



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
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Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

You wake up in the morning and look in the mirror only to discover a new pimple has appeared. How did this happen? What's the best way to treat it? The following discussion questions and activities will help your students learn what the skin does and how to care for it properly.

Related KidsHealth Links

Articles for Teens:

Skin, Hair, and Nails

KidsHealth.org/teen/your_body/body_basics/skin_hair_nails.html

Tips for Taking Care of Your Skin

KidsHealth.org/teen/your_body/take_care/skin_tips.html

Why Do I Get Acne?

KidsHealth.org/teen/your_body/skin_stuff/acne.html

Can I Prevent Acne?

KidsHealth.org/teen/your_body/beautiful/prevent_acne.html

Myths About Acne

KidsHealth.org/teen/your_body/skin_stuff/acne_myths.html

Tanning

KidsHealth.org/teen/safety/safebasics/tanning.html

Indoor Tanning

KidsHealth.org/teen/your_body/skin_stuff/indoor_tans.html

All About Eczema

KidsHealth.org/teen/your_body/skin_stuff/eczema.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. The skin, hair, and nails do a lot for us each day. How do you think they protect us? Keep us warm? What can happen if the skin is not functioning properly?
2. There are many problems that can occur on the skin's surface, even when you take good care of it. Brainstorm a list of skin conditions that may arise and how you think they can be treated.
3. What are the best ways to care for your skin? What are some things people do to care for their skin that may actually damage it?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

The Substance of Skin

Objectives:

Students will:

- Learn the function of the skin, hair, and nails
- Identify the layers of the skin and how they help the skin do its job

Materials:

- Computer with Internet access
- The Substance of Skin handout (available at: KidsHealth.org/classroom/9to12/body/parts/skin_handout1.pdf)
- Plain, unlined paper
- Art supplies (colored pencils, markers, crayons)

Class Time:

3 hours

Activity:

When was the last time you really thought about what your skin, hair, and nails do for you each day? Skin is probably the most underrated organ in the body, though it is the largest and can weigh up to 9 pounds! Read the articles at KidsHealth to learn more about the skin, hair, and nails and how they work. Using the story map, write a picture book for younger children that tells the story of what skin, hair, and nails do each day. Create a main character to narrate your tale, along with a setting and main events that will occur throughout the day. While planning your story, determine what is most important for young children to know and how to best convey your ideas. Use illustrations that help to explain what the skin, hair, and nails do, and create a title that appeals to a younger audience.

Extensions:

1. Read your book to a small group of younger children at your school. Consider what questions they might have about your book and be ready to answer them!
2. Create a second book that explains the various skin conditions that can occur and how they can be treated.



Skin Care Basics

Objectives:

Students will:

- Identify ways to properly care for the skin
- Discover myths about caring for the skin

Materials:

- Computer with Internet access
- Pen and paper
- Art supplies (colored pencils, markers, crayons, scissors)

Class Time:

1½ hours

Activity:

When was the last time you popped a pimple to make it go away faster? Or scrubbed your face extra hard to get rid of unwanted acne? These are just two common ways that teens attempt to make their skin look better but are actually making it worse. Using the articles at KidsHealth, write a magazine article for teens that explains the proper methods for caring for the skin each day – whether it’s dealing with acne or preventing wrinkles. First decide what information your peers need to know about daily skin care, as well as some of the myths about it. Include pictures that you draw or find on the Internet to illustrate your ideas, and create a catchy headline to capture your readers’ attention.

Extensions:

1. Write a classified ad for a new skin-care product. Who would want to buy the product? What does the product do? What skin condition will it prevent or treat?
2. Take a poll to find out how your peers care for their skin. Once you have the information, determine the percentage of people who use unhealthy practices to care for their skin and the percentage of people who use healthy practices. Write a letter to your principal discussing your findings and how you think students can learn more about proper skin care.
3. You walk into the bathroom to find your younger sibling popping a zit. Role-play a conversation in which you respectfully explain why this practice is harmful to the skin.

Reproducible Materials

Handout: The Substance of Skin

KidsHealth.org/classroom/9to12/body/parts/skin_handout1.pdf



Name: _____

Date: _____

Story Map

Instructions: Using the story map below, plan and then write a picture book for younger children that tells the story of what skin, hair, and nails do each day. Create a main character to narrate your tale, along with a setting and main events.

Setting:



Main Character:



Major Characters:



Main Events:

- 1.
- 2.
- 3.