



## One minute guide to...

### Body Responsibility

#### What is it?

With puberty comes responsibility. So what's really happening during puberty — it's all new chemicals moving around inside your body, turning you from a teen into an adult with adult levels of hormones. These hormones are not stable. Sometimes they flood your body and sometimes they meander about. They are the cause of increased body oils, sweat, hair in funny places, growth spurts. As you get older you get more responsibility and independence for your body. What you put in it, how you look after it, what level of exercise you give it and how you keep it clean and ultimately healthy.

#### What to do with this new body responsibility:

- Parents, carers, teachers, friends are not responsible for keeping your body clean. It's called Personal Hygiene. It's yours...personally!
- The key is routine... if you don't have one you need one. By this we mean frequent & regular actions to stay clean and fresh. **Sleep, wake, wash, clean teeth, eat, move, bathe / shower, clean teeth, sleep.**
- The power of sleep. For teens, profound mental, physical, social, and emotional development requires good quality sleep <http://www.sleepfoundation.org/>. You should be aiming for 8-10hrs a NIGHT keeping to the same bedtime & wake time. <http://www.sleepforkids.org/>
- When you reach puberty, a new type of sweat gland develops in your armpits and genital areas. Skin bacteria feed on the sweat this type of gland produces, and this can lead to body odour (BO). If you wash your body and change your clothes regularly, especially after physical activity, it'll help to reduce the build-up of bacteria and avoid BO. Changing underwear and other clothes worn next to the skin is especially important. These clothes collect dead skin cells, sweat and body fluids, which bacteria love to eat. That's why you get smelly. If you can use soap / shower gel paying attention to bits, pits, and feet. Wash hair regularly. Use an antiperspirant or wash armpits every day. There are many products that are deodorants but not antiperspirants. These products simply cover up odour. Antiperspirants stop BO by controlling how much you sweat.
- Smelly feet and shoes can also be a problem, whether you're sporty or not. You can avoid this issue by giving feet extra attention in the shower and making sure they're completely dry before putting shoes on.
- Facial skincare doesn't need to be a whole heap of products. Wash the night or days oils and dirt off with warm water twice a day and if you have a moisturiser apply after.
- Brushing teeth twice a day, flossing and going to the dentist regularly are vital if you want to avoid bad breath, gum problems and tooth decay. You cannot have braces if your brushing technique is rubbish. This are the last set of teeth you'll get, look after them.

#### Further Information:

<https://www.healthforteens.co.uk/> A website for young people aged 11+ to promote a healthy body and mind.

<http://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/problems-sleeping/>

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