



Lesson 9

Journal entry

**What are some ways
you take care of
your health?**



Healthy behavior

**Taking care of
your sexual health.**



By the end of this lesson, you will be able to...

- 1. Describe practices to protect sexual health.**
- 2. Summarize the benefits of good hygiene practices.**
- 3. Explain the importance of seeking help for sexual health issues.**



Taking Care of Sexual Health

One of the changes of puberty is learning to take care of your sexual health. Keeping your body healthy is important for everyone, and especially for young people who plan to have children one day. The more you know about how your body works, the easier it is to know what's normal for you and to notice any problems.

► Things for Everyone to Know

Hygiene: The word *hygiene* refers to keeping things clean to stay healthy. Teens are active with school, friends, sports, hobbies and lots of other things. When you reach puberty, your body becomes more active inside too. Your glands and hormones cause you to sweat more and can make your skin more oily, so it's important to clean your body more often.

Here are some things to do:

- Bathe or shower every day. Some people need to wash more often than others. Wash with soap and water, and be sure to clean your armpits, feet and between your legs.
- Use deodorant or antiperspirant. Wait until your body cools down after you shower or bathe to put it on.
- Wash your hair often. It can get extra oily when you're going through puberty.
- Wear clean clothes and change your socks and underwear at least once a day.
- Keep the genital area clean and dry.

Risks of having sex: The best choice for teens is to be *abstinent*, or not have sex. Teens who have sex risk getting pregnant or causing a pregnancy. They also risk getting a *sexually transmitted infection (STI)*. An STI is an infection that is passed by sexual contact. STIs can cause uncomfortable symptoms and lead to health problems, including not being able to have children later. All STIs can be treated, and most can be cured. But some STIs stay in your body for life and can continue to cause problems.

1. What questions do you have about the information in this section?

Student Workbook page 35

What questions do you have about the information?



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What questions do you have about the information?

What are the most important things everyone your age should know about taking care of their sexual health?



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