

Acne Cream

- **Some lotions and creams have ingredients/medication in them to help prevent and clear up minor acne like pimples and blackheads.**
- **Acne creams are sold at drug stores.**
- **Be sure to follow the directions exactly.**
- **Some people experience serious acne and can get help from a doctor who can prescribe stronger medication or cream.**



Active Living

- **Physical and recreational activities such as sports, walking and having fun with friends outside improve mental and physical well-being.**



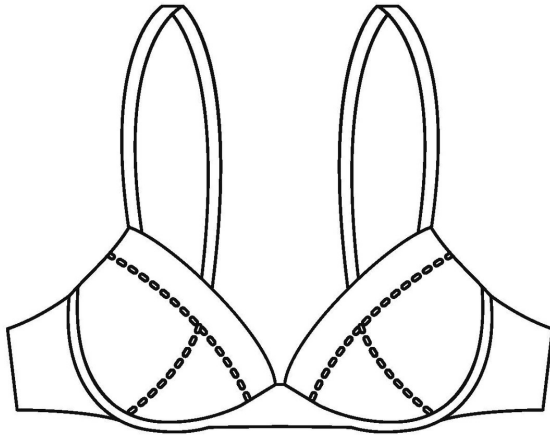
Athletic Supporter

- **Can be worn as support or protection for genitals during contact sports (e.g., hockey, football).**



Bra

- **People can wear a bra for comfort, modesty and support as their breasts develop. Some people choose to wear a bra daily.**
- **Some males develop breast tissue for a year or more, but this will usually go away.**



Brush & Comb

- **A comb or brush can be used to untangle, manage and style hair.**
- **Some people may choose to spend more time styling their hair, as concerns about appearance may become more important to them.**



Deodorant/ Antiperspirant

- **Can be used in addition to daily washing of the underarms.**
- **Antiperspirant stops sweat from forming and deodorant is an absorbent odor remover.**
- **Check ingredient list for allergies or other concerns.**



Hat

- **Hats are good protection from the sun's heat and damaging rays.**
- **Hats or caps can become dirty. Wash or change hats regularly to keep germs, dirt, old sweat and oil from being rubbed onto the face or hair.**



Healthy Eating

- **Health eating is a very important part of a healthy lifestyle.**
- **Healthy eating includes eating foods from each of the four food groups.**
- **Healthy foods give us energy, help our muscles and bones stay strong and protect us from getting sick.**



Hot Compress

- **Heat from a hot compress may help with menstrual cramps.**



Ibuprofen

- **Exercise, a warm bath, hot compress or over the counter medications such as ibuprofen may help with menstrual cramps and discomfort.**
- **Do not take any medication without asking a parent or guardian first.**
- **If you take pain medications be sure not to take more than the recommended amount.**



IBUPROFEN

**100 Tablets
200 mg**

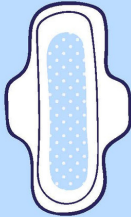
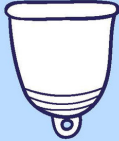
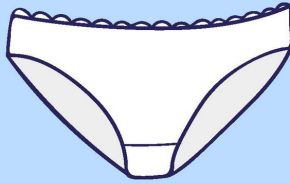
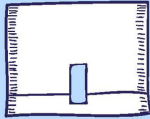
Laundry Soap

- **Wash clothes often with laundry soap.**
- **Wear clean socks and underwear every day.**



Menstruation Supplies

- **Used to manage menstrual flow.**
- **Can be bought at drug, grocery, convenience and health stores.**
- **You can keep extra menstruation supplies handy in a locker or bag.**
- **Choose products that are unscented.**
- **Never put used menstruation supplies in the toilet.
Always put used supplies in the garbage.**



Razor

- **Some people remove the hair on their face and parts of their body; others do not.**
- **Never share razors, as the used blades can spread bacteria, fungus or a virus that can cause an infection.**
- **Pubic hair (on genitals) is normal and healthy. Some people may choose to remove pubic hair, if you have questions about this talk to a trusted adult.**



Shampoo

- **Used to wash away oil and dirt from hair and scalp.**
- **Some people wash their hair every day or two; some less often.**
- **Over-washing can increase oil production and irritate the scalp.**

— Lorem ipsum —
— dolor —

SHAMPOO

ADVANCED

Pellentesque

vel neque turpis, et malesuada
risus. Maecenas sem justo,
molestie ut lacinia in, gravida
a tellus.

250ml 8.3fl.oz.

Shaving Foam/Gel

- **Shaving with shaving foam or gel feels better as it reduces friction. It also lowers the risk of razor burn or skin irritation.**
- **Some people use soap and water instead of shaving foam/gel.**



Soap/Shower Gel

- **A mild or unscented soap in bar or liquid form is used for showering or bathing and for washing the face.**
- **If a person doesn't shower or bath daily, it is important to remember to wash the feet, neck/ears, armpits and genital-anal area daily.**
- **Scented, deodorant soaps may cause dry skin or irritation.**



Socks

- **Wash feet and wear clean socks every day.**
- **Occasionally, wash the insoles of shoes.**



Toothbrush, toothpaste & dental floss

- **Brush and floss teeth at least twice a day.**
- **Also brush tongue and inside of cheeks.**
- **Visit the dentist once or twice a year.**
- **Do not share toothbrushes.**



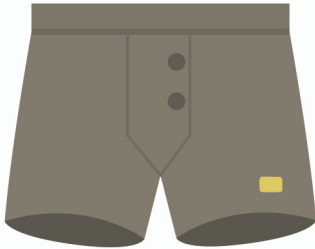
Cotton T-shirt

- **Natural fabrics such as cotton allow the skin to breathe. Clothes made from these fabrics may be more comfortable to wear.**
- **It is important to wash clothes often.**



Cotton Underwear

- Cotton underwear allows the skin to breathe and helps to keep moisture away from the body.
- Synthetic underwear such as nylon, polyester, rayon or very tight underwear may increase the risk of yeast infections.
- It is important to wear clean underwear every day.
- Underwear should be comfortably loose. This allows the scrotum to move close to or away from the body to adjust the temperature of the testicles, to promote the growth of healthy sperm.



Washcloth/Bath sponge

- **A clean washcloth or sponge can be used twice daily to wash the face with warm water and mild soap.**
- **Generally, no other skin care products are necessary unless advised by a doctor or parents.**



Water Bottle

- **Drinking water is important, especially during physical activity and hot weather.**
- **Plain water is the easiest, least expensive and doesn't cause tooth decay.**
- **Drinks high in caffeine, sugar or that are artificially sweetened such as pop, energy drinks, coffee, sports drinks and juice should not replace water in a healthy diet.**
- **It is important to not share water bottles or other objects like forks, chap/lip stick and straws, as they can spread germs that can cause you to get sick.**

