

Name: \_\_\_\_\_

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## Feeling Clean, Feeling Good!

**Directions:** Read the article “A Fresh You!” (page 16). Then come up with answers to each of the hygiene scenarios below.

1. You think you need to start wearing antiperspirant and need to ask a parent to help you get some. What are some things you can say to get the conversation going?

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2. “Nobody takes a shower after the game. Why are you going to?” a teammate asks you in the locker room. Come up with a response using some facts from the magazine article.

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3. You really would like to wear your favorite shirt, but it hasn't been washed since the last time you wore it. What should you do?

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4. You are tired and want to go to sleep. But you didn't brush your teeth. What should you do? Why?

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