

Week 1 - Intro to Hygiene and why it's important

[Week 1 \(Intro\)](#)

Week 2 - The basics (talk about different ways of taking care of your body)

[Week 2 The Basics](#)

Week 3 - Mental Health (talk about how your physical well-being can affect your mental health)

[Week 3 Mental Health](#)

Week 4 - Hygiene Routines (talk about how routines and habits can change how you feel)

[Week 4 Hygiene Routine](#)

Week 5 - Skin Care Basics (Learn how to care for different skin types). (Acne, cleansing routines, sun protection.) provide images with the best affordable skin care products.

Activity: Identify your skin type; make a personal skincare plan.

[Week 5 Skin Care](#)

Week 6 - Dental Hygiene (Learn proper oral care practices.) (Brushing, flossing, diet's impact on teeth) add scary images if you don't floss or brush your teeth

[Week 6 Oral Hygiene](#)

Week 7 - Menstrual Hygiene (Learn proper menstrual hygiene and support. Period products, managing hygiene during menstruation.) (talk about pros and cons with certain period products)

[Week 7 Menstrual Hygiene](#)

Week 8 - Puberty and Hormonal Changes (talk about understanding how puberty affects hygiene needs.)

[Week 8 Puberty and Hormonal Changes](#)