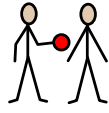
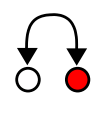
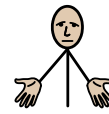
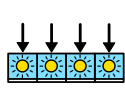
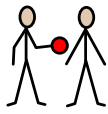
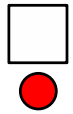


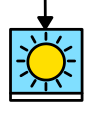
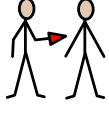
Personal hygiene is very important so you stay healthy,



especially while your body is changing during puberty.



Below are your daily personal hygiene needs - Which



have you done today?



Wash body



wash hands



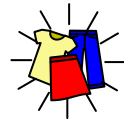
brush teeth



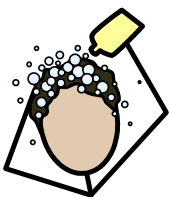
brush hair



wash face



wear clean clothes



wash hair



Put



deodorant



on