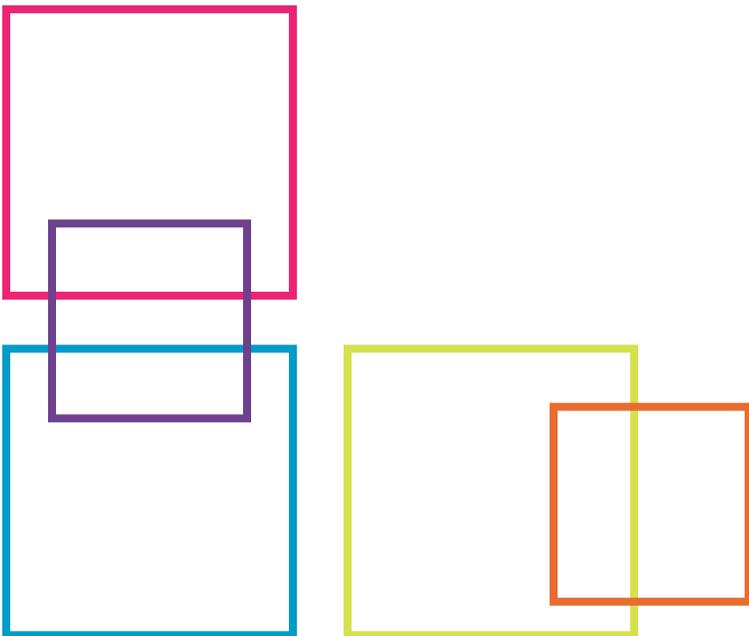


MODULE 3



TELL IT LIKE IT IS

Sexual Health + Wellness Education



“Touch My Body” - Mariah Carey

CHECK-IN

- Briefly review the main concepts covered during the previous module
- Address any questions or concerns that participants may have at this time
- Introduce the concepts that will be covered during this module

TOPICS TO BE COVERED:

- Body Image
- Caring for our Bodies
- Review of Body Parts
- Public and Private Places
- Personal Hygiene

INTRODUCTION: CARING FOR OUR BODIES

Maintaining our physical health involves caring for our bodies through balanced eating, movement and exercise, safer sex practices, getting enough sleep, and more. These self-care activities help us maintain a healthy body and lifestyle. Another important self-care practice is personal hygiene. Personal hygiene refers to cleaning and caring for our bodies. Knowing about our body parts helps us take better care of our physical and sexual health. It’s okay to be curious about our bodies, and important to talk and learn about them in a safe space.

BODY IMAGE

Each and every person has a body. All bodies are unique, no two are the same, and that is what makes us special as individuals. Every body is a good body. Sometimes bodies, and how bodies are portrayed, can be complicated too. In every society, there are different expectations about what our bodies should look like, and what we should do with them. Sometimes, the way you are treated in the world is influenced by what your body looks like. Sometimes, other people’s expectations about our bodies won’t align with the way we look, or see ourselves. But, your body is your own, and you are allowed to make the choices that feel best for you.

OUR CHANGING BODIES

As we transition from being children to becoming teenagers, and eventually adults, our bodies change and grow with us. Our body changing from a child to an adult body is called puberty. During puberty, we might notice our body parts start to change.

PUBERTY IN THE MALE BODY

Puberty in the male body typically begins between 12-14 years of age. It can begin as early as 10 years and as late as 17 years. During puberty, a male may experience growth spurts and the penis and scrotum (testicles/balls) get bigger. Hair, called pubic hair, may start to grow around the penis. Males will also develop facial hair, underarm hair, and body hair. An individual's voice may begin to deepen and they may start to experience a range of new romantic thoughts, sexual feelings, and mood changes. Males will also start to experience what is called an erection. An erection is when the penis becomes hard or stiff and stands up. Erections are normal and can occur when the person has sexy thoughts, needs to go pee, or for no reason at all. The penis and testicles also develop the ability to ejaculate. This is when a thick white liquid called semen comes out of the penis.

PUBERTY IN THE FEMALE BODY

Puberty in the female body typically begins between 8-12 years of age. It can begin as early as 7 years and as late as 17 years. During puberty, a female may experience growth spurts, weight gain, and breasts starting to get bigger. Breasts may feel tender as they grow and the female may begin wearing a bra for support. Hair, called pubic hair, may start to grow around the vulva. Females will also develop underarm hair and body hair. Females may also start to experience a range of new romantic thoughts, sexual feelings, and mood changes. During puberty, females start to menstruate, which is also called getting a period.

MENSTRUATION

Periods come once a month, every 28-30 days. A female may feel tired, sad, or more emotional a few days before their period. This is called Premenstrual Syndrome (PMS). PMS can make your back feel sore or give you a headache. Many females go through this, and it usually goes away when the period starts. Periods usually last from 3 to 7 days. During this time blood slowly comes out of the vagina. Period blood can vary in shades, ranging from light red to very dark red. A female may experience pain or cramps during their period. Cramps are normal and may feel similar to a stomach ache. A pain medication can be taken to reduce discomfort.

When a female gets their period they use disposable pads or tampons so that the blood doesn't get on their underwear. Some females also use menstrual cups or reusable cloth pads. A pad has two sides, and is sticky on one side, and soft on the other side. The sticky side goes on the underwear. Pads can be worn for 3-5 hours. If it is covered in blood, then it should be changed and thrown in the garbage. After changing a pad, it is a good idea to wipe the vulva clean with toilet paper. A tampon is a small tube made of cotton with a string at one end. The tampon is inserted into the vagina where it will collect the period blood. A tampon can be worn for up to 8 hours at a time. When it's time to change a tampon, the used one can be flushed down the toilet or wrapped in toilet paper and thrown in the garbage.

ACTIVITY: OUR ADULT BODIES

Materials needed: Flip chart, markers, and “My Body” handout (Appendix 3.0)

Begin the module by providing participants with the “My Body” handout (Appendix 3.0) and reviewing body parts. Ask participants to name as many body parts as they can identify. Encourage the group to generate their own answers and help get them started if need be (ears, legs, arms). Prompt participants to name body parts we all share, and those we may not (breasts, penis, bum). This may be a good time to allow for any questions participants have about specific body parts. **Reassure participants that the function of private body parts will be covered in greater detail during upcoming modules.**

ACTIVITY: PUBLIC AND PRIVATE SPACES

Materials needed: Flip chart, markers, and if desired, printed images of a range of public and private places which may include: bathroom in a home, bedroom, front yard, library, mall, coffee shop, grocery store, pool, change room, public bathroom, postal office, a car, a bus, etc.

Begin with a discussion of the types of activities people typically engage in while in public and private spaces then define each one.

- Public places: are places in which we are likely to be with or see other people or other people are likely to see us.
- Private places: are places in which we are by ourselves or with someone else and no one can see us.

On a flip chart, create two columns, one labeled “*Public Places*” and another labeled “*Private Places*.” Have participants place the photos under their appropriate headings. After placing the photos ask participants to explain why they chose to place them where they did. Encourage participants to share examples of additional places we might find in each category. If participants are unsure if a place is public or private, or it could be both, make a third column.

- How do we dress? Once participants have had a chance to discuss private and public spaces, prompt them to discuss how we might dress or cover certain parts of our body based on where we are (e.g., sitting on the beach versus working at the office).
- Self-care and personal hygiene in public spaces: When we are in public places such as a change room, public bathroom, swimming pool, or at the beach, we may need to complete tasks such as changing our clothing, showering, or drying our body with a towel. It is important to maintain an appropriate amount of personal space to ensure that we and others feel comfortable. We can try to be approximately one arm’s length away from others if possible. Participants can stick their arms out to the side and turn in a complete circle to understand what personal space physically looks like. We also want to avoid staring at others, which may make them feel uncomfortable when they are changing clothes or in the nude while in a shared change room. An alternative to using a shared change room or bathroom is using the large single family bathroom that is available at most facilities.

ACTIVITY: THINKING ABOUT PERSONAL HYGIENE

Materials needed: Flip chart and markers

This activity introduces the practices involved in maintaining personal hygiene. Encourage participants to identify what is involved in good personal hygiene and prompt discussion by asking, “How do we...”

- Keep our bodies clean?
- Keep our clothes clean?

Explain: Personal hygiene refers to cleaning and caring for our bodies, which includes washing our hands, bathing, brushing our teeth, and wearing clean clothing. Implementing good personal hygiene practices has both physical health benefits, as well as social and emotional benefits.

It may be helpful to emphasize to participants that keeping our bodies clean and healthy by maintaining adequate personal hygiene makes us feel good about ourselves and helps other people feel good about us as well. This may be a good opportunity to discuss why personal hygiene is important and the physical, social, and emotional impact it can have.

Explain: Keeping our body clean supports our physical health by preventing illness and the spread of germs. Caring for your body can also reduce body odor and improve our overall personal appearance, which contributes to our social and emotional health. Practicing self-care and personal hygiene can improve people’s perceptions of us, particularly in contexts with certain expectations, such as work, school, or in a relationship. Good personal hygiene can also improve our own self-image and boost our self-confidence.

ACTIVITY: HYGIENE FROM HEAD TO TOE!

Materials needed: Suggested hygiene products (bar soap, body wash, shampoo, conditioner, hair brush or comb, nail file, toothbrush, toothpaste, dental floss, deodorant), bag to hold the products. You may want to also include feminine hygiene products.

Please note, this activity can be made more engaging and interactive for participants if each participant receives a bag of the suggested hygiene products. Alternatively, you may have one set of all the products to utilize during discussion and demonstration.

Start by working your way from head to toe and discuss the personal hygiene tasks we complete along the way. You may also want to discuss a typical morning routine to frame the completion of daily personal hygiene practices.

HAIR

Many of us have hair all over our bodies (some more than others). The hair on our heads produces oil that makes it greasy if we don't wash it enough. We also have hair on our genitals to protect them. We can choose what we do with our body hair and style it however we want.

The hair type we have may determine how to best care for it. The most basic approach is using shampoo to wash hair at least every other day. Most people only require a small amount of shampoo—approximately the size of a quarter or loonie. Use conditioner if you have dry or easily tangled hair. Be sure to rinse any product out of your hair afterwards. Brush and style as desired.

GROOMING OUR HAIR

Sometimes people prefer to maintain facial hair and remove body hair. We can style and groom our hair however we want using different methods. Grooming and hair removal methods may include:

- Shaving: Shaving involves the removal of hair by using a razor and shaving cream. People frequently use shaving as a method for removing facial hair, underarm hair, and hair found on the legs.
- Waxing: Waxing involves the removal of hair from the root using wax strips. New hair will not grow back for two to six weeks. Almost any area of the body can be waxed, including eyebrows, pubic hair (called bikini waxing), legs, arms, back, and more.
- Tweezing: Tweezing involves the removal of hair from the root using tweezers. Eyebrows are the area of the body that are most frequently groomed using tweezing.

TEETH

Our teeth should be brushed every day, twice a day, after we eat breakfast and after supper or before bed. Along with brushing our teeth it is important to floss. If we do not brush our teeth often enough it can lead to gum disease or cavities. After brushing be sure to rinse your toothbrush under warm water and store it in a dry place.

HAND WASHING

Frequent and proper hand washing helps to prevent the spread of germs that lead to illness and disease. We should wash our hands before we eat, after we use the washroom, after we sneeze, cough, or blow our nose, and after we touch garbage or anything dirty.

Wash your hands by wetting them with warm water, lathering up with soap, and scrubbing your palms, backs of your hands, knuckles, between your fingers, and your fingertips. Ensure that you scrub for 15-20 seconds. Singing a song like "Happy Birthday" or running through the ABC's two times can help keep track of time.

NAILS

The best time to trim our fingernails and toenails with a nail clipper is right after we get out of the shower. This is when they are softest and easiest to cut. Some people like to use a nail file to smooth out any sharp edges on their nails. If you prefer to keep your nails long, be careful when touching sensitive skin around the genitals.

BODY

The best way to keep your entire body clean is to take a shower. Some people prefer to take a bath. When bathing, be sure to wash your whole body thoroughly with body wash, bar soap, and a loofa if you choose. Spend extra time washing your underarms, genitals, and feet. Individuals with an uncircumcised penis (when hood of skin, called the foreskin, covers the head of the penis) must take extra care to pull back the foreskin and gently wash the area. Ensure that you put on a clean set of clothes after you bathe. You may also choose to wear deodorant under your arms to help control body odour.

FEMININE HYGIENE

Personal hygiene is important when you have your period. You should wash your hands before and after changing a pad or tampon. When you are bathing, wash your genitals and the surrounding area with extra care. Sometimes blood will leak from a pad or tampon on to your underwear. This is a good time to change your underwear and replace the pad or tampon.

CLOTHING

With regular wear our clothing becomes dirty from our body sweat, the outdoors, our indoor environment, cooking, or the items we use day-to-day. As a result, it's important to change underwear, bras, and socks daily. Underwear and socks must be washed after being worn once. It's also important to change shirts, pants or dresses as they become dirty, remembering to also wash them regularly.

FEET

The best time to trim your toenails with a nail clipper is right after you get out of the shower. This is when they are softest and easiest to cut. To keep your toenails healthy and strong, trim them every 2-3 weeks. Trim them straight across, rather than trimming the edges into a curve. Avoid trimming toenails too short as this could result in ingrown nails or an infection. Moisturizing your feet can help to maintain healthy skin and prevent dryness or cracks. If you notice any sores, cracks, or ingrown nails speak to your doctor to ensure you receive the appropriate foot care you need.

Note on access: Some people may not be in a situation where they can bathe regularly.

CHECK-OUT

- Review the main “takeaways” from today’s module
- Address any question or concerns that participants may have
- This may be a good opportunity to complete a “Head, Heart, and Hands” check-out. Head explores elements of ‘what’ and ‘why’, heart explores values, beliefs, and feelings, and hands explores practical skills and tools. Invite participants to pause and reflect on their learning experience, and ask:
 - Head: What’s one thing you learned?
 - Heart: What’s one thing you are feeling?
 - Hands: What’s one thing you can do?

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