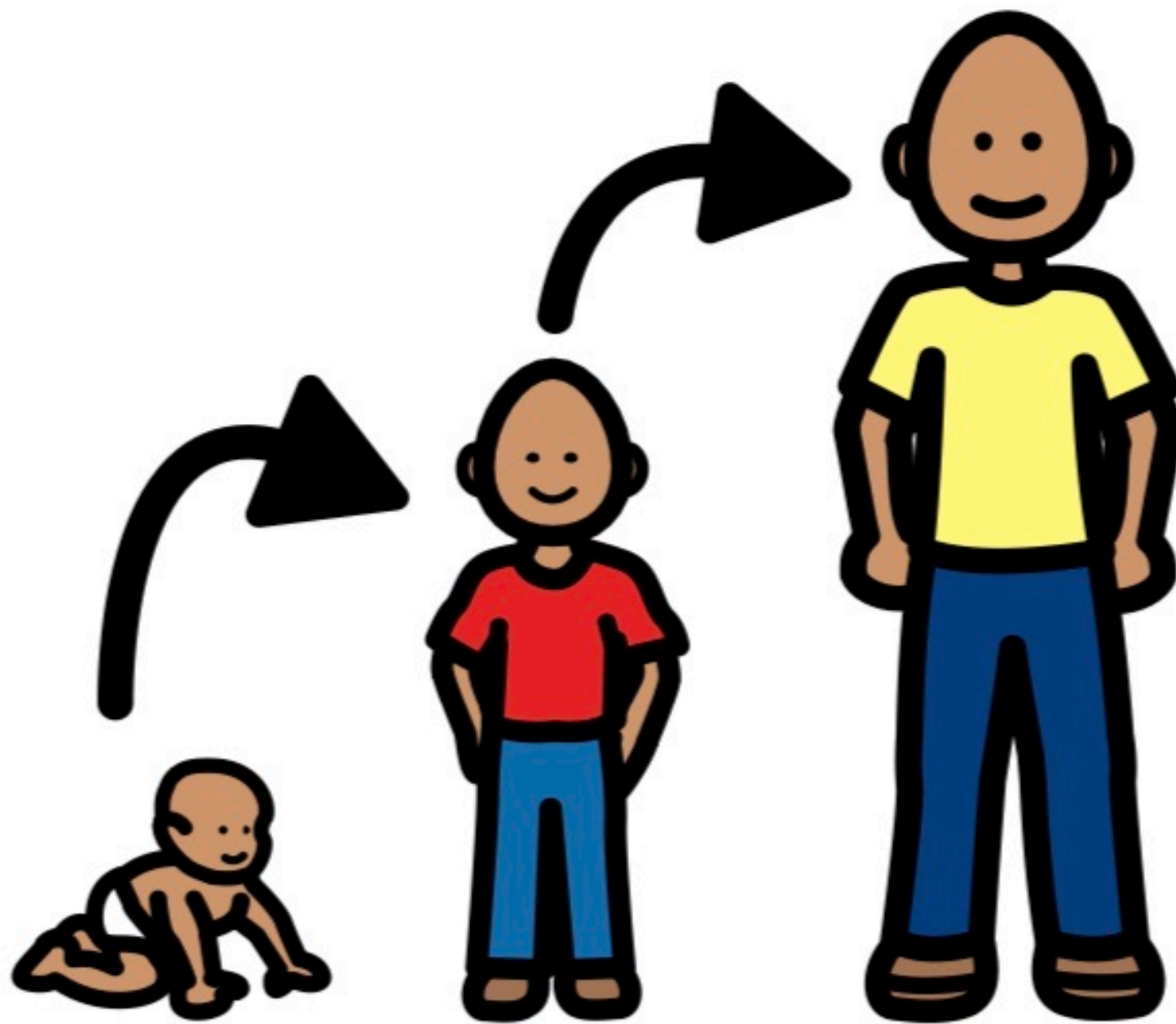
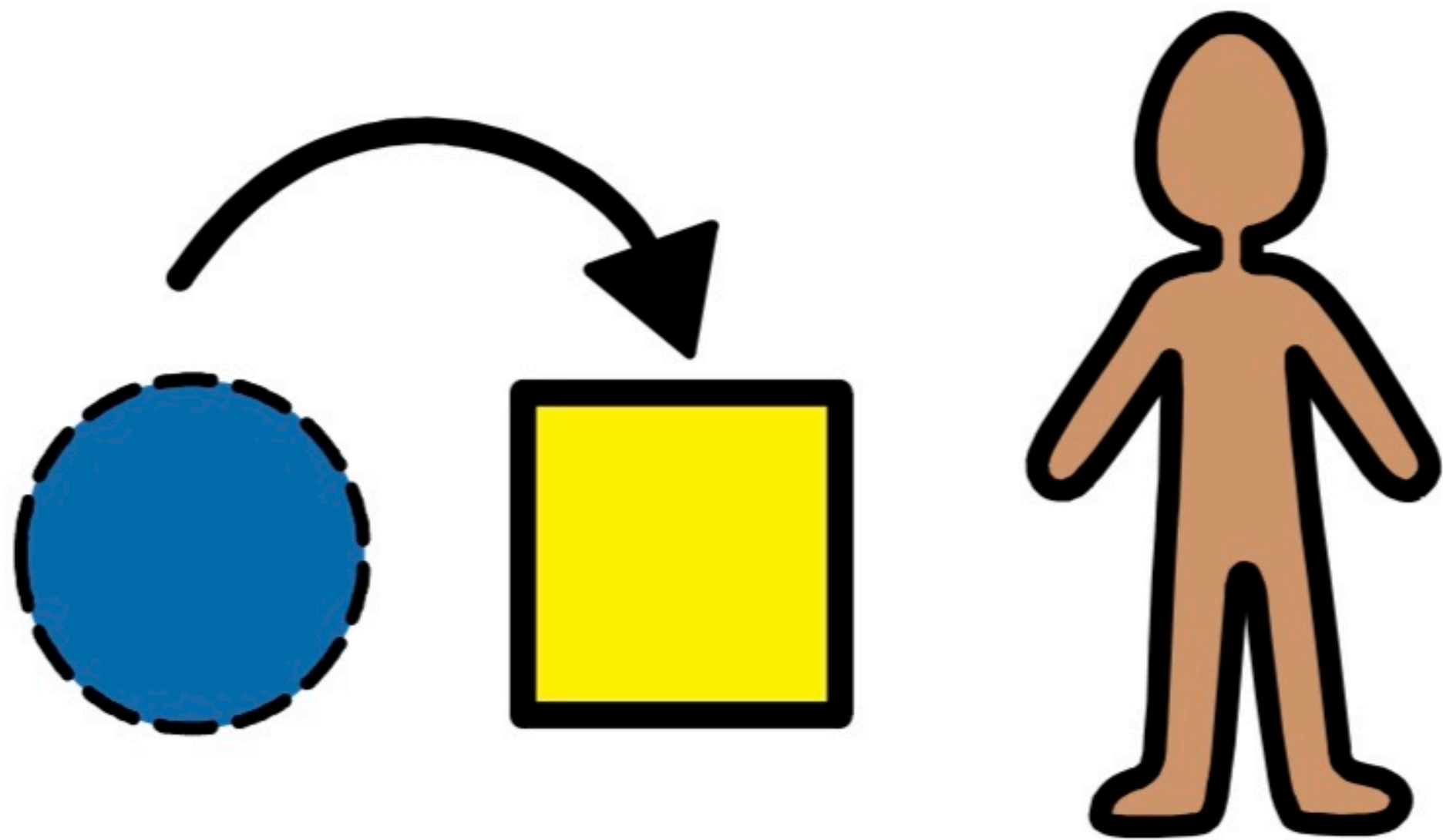




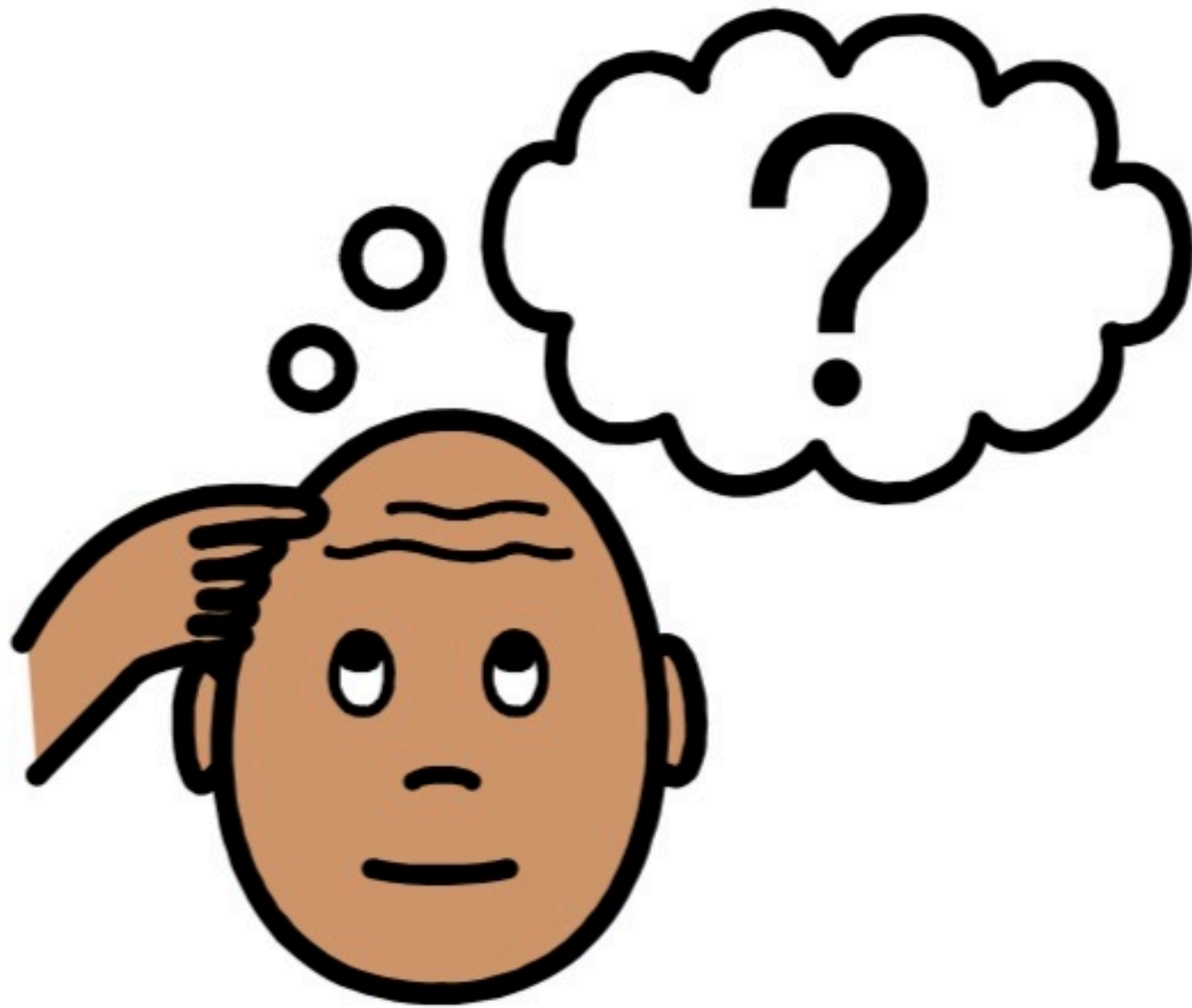
PERSONAL HYGIENE



I am growing up.



My body is changing.



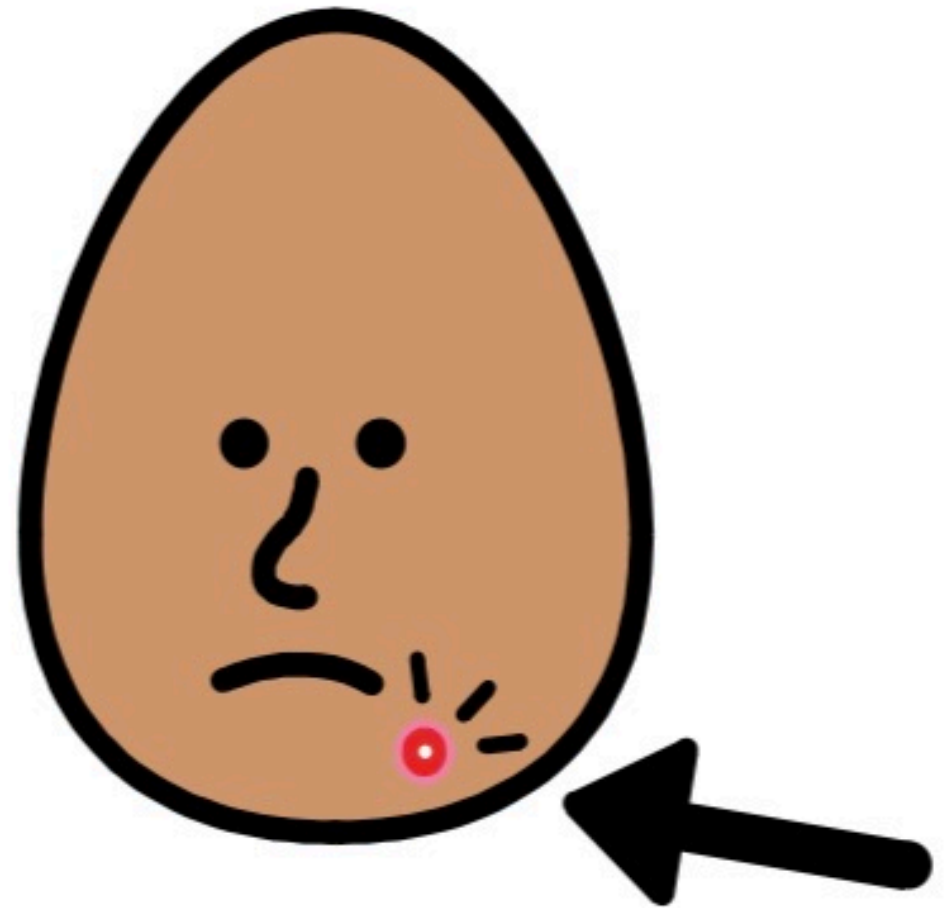
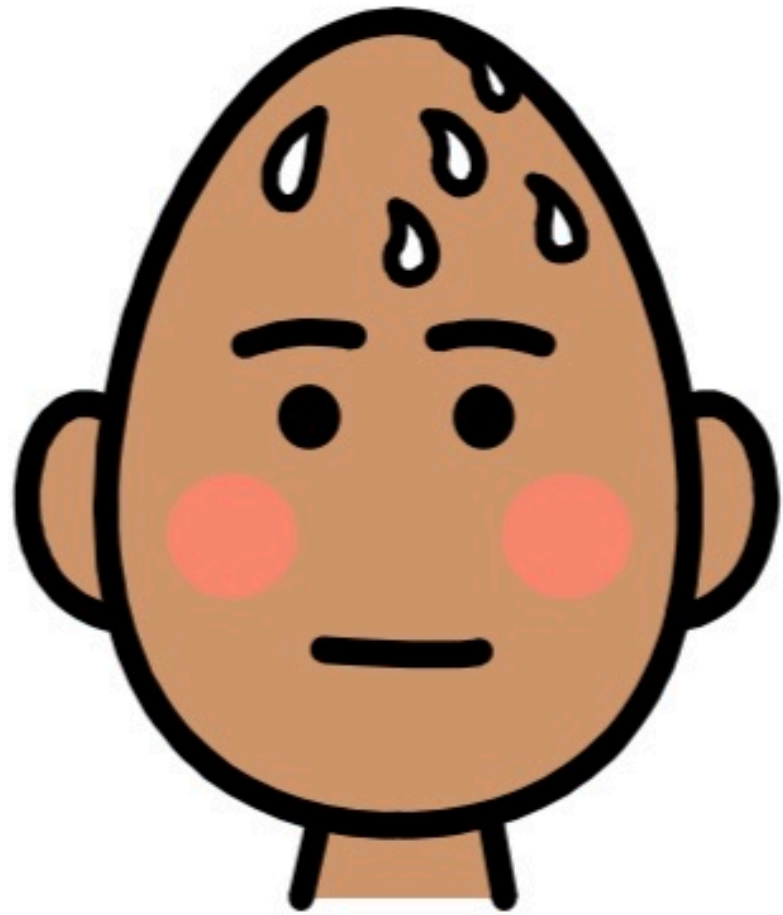
As my body changes, there are some things I will need to do.



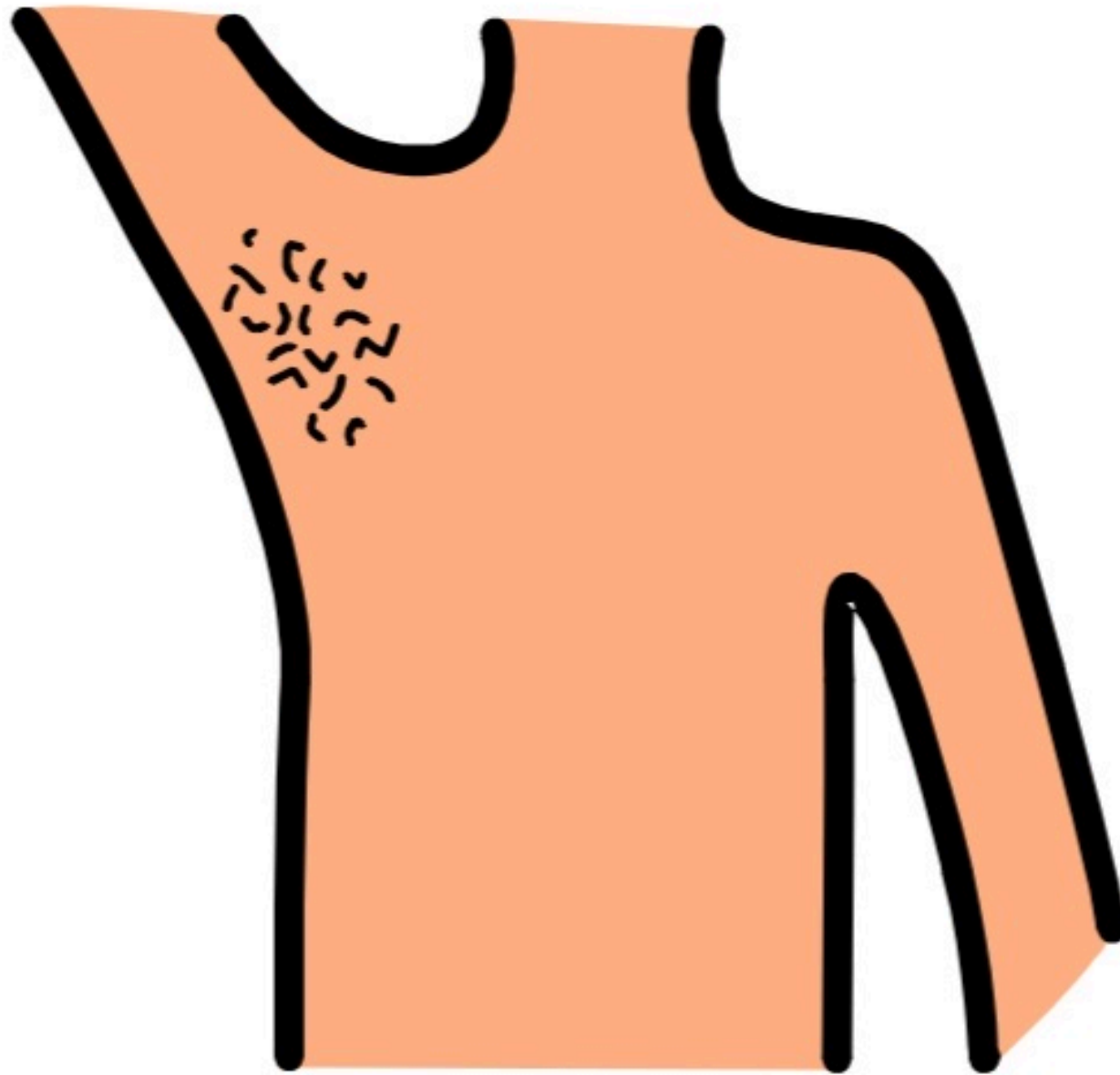
I might need to
have more showers, making
sure I wash all my body parts.



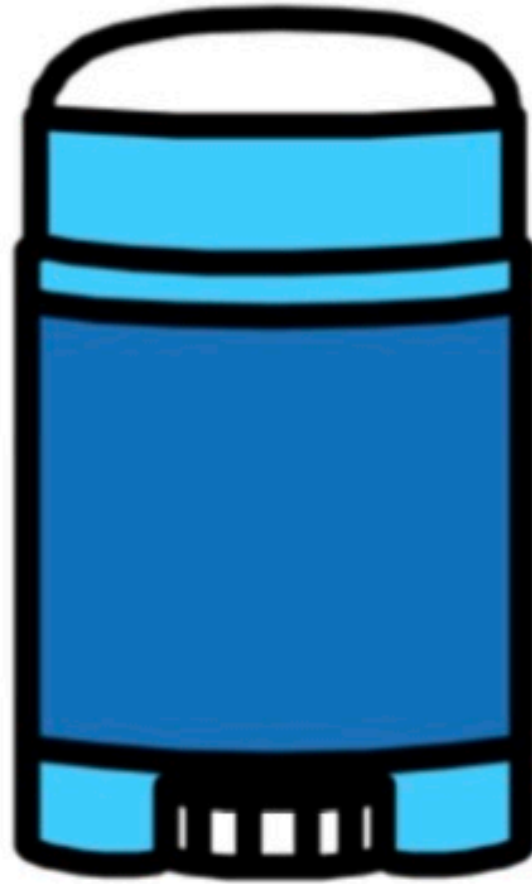
If my face gets oily,
I might need to wash it more.



This will make my face less oily, and might stop pimples too.



I might sweat more
in different parts of my body.



I can wear
deodorant to help keep me
feeling fresh throughout the day.



Deodorant goes
on under my arms after
I shower. I can wear it everyday.



By doing all these things, I am looking after my personal hygiene.



I can do it!