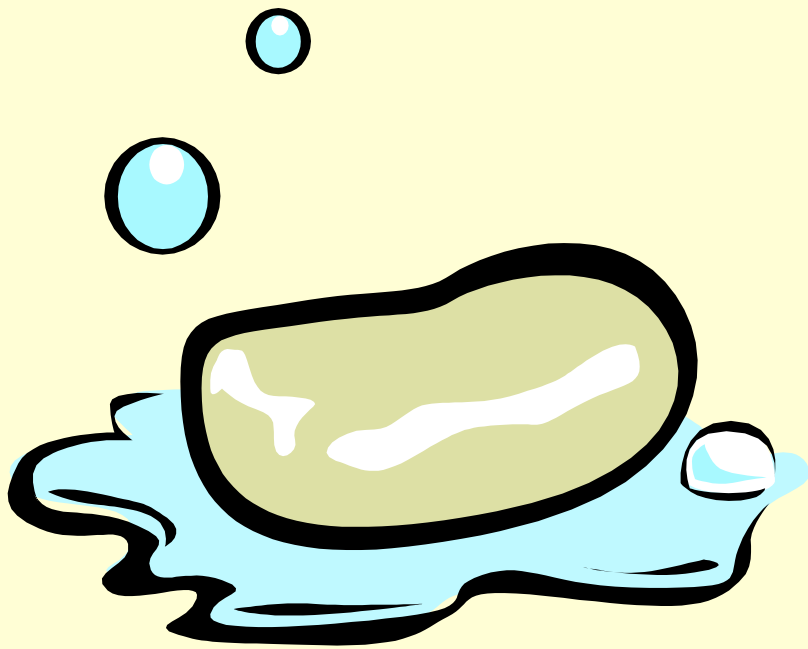
Get at least 60 minutes of
physical activity per day

Avoid the “PU” in Puberty



The body is perspiring and mixing with bacteria...
causing
Body Odor

A Little Soap Goes a Long Way...



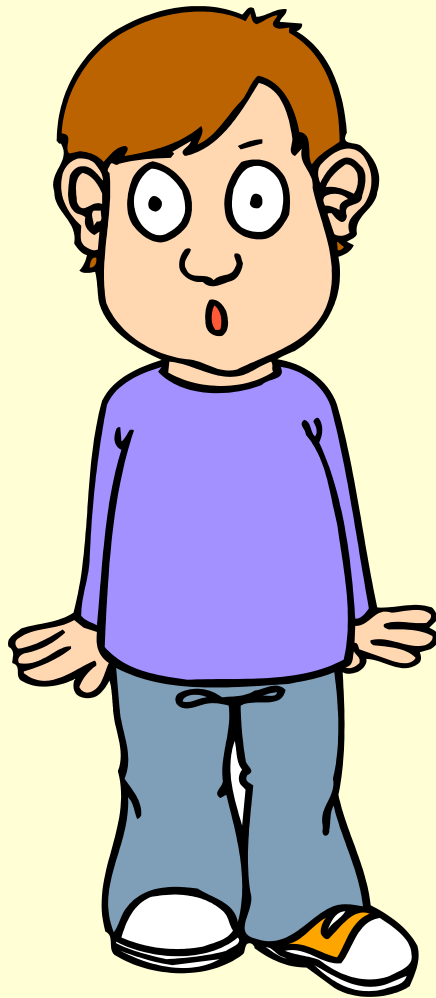
- ✓ Regular showers & baths will cut down on body odor
- ✓ Don't forget the anti-perspirant or deodorant

Can Soap Help Acne Too?



Washing your face
1-2 times per day
with a mild soap
will help control
pimples

Accurate Acne Info?



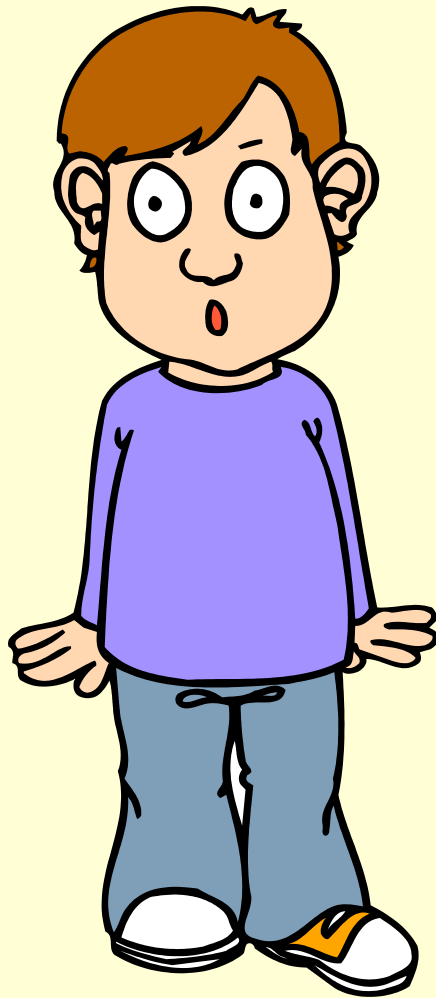
✓ To avoid outbreaks wash your face at least 5x/day

MYTH

✓ It's important to use a lot of acne medication

MYTH

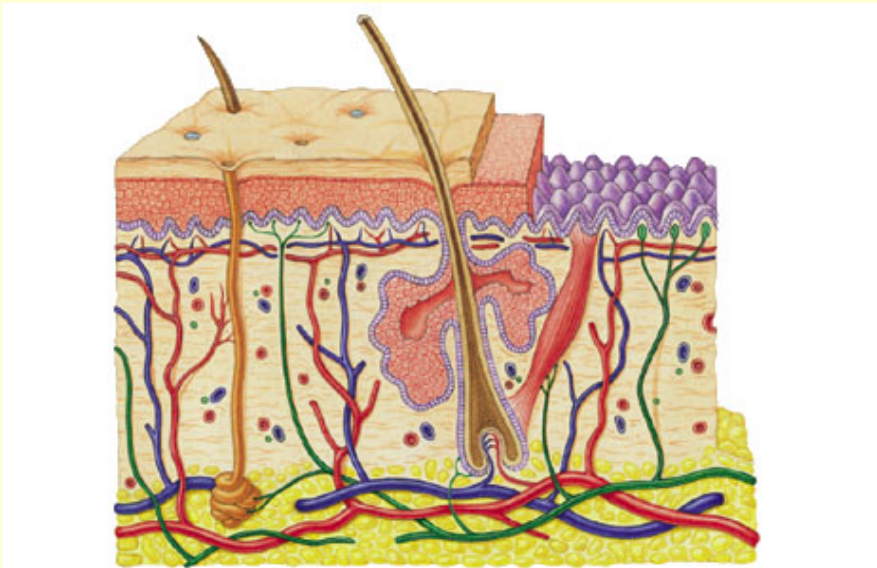
Accurate Acne Info?



✓ Eating junk food will increase your outbreaks

MYTH

What is Acne?



When sebum, bacteria & dead skin cells are trapped or partially trapped below the skin's surface

Who Gets Pimples?



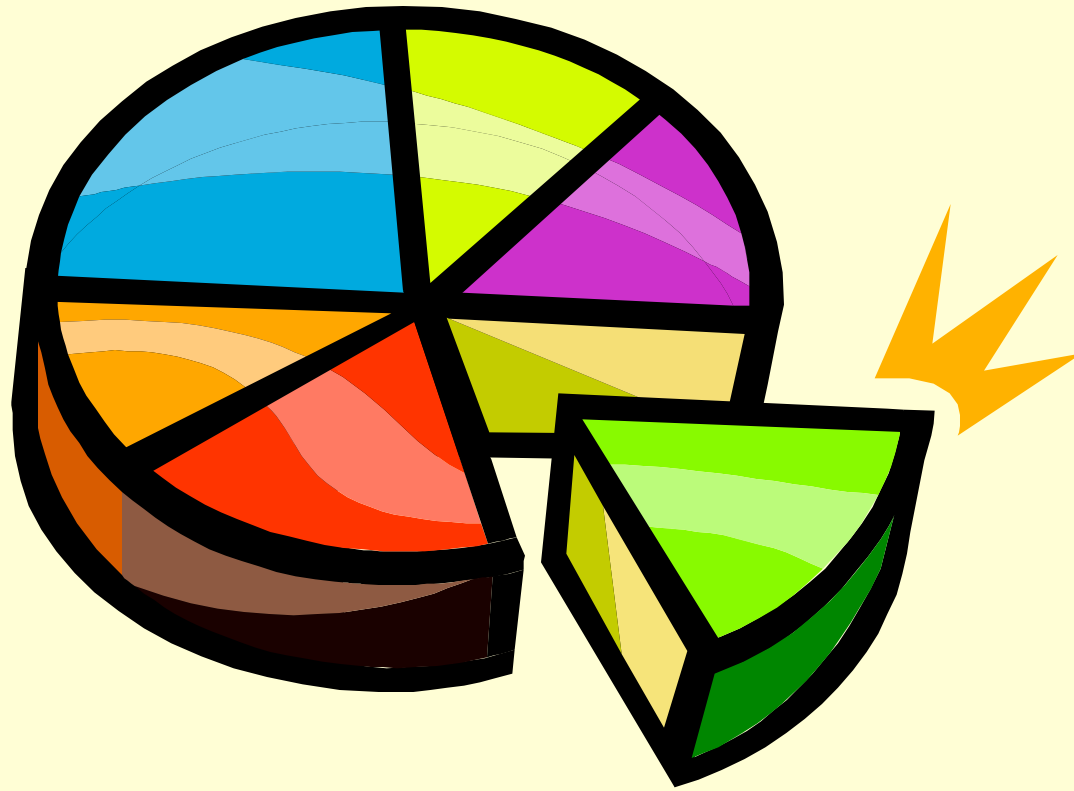
During puberty, approximately 100% of adolescents will have some form of acne

Avoid the Urge to Pop



Squeezing pimples
can lead to
scarring...
remember resist
the urge to pop zits

Piecing It All Together



Dial of Destiny

The End

