

KAHOOT HYGIENE PRESENTATION FACILITATOR'S GUIDE

ACTIVITY OVERVIEW

This activity was developed for educators to use within the classroom to reinforce the Ministry of Education's Healthy Living Strand: Human Development and Sexual Health Grade 4 curriculum, strand D2.4 (2019). *Please note: The below information provides additional discussion and support information as a supplement to the Kahoot Hygiene presentation found online.*

Materials

- Kahoot Hygiene Presentation (see below for how to access slides online).
- [Hygiene Lesson Plan](#)
- Laptops/tablets (enough for each student to participate individually or in groups)

Additional Optional Teaching Aids

- **Pre-Teen Hygiene Kit** – Use the contents of the hygiene kit (hygiene samples) to supplement the Kahoot slide presentation. Contact your school nurse or send an email to csh@wechu.org to request a kit.
- **Handwashing Kit** - Request the kit from your school nurse or send an email to csh@wechu.org to obtain a kit. Kit includes GlitterBug® Potion and black light to complete a handwashing demonstration.
- Access the **Hygiene Lesson Plan** which includes additional topics including handwashing and staying healthy via the following [link](#).
- **Teaching Sexual Health.ca- Inclusive Language**: Using inclusive language in the classroom can promote respect, belonging, safety, and care. This approach also takes into account the circumstances and life experiences that learners may be experiencing. Teachingsexualhealth.ca provides strategies on how educators can incorporate inclusive language into classroom practices to foster a healthy learning environment for all. Here is a federal resource that covers principles and techniques on [Inclusive Writing](#).
 - Here are two resources that cover specifics on inclusive French language: [United Nations Gender-inclusive language](#) and [Translating Gender Inclusive Terms from English to French](#)

Activity Objectives

- The student will be able to demonstrate an understanding of personal care needs and the application of personal hygienic practices with the onset of puberty.
- The student will be able to demonstrate the ability to apply health knowledge and social-emotional learning skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being.
- The student will be able to make connections that relate to health and well-being and how their choices affect themselves and others.

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Activity Structure & Suggested Format

- The activity is for students in Grades 4 and up.
- Students of all genders should participate in the activity together. It is not recommended to combine multiple classes.
- Internet access, a laptop/tablet, and a projector are necessary to play this activity (or access via smartboard).
- The Kahoot Hygiene presentation includes sound throughout the game but is not necessary to complete the presentation. Volume may need to be adjusted or muted for those students who are sensitive to sound.
- The Kahoot Hygiene presentation should take approximately 45 minutes to complete. The Kahoot presentation can be completed in “Classic” mode (each student responds for themselves) or in “Team” mode (students respond in groups).
- If playing in “Team” mode, divide the class into two or more groups. Have each group select a leader who will be responsible for entering the answer on the laptop or tablet. The answers will be determined by the team as a whole.
- Before starting, review the ground rules with the class.
- To access the Kahoot Hygiene presentation, complete the following steps:
 - Login to [Kahoot](https://kahoot.it) with your account information (email address), or create a new account free by following the instructions on the page. Creating a free teacher account will allow access to 40 players.
 - Click on the “Discover” header at the top of the webpage, and search “WECHUSchools” to find the WECHU Healthy Schools Department Kahoot slides and games. Select “Hygiene Presentation.”
 - Have students navigate their electronic device to the webpage [Kahoot.it](https://kahoot.it). Have players enter the numerical code on the Kahoot website, or have students scan the QR code for students to join in.
 - Click on your Profile top right corner of the webpage (between Create and the bell notification)-to switch to a different language for the French version of the game.
- The presentation is a combination of slides and quiz/question slides.
- As students answer the quiz/question slides, they will be awarded points based on correct and fastest pick of the correct answer (speed and accuracy)
- Slides have basic information on each slide. Below is detailed teaching information based on the corresponding slide to supplement the activity.

Presentation Slide/Question Teaching Information and Answers



Slide 1

Title Page: Taking Care of Yourself!

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- Time to talk about why hygiene is important!



Slide 2

Ways to Use this Presentation

- Go to: web link for Kahoot Hygiene Presentation Facilitator's Guide to obtain teaching notes to supplement this presentation.
- Borrow a Hygiene demonstration kit from your school nurse, or contact the Healthy Schools Department: csh@wechu.org



Slide 3

Ice Breaker Activity: Let's Get Physical!

- Have the group do a short physical activity (ex. jumping jacks, run on the spot for about 30 seconds to 1 min).
- Everyone stand up and run on the spot or do jumping jacks for 1 minute!



Slide 4

Icebreaker activity continuation:

- Question: What do you notice happens after being physically active? Ex. Sweat, messy or damp hair, smell, or body odour. Allow these points to lead into the discussion about the importance of hygiene.
- Question: What kind of activities can you do to be active?
 - Basketball, walking, biking, fitness/yoga classes. Being physically active will increase coordination, agility, flexibility, muscular endurance, strength, balance, and cardio-respiratory endurance (the ability of the heart and lungs to perform during activities).



Slide 5

Quiz:

- According to [Canada's 24-Hour Movement Guidelines](#), how much daily physical activity are kids aged 5-17 years old have each day?

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Answer:

- Children 5-17 years should have 60 minutes of moderate to vigorous intensity physical activity daily.
- They should sweat and breathe a little harder, and their heart rate should increase.



Slide 6

Quiz question

- Question: What are the basics of hygiene?
- Answer: All of the above
 - Handwashing, Dental Care, and Body Care



Slide 7

Question: Why sweat? Because it's VERY important!

Discuss what causes body odour, how to prevent it, and how to manage it:

- Just as some glands produce oil, sweat glands can produce sweat (perspiration).
- Perspiration is very important as it helps the body to regulate its temperature. Perspiration cools the skin to help in regulating and cooling the body overall. Perspiration can be triggered by heat, physical activity, physical stress, pain, mental stress, and hormone changes (puberty).
- There are two different kinds of sweat glands.
- The first types of glands are called the **eccrine** glands. They produce perspiration that is clear and odourless. These glands start working when you are born.
- The second types are called **apocrine** glands, and only become active when you start puberty. They produce a different kind of perspiration, which can smell unpleasant when it comes in contact with bacteria on the skin. This smell is known as body odour (B.O.). Many apocrine glands are located under the arms, in the genital area, and on the scalp.

**Sweat glands are everywhere on your body, except on your lips and ears. Ask students to guess how many each person has on their body (about 2.5 million!).*



Slide 8

Quiz question:

Which statements are true?

Answer: All of the above

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Slide 9

Sweat is...

- A coolant and helps regulate your body's temperature by cooling the body overall.
- Sometimes an odour, when sweat mixes with bacteria on the skin
- Caused by physical activity or stress.
- Normal part of puberty and beyond.



Slide 10

Body Care

Things to do into adulthood to help minimize body odour:

- Bathe daily – the first step in controlling perspiration and body odour. Bathing helps remove dirt and oil from the skin and reduces the bacteria that can cause body odour. If you're unable to bath or shower daily, try and sponge bathing specific odour causing areas daily
- Change underwear, socks daily, and clothes regularly as clothes absorb the odours.
- Change your clothes more often if you are physically active during the day.



Slide 11

Body Care continued:

Deodorant/Antiperspirant

- Many of the body's apocrine glands are located under the arms. To help control the smell, one can use an underarm deodorant or antiperspirant.
- You should apply deodorant or antiperspirant to clean skin for it to be most effective and should be applied after washing (this can include, showering, bathing, or washing specific odour-causing areas daily).
- Each individual should choose the product that works best for them. Another tip is to dry the underarms very well before using deodorant or antiperspirant.
- Use deodorant - these are perfumes that help to mask or cover up the B.O. Deodorants can eliminate odor but not sweat. They're usually alcohol-based and turn your skin acidic, making it less attractive to bacteria. Body sprays are also a type of deodorant.
**Be aware of the amount being used due to the perfume sensitivities of those around you.*
- Use antiperspirants - this help to stop B.O. from developing by reducing underarm wetness by temporarily blocking sweat pores, thereby reducing the amount of sweat reaching the skin and

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mixing with bacteria, a main cause of underarm B.O.. They are the only product that actually helps to stop sweat.

- Deodorant and antiperspirant come in different types - solids, roll-on, aerosol and soft solids.



Slide 12

True or False: After gym class, I should wipe and dry well the area I want to apply deodorant or antiperspirant.

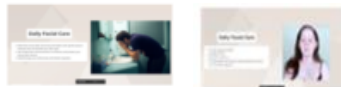
Answer: True



Slide 13

Acne

- *Acne is a normal occurrence during puberty and into adulthood for some individuals.*
- Acne is caused by overactive oil glands and occurs when pores become plugged. Causes include hereditary, hormones, oil, and bacteria. Everyone's bodies are different and may have different skin care needs.



Slides 14 & 15

Daily Facial Care

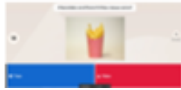
- To get rid of dirt and oil on the face, wash twice daily (morning and night) with a gentle soap or cleanser. Choose a product that will benefit your skin type (ex. for oily or dry skin) or see your health care professional to discuss your skin care options.

Other ways to help prevent acne:

- Use sunscreen. This will help protect your natural skin barrier. Please note, that your skin is more sensitive to UV rays when you use acne treatment products.
- Wash pillow case and sheets regularly
- Don't squeeze or pop pimples (can spread acne-causing bacteria and can lead to scarring)
- Manage your stress (can lead to changes in hormone levels)
- Don't scrub too much (can lead to skin irritation and aggravate acne)
- Use oil-free make-up products if you choose to use make-up, remove daily, and wash brushes regularly.

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Slide 16

True or False Slide

- Question: True or false: Do chocolate and French fries cause acne?
- Answer: False

**Myth: There is no evidence that chocolate and French fries cause acne.*

**There are characteristics of your lifestyle that are thought to contribute to acne and include skin irritants (i.e. chin strap, bra strap, hats), cosmetics, sweating, over washing, medications, menstrual cycle, picking or squeezing acne spots, sun, and stress.*



Slides 17 & 18

Healthy Hair

- Dull and limp hair is caused by dirt, dust, pollution, and perspiration. Hair can be damaged by heat (from curling irons and hair dryers), brush rollers, over-teasing, dyes and bleaches, brushes with sharp bristles, and styles that tug at the roots. Styling products can be used but have different functions: Gels hold shapes and styles. Mousses give a softer hold and sometimes extra volume, hair spray holds style (too much will make hair sticky or hard looking), and waxes may hold styles as well.
- Shampoos and conditioners should be used for all hair types: normal, dry, fine, coarse, and oily. Wash as frequently as required and rinse thoroughly. Shampoo will help remove dirt, oil, and hair products. Conditioners will help detangle and add moisture to hair and help protect it from damage. If hair looks greasy or dirty between washings, it may need to be washed more frequently. Swimming may cause damage to hair because of chemicals in the water. Use shampoo and conditioner immediately after. If hair is cut very short, sunscreen may be needed to protect the scalp and neck from burning when outside.

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Slide 19

Body Hair

- During puberty, some may notice an increase in hair on different parts of the body such as the legs, under the arms, upper lip, or chin.
**Choosing to remove body hair is an individual choice. Some may choose to shave this hair, and may not need to shave very often at first.*

**Myth: Shaving does not cause hair to grow back thicker or faster ([Mayo Expert Answers](#)).*

How to shave:

- Prepare the skin: rinse the area to be shaved with warm water to open the pores.
- Apply a thin layer of shaving cream or gel to help reduce skin irritation.
- Shave the easy areas first. Start with light/gentle strokes in the direction the hair grows to avoid irritation, razor burn.

**Do not share razors and change your razor regularly.*

- Rinse the skin and pat dry, then apply a moisturizer to seal in the skin's natural moisture barrier.



Slide 20

Quiz Slide Question: Place the steps for shaving safely.

Answer: How to shave:

- 1) Rinse the area with warm water.
- 2) Apply shaving cream, gel, or lotion.
- 3) Shave easy areas first and in the direction of how the hair grows.
- 4) Rinse, pat dry, and apply moisturizer.



Slide 21

Word Cloud Slide – Students type their ideas based on the title below:

- Name some things you can do to keep your mouth healthy and clean



Slide 22

Dental Care

Good care of the mouth is important in the prevention of cavities and halitosis, also known as bad breath. Persistent bad breath can be a sign of gum disease, dry mouth, or poorly maintained oral care.

Things that can be done to keep the mouth healthy and fresh:

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- Brush with toothpaste for 2 minutes at least twice a day, first thing in the morning and before bed.
- Always use a soft bristle brush and toothpaste containing fluoride. Brush teeth on all surfaces. Finish with the tongue, the roof of the mouth (palate), and floss between all of the teeth.
- When snacking and you do not have access to a toothbrush, rinse the mouth with water whenever possible.
- Visit the dentist regularly for a cleaning and check-up (minimum yearly).
- Change toothbrush every 3 months or when able to replace it.

**The WECHU has dental programs that might support a student who does not have dental coverage: [Health Smiles](#).*



Slide 23

Don't get sick...

- Use a spray bottle, or the spray bottle from the borrowed Hygiene kit and spray water while mimicking coughing or sneezing to demonstrate how far droplets can travel and spread, then proceed to discuss proper coughing, sneezing, and hand hygiene etiquette.
- Wash your hands well!
- Cover your cough with your elbow or tissue!
- Stay home if you're sick!

[Resources for coughing and sneezing etiquette](#) including posters.



Slide 24

Brainstorm question: What are some other ways you can stay healthy?

Students can add up to 3 typed answers in Kahoot.



Slide 25

Poll Question: Who learned something new today?



Slide 26

Questions?



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REFERENCE RESOURCES:

[Always Changing & Growing Up from Ophea](#)

[Bug Out from Red Cross Canada](#) (Booklets included in the WECHU Handwashing Kit)

[Canadian Dermatology Association](#)

[Ontario Dental Association](#)

[Canadian Physical Activity Guidelines](#)

Teachingsexualhealth.ca