

Raising Children Network. "Hygiene: Pre-Teens and Teenagers." Raising Children Network, 7 Jan. 2019,

<https://raisingchildren.net.au/pre-teens/healthy-lifestyle/hygiene-dental-care/hygiene-pre-teens-teenagers#:~:text=Keeping%20clean%20is%20an%20important,for%20pre%2Dteens%20and%20teenagers>

- This source is an article from "Raising Children Network". In this article it talks about hygiene, and focuses on the many different forms of hygiene, and why it is so important to those who are growing and becoming young adults. The website is also reliable and is accessible to the parents of those growing teens to read and be more educated on why their child should take care of their hygiene. I chose this source because it provides useful tips for teens, and why it's so important to stay hygienic. It gives guidance to those who might not know and realize that this information is educational and important.

Han, Liyuan, et al. "Hygiene Practices among Young Adolescents Aged 12-15 Years in Low- and Middle-Income Countries: A Population-Based Study." *Journal of Global Health*, vol. 10, no. 2, Dec. 2020, <https://doi.org/10.7189/jogh.10.020436>.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC7719273/>

- When I reviewed this source, titled "The Impact of Oral Health on Quality of Life in Children and Adolescents", it explains and goes into an explanation about what hygiene practices most middle class teens go through the most. With this source it can help me with more of a broader determination for teens and their hygiene. It uses the manner of statistics to calculate percentages of teens. This source is reliable, and makes it trustworthy for my capstone project. It also helps people understand why being hygienic at a young age is important for many teens in the future, making it a valuable resource.

Nemours Children's Health. "KidsHealth - the Web's Most Visited Site about Children's Health." Kidshealth.org, 2018, kidshealth.org/.

<https://kidshealth.org/>

- Once I looked at this source "KidsHealth" I knew that this was a source that could be really helpful specifically for my capstone project. It goes into full detail about how both parents and teens should worry about hygiene. The website also covers the importance of hygiene and how it prevents illness and boosts self esteem, which is important in my capstone, and is apart of what i am trying to show thoroughly with my capstone. It provides a learning experience for both parents and teens. It covers a wide range of topics such as hygiene, nutrition, and mental health. I selected this source because it offers information that is available and easy for the parent and teen to understand.

Greenspan, Louise. "The New Puberty by Louise Greenspan, Julianna Deardorff, Ph.D.: 9781623365981 | PenguinRandomHouse.com: Books." PenguinRandomhouse.com, 2024,

www.penguinrandomhouse.com/books/593626/the-new-puberty-by-louise-greenspan-md-and-julianna-deardorff-phd/. Accessed 18 Jan. 2025.

<https://www.penguinrandomhouse.com/books/593626/the-new-puberty-by-louise-greenspan-md-and-julianna-deardorff-phd/>

- This source is "New Puberty." By Dr Louise Greenspan and Dr. Julianna Deardorff, explains and explores the changing landscape of puberty for young girls. Puberty plays a huge role in teens, and hygiene using a source that combines puberty and hygiene is a great way to connect with certain teens while building a lesson plan for my capstone. I selected this book in particular because it provides insights into the adolescent lives of teens who go through puberty, but most specifically the young girls. Both authors have education in the medical world, and are well informed with experience and knowledge.

Ramos-Morcillo, Antonio Jesús, et al. "Social Determinants of Health, the Family, and Children's Personal Hygiene: A Comparative Study." *International Journal of Environmental Research and Public Health*, vol. 16, no. 23, 1 Dec. 2019, www.ncbi.nlm.nih.gov/pmc/articles/PMC6926531/, <https://doi.org/10.3390/ijerph16234713>.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC6926531/>

- The source is a research article titled "Factors Influencing Hygiene Behavior in Adolescents" from PubMed Central. This source explores that various different factors that influence hygiene behaviors in teens. This source does not only talk about the physical self care, but it also partakes in the psychological and mental self care. It helps me realize that I also can include the mental health aspect in my capstone for my lesson planning, because mental health is a very important thing that is a part of feeling good about yourself. It also explains the habits of teens, and offers how different factors like family and peer influence impact hygiene practices.

"Home." Teen Health Source, teenhealthsource.com/.

<https://teenhealthsource.com/>

- When I reviewed this source "Teen Health Source" it provided me with information for teens. It covered various topics such as, nutrition, mental health, sexual health, and hygiene. I chose this source because it directly is made for a teen audience, and is being provided for teens that want to learn about hygiene, and other things that it mentions. It's designed for teens so it's easy to understand and gives great advice on hygiene. The approach for this website is something that I want to take inspiration from because I want my course lessons to be a way for teens to be relatable and not something that is embarrassing.

Hormone. "Hormone.org." *Hormone.org*, Hormone, 13 Mar. 2019, admin.hormone.org. Accessed 18 Jan. 2025.

<https://admin.hormone.org/>

- With this resource I found it to be more medical induced, and more of a factual than an opinionated website. With this website it was able to give me diagnosis, and illnesses that people can develop if they dit take care of their body properly. When creating my capstone, bringing up medical terms is going to be very important because it also plays a huge role in showing these young adults why its healthy to be hygienic so you stay away from health problems caused by not taking care of your body properly.

American Academy of Pediatrics. "HealthyChildren.org - from the American Academy of Pediatrics." HealthyChildren.org, 2019, www.healthychildren.org/English/Pages/default.aspx.

<https://www.healthychildren.org/English/Pages/default.aspx>

- The source is "HealthyChildren.org, a website run by the American Academy of Pediatrics (AAP). This source provides information mostly to the parents. I wanted to see how different the information given to the parents would be given, rather than information given only to a teen. With this source it can help me look at things in a more mature and "parental" point of view. This would help my capstone because it forces me to look at things in a different perspective.

"Everyday Care." Www.aad.org, www.aad.org/public/everyday-care.

<https://www.aad.org/public/everyday-care>

- The source is the American Academy of Dermatology (AAD) website, which provides expert advice on everyday skincare and hygiene practices. I selected this resource because it offers evidence-based, dermatologist-approved guidance on maintaining skin health, which is a key aspect of teen hygiene. The website covers topics that has to do with maintaining a healthy skin care routine, and trying to find the best products that fit the needs on your skin. Young growing adults need to be taught these things at a young age so that in the future they are more aware of their body, and learn how to properly take care of it without being harmful and unhealthy.

"Information about Health, Growth, and Emotions for Teens: TeensHealth.org - KidsHealth." Kidshealth.org, 2019, kidshealth.org/en/teens/.

<https://kidshealth.org/en/teens/>

- The source is KidsHealth, a website from the Nemours Foundation that provides reliable health information for kids, teens, and parents. This source provides more than one singular piece of information with hygiene. It also provides teens the knowledge and education on other harmful, strange, and different topics that most teens tend to ignore. This website can be a way to transition to another topic in my lesson plan that has some sort of collaboration between hygiene and teens. This information is designed for a young audience and therefore it makes it engaging and accessible to teens, it provides practical and age appropriate advice.

