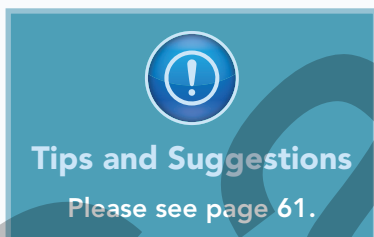


Lesson 2 teaches the steps for bathing and showering, helps participants understand the reason for shaving and reviews the steps for shaving. Optional topics for discussion include lice and dandruff. Video demonstrations of a safe/correct way and unsafe/incorrect way to shower are included.



## Lesson 2: Bathing and Showering



### Facilitator Preparation

#### Our Experiences: Creativity Emerges

During our discussion of showering, we had one young man who decided he wanted to bring the concept to life. We were in a classroom with a blackboard. He drew a shower head at the top of the board and then stood under it. He proceeded to pretend to be washing his hair and rinsing away the shampoo. He then “got out from under the shower head” and encouraged others to try. The participants enjoyed the spontaneous role play and shared some laughter at the same time. Take advantage of these moments and allow some flexibility in the lesson when opportunities present themselves.

#### Group Cohesion

At this point, you have some idea of how the group is gelling. If after assessing the results of the introductory sessions, there is a need for further group cohesion building, other activities can be introduced. Some groups may need a short icebreaker or activity to begin each session. Resources can be found at the end of the lesson.

#### Materials to Review

Gather the items listed in the Module 1 Materials List for showering and bathing.

Review the scripted role plays and the Showering Demonstration video(s).

Review the order of the Check for Understanding: Shower/Tub Activity. Make a copy for each participant and cut into strips. These can be laminated.

#### Cultural/Family Preferences

Due to a family’s culture, certain hygiene routines and the frequency with which they are performed will vary. The curriculum is worded specifically

to value and respect the participants' cultural and family values. While skills are taught in a certain manner, be aware that there often isn't a right or wrong way to do things. Encourage the participants to check with their parents if something differs from how they have been taught at home. Shaving is an example: some cultures may not shave until a certain age or not at all.

### Optional Activities

If you are in a setting where sinks and showers are available, it is advantageous to the participants to use those resources. Demonstrate how to perform the task, have the participants then perform the task and give them feedback for corrections and/or reinforcement. With demonstrations, first gauge the participants' need for privacy.

### Optional Topics

Lice was a topic that was raised in the groups during field testing. Participants were unaware of what caused it, how to avoid it, and how to treat it. The information that they had about it was usually incorrect.

Questions regarding fingernail and toenail care were also raised in different groups. Participants are usually unclear why they should keep nails clean and trim, how to keep them clean, as well as the proper way to cut fingernails and toenails. If these topics are raised, it would be important to review directly with participants the importance and reasons why nail hygiene must be done, as well as provide visual tips and instructions on how to clean and trim nails.



### Lesson Resources

- Website for information about lice:  
<http://www.cdc.gov/parasites/lice/>
- Website with reasons for nail hygiene:  
<http://www.prestigehcs.com/6-reasons-why-you-should-trim-your-nails-regularly>
- Website with tips on nail care:  
<https://www.healthline.com/health/how-to-clean-under-nails>
- Website with video demonstrating how to cut toenails:  
<https://www.youtube.com/watch?v=ltwsqXhO-Jk>
- Website with tips on sensory sensitivity:  
<https://themighty.com/2016/12/nail-trimming-for-kids-with-sensory-sensitivities/>

## Role Play: In the Shower



### Role Play: Unsafe Way to Shower

<b>Setting</b>	In a bathroom; facilitator will pretend to take a shower
<b>Actions</b>	<p>Draw a shower head on the flip chart or board.</p> <p>Pretend to turn on the water and feign getting undressed.</p> <p>Step under the showerhead and wet hair.</p> <p>Take bottle of shampoo and pretend to pour it over head until it is empty.</p> <p>Show how the shampoo is all over the place and hard to wash out.</p> <p>Slip while getting out of the shower.</p>

### Role Play: Safe Way to Shower

<b>Setting</b>	In a bathroom; facilitators will demonstrate the steps of how to take a bath or shower
<b>Actions</b>	<p>Getting ready:</p> <ul style="list-style-type: none"> <li>• Have clean towel, soap, shampoo and washcloth</li> <li>• Turn on water. Check water temperature. If taking a bath, put in drain stopper/plug and fill halfway. Check for bath mat.</li> <li>• Take off clothes</li> </ul> <p>In shower/tub:</p> <ul style="list-style-type: none"> <li>• Get in shower/tub and wet body</li> <li>• Wash hair with shampoo and wash body with soap</li> <li>• Rinse</li> <li>• Turn off water- empty tub</li> </ul> <p>After shower/tub:</p> <ul style="list-style-type: none"> <li>• Thoroughly dry body</li> <li>• Dry and comb hair</li> <li>• Put on deodorant</li> <li>• Put on clean clothes</li> <li>• Put away the items you used</li> <li>• Put dirty clothes in laundry</li> </ul>



### Materials

- Soap
- Washcloth
- Towel
- Shampoo
- Conditioner
- Deodorant (solid, gel, roll-on, and spray)
- Mirror
- Safety razor and electric razor
- Shaving cream and gel
- Flip chart/white board/chalk board, markers, etc.



### Videos

- Demonstrations: Showering
- Demonstration: Shaving



### Assessment Procedures

- Check for Understanding: Shower/Bath Activity



### Tips and Suggestions

- See page 61.

## Lesson Plan

### Topic

Bathing and Showering



### Purpose/Objective

- Learn how to bathe and shower
- Understand the rationale for shaving

### Opening Session

- Review of rules
- Review Check for Understanding: Why and When to Wash Questions

### Steps

1. Facilitators will introduce topic: Today we will talk about showering and bathing.
2. Facilitators will present the two scripted role plays or show the Showering Demonstration video(s).
3. Facilitators will discuss shaving. Facilitator will explain that as we get older and our body changes during puberty, new hair may grow on certain parts of our bodies. Some people remove hair by shaving. Shaving materials include shaving cream or gel, safety razor, electric razor and hair removal cream. Have participants talk with their trusted individual or people in their home about which items to use. Since shaving can sometimes cause nicks or cuts and bleeding can occur, it is important to learn the correct techniques.
  - Males: Hair will grow on face, arm pits and genitals. Many males will shave their face.
  - Females: Hair will grow on legs, arm pits and genitals. Many females will shave their legs and arm pits.
4. Optional - Have participants demonstrate the steps of shaving.

### Optional Activity: Shaving

If the person is ready to begin shaving, determine which products the person prefers for shaving. For example, an electric razor will feel different than a safety razor. Many people have their own unique preferences. Try different products to determine which the person prefers.

### Steps: With a Razor

1. Prepare face (if a male) or legs (if a female) by wetting area to be shaved with warm water.
2. Apply a layer of shaving cream or gel to the area that is to be shaved. Rinse your hands.
3. Gently move the razor across the shaving cream or gel, going opposite to the direction the hair is growing. Rinse the razor after each pass to rid the razor of shaved hair and cream/gel. Repeat until the cream/gel is gone.
4. Use care around areas such as the chin or knees. It is easy to nick the skin and cause blood to appear. If this happens, use a styptic pencil or press a tissue against the blood until it stops.
5. After the hair has been removed, rinse the area with water and pat dry with a towel.
6. Some males put on aftershave when finished. Females can put lotion on legs.

When teaching someone how to shave, use a mirror, since most males shave in front of a mirror and it is safer.

### Optional Topics

Some participants or their peers may have had lice. If the topic is raised or has been an issue, the following information can be added.

What is lice? It is a parasite that lives in your hair and feeds on human blood. Lice can make your scalp itchy. Treatment consists of picking the lice off your head, using special shampoos and washing clothing and bedding in hot water. Ways to avoid getting lice include not using anyone else's hairbrush, comb, hats, pillow, hair ties, etc.

Dandruff, or dry scalp, may have been experienced or noticed in others. There are special shampoos that will help end dandruff. Refer to trusted individual or people in their home for dandruff care.

### Closing Session

- Check for Understanding: Shower/Bath Activity
- Complete Participant Skills Tracking Form

### Participant Take-Home Materials

- Home Supplement
- Shower/Bath Checklist

### Facilitator Checkout

Complete Fidelity Checklist



#### Lesson Resources

- Website for information about lice:  
<http://www.cdc.gov/parasites/lice/>

## Check for Understanding: Shower/Bath Activity



The Shower/Bath Activity is designed to teach the steps of taking a shower or bath. There are three parts to this activity: Getting Ready for the Shower/Bath, in Shower/Bath, and after Shower/Bath. Copy each page, cut on lines, and have participants put each section in order. Give positive reinforcement when completed.



### Part 1:

#### Getting Ready for Shower or Bath



Place bathmat in shower or tub



Put clean towel, washcloth, soap and shampoo  
in shower or bath area



Turn on water. Check water temperature.  
For the tub, put in stopper/plug and fill halfway.



Take off clothes.



## Check for Understanding: Shower/Bath Activity



Part 2:  
In the Shower/Bath



Get in shower/bath and wet body



Wash hair with shampoo and wash body with soap



Rinse



Turn off water.  
Empty tub.



## Check for Understanding: Shower/Bath Activity



Part 3:  
After Shower/Bath



Thoroughly dry body



Dry/comb hair



Put on deodorant



Put on clean clothes



Put away the items you used (towel, brush and hair dryer)



Put dirty clothes in laundry



Sample



# Home Supplement



## Lesson 2: Bathing and Showering



### Today We...

- Learned about bathing and showering
- Identified the steps for showering
- Talked about body hair and shaving



### Questions to Ask

- **How often do you shower?**
- **What item do you use in the shower?**

Possible answers include:

- Soap
- Shampoo/conditioner
- Washcloth
- Towel



### Strategies for the Home

- Tips for bathing/showering at home:
  - Create a checklist of the steps for showering and bathing. Hang this checklist in the bathroom or shower or bedroom. An example is attached.
  - If the person does not shower often, determine how often s/he is currently showering. Slowly increase the number of times the person showers by providing rewards. For example, if the person is showering once per week, start with showering once every 3 days. Choose a reward the person really enjoys. Allow access to these reward items only after the person has showered. After the person has mastered this, increase to once every two days, and so on.
  - Reinforce the importance of showering/bathing by commenting on how nice the person smells or looks after taking a shower or bath.
  - Provide rewards for showering.
- Tips for shaving at home (optional):
  - Speak with the person about what parts of the body will grow hair during puberty.
    - Boys/men typically grow hair on their face, neck, arm pits and genitals.
    - Girls/women typically grow hair on their arm pits, legs and genitals.
- Talk about shaving.
  - Boys/men typically shave their face and neck.
  - Girls/women typically shave their legs and arm pits.

- Introduce items used in shaving, like an electric razor, safety razor, hair removal cream and shaving cream or gel.
- If the person is ready to begin shaving, determine which products the person prefers for shaving. For example, an electric razor will feel different than a safety razor. Many people have their own unique preferences. Try different products to determine which the person prefers.
- If possible, model how to shave first in front of a mirror. If you are the opposite sex of the person you are teaching, you can simulate this. For example, use shaving cream but not a real razor to demonstrate how to shave.
- Create a checklist for shaving and hang it in the bathroom where the person can see it. An example is attached.
- Monitor shaving closely until the person successfully demonstrates the ability to shave safely. Provide continuous feedback and praise for shaving.

---

Sometimes questions are asked about Lice. This website has further information:

<http://www.cdc.gov/parasites/lice/>

## Shower/Bath Checklist

### Getting Ready for Shower or Bath

- \_\_\_ Put clean towel, washcloth, soap and shampoo in the bathroom
- \_\_\_ Place bath mat in shower or tub
- \_\_\_ Turn on water and check water temperature
- \_\_\_ For bathtub put in stopper/plug and fill halfway
- \_\_\_ Take off clothes

### In Shower/Bath

- \_\_\_ Get in shower/tub and wet body with water
- \_\_\_ Wash hair with shampoo and wash body with soap
- \_\_\_ Rinse
- \_\_\_ Turn off water, empty tub

### After Shower/Bath

- \_\_\_ Thoroughly dry body
- \_\_\_ Dry and comb hair
- \_\_\_ Put on deodorant
- \_\_\_ Put on clean clothes
- \_\_\_ Put away the items you used (towel, brush and hair dryer)
- \_\_\_ Put dirty clothes in laundry

# Separata para la Casa



## Lección 2: Bañarse y Ducharse



### Hoy nosotros...

- Aprendimos sobre bañarnos y ducharnos
- Identificamos los pasos para ducharse
- Hablamos sobre el vello corporal y el afeitado



### Preguntas a realizar

- **¿Con qué frecuencia te duchas?**
- **¿Qué artículos usas en la ducha?**

Las posibles respuestas incluyen:

- Jabón
- Champú/Acondicionador
- Toallita
- Toalla



### Estrategias para la casa

- Consejos para bañarse/ducharse en casa:
  - Cree una lista de verificación de los pasos para ducharse y bañarse. Cuelgue esta lista de verificación en el baño, en la ducha o en el dormitorio. Se anexa un ejemplo.
  - Si la persona no se ducha con frecuencia, determina con qué frecuencia se está duchando actualmente. Aumente lentamente el número de veces que la persona se ducha brindando recompensas. Por ejemplo, si la persona se ducha una vez por semana, comience con proponer ducharse cada 3 días. Elija una recompensa que la persona realmente disfrute. Permita el acceso a estos artículos de recompensa solo después de que la persona se haya duchado. Una vez que la persona haya dominado esto, aumente a una vez cada dos días, y así sucesivamente.
  - Refuerce la importancia de ducharse/bañarse comentando lo bien que huele o se ve la persona después de ducharse o bañarse.
  - Brinde recompensas por ducharse.
- Consejos para afeitarse en casa (opcional):
  - Hable con la persona sobre en qué partes del cuerpo crecerá vello durante la pubertad.
    - A los chicos/hombres generalmente les crece vello en el rostro, el cuello, las axilas y los genitales.
    - A las chicas/mujeres generalmente les crece vello en sus axilas, las piernas y en los genitales.
- Hable sobre el afeitado.
  - Los chicos/hombres generalmente se afeitan la cara y el cuello.
  - Las chicas/mujeres generalmente se afeitan las piernas y las axilas.

- Introducir artículos que se utilizan para afeitarse, como una rasuradora eléctrica, una maquinilla de afeitar, una crema depilatoria, y una crema o gel para afeitarse.
- Si la persona está lista para comenzar a afeitarse, determine qué productos prefiere para afeitarse. Por ejemplo, una rasuradora eléctrica se sentirá diferente a una maquinilla de afeitar. Mucha gente tiene sus propias preferencias únicas. Pruebe diferentes productos para determinar cuál prefiere la persona.
- Si es posible, modele cómo afeitarse primero frente a un espejo. Si es del sexo opuesto a la persona a la que está enseñando, puede hacerlo de forma simulada. Por ejemplo, use crema de afeitar, pero no una rasuradora real para demostrar cómo afeitarse.
- Cree una lista de verificación para afeitarse y cuélguela en el baño donde la persona pueda verla. Se anexa un ejemplo.
- Supervise el afeitado de cerca hasta que la persona demuestre con éxito la capacidad de afeitarse de forma segura. Brinde comentarios/retroalimentación y elogios continuos por el afeitado.

En ocasiones, se formulan preguntas sobre los piojos. El sitio web indicado a continuación cuenta con más información:

<http://www.cdc.gov/parasites/lice/>

# Lista de Verificación para la Ducha/Baño

## Alistándose para la Ducha o el Baño

- \_\_\_ Ponga una toalla limpia, una toallita, jabón y champú en el cuarto de baño
- \_\_\_ Coloca la alfombrilla de baño en la ducha o bañera
- \_\_\_ Abre el grifo del agua y verifica la temperatura del agua
- \_\_\_ Para la bañera, coloca el tapón y llena la bañera hasta la mitad
- \_\_\_ Quítate la ropa

## En la Ducha/Baño

- \_\_\_ Metete en la ducha/bañera y mójate el cuerpo con agua
- \_\_\_ Lávate el cabello con champú y lávate el cuerpo con jabón
- \_\_\_ Enjuágate
- \_\_\_ Cierra el grifo de agua, y vacía el agua de la bañera

## Después de la Ducha/Baño

- \_\_\_ Sécate bien el cuerpo
- \_\_\_ Sécate el cabello y péinate
- \_\_\_ Échate desodorante
- \_\_\_ Ponte ropa limpia
- \_\_\_ Guarda las cosas que usaste (toalla, cepillo y secador de cabello)
- \_\_\_ Coloca la ropa sucia en la lavandería

# Shower Checklist-1



1. Gather supplies



2. Turn on water



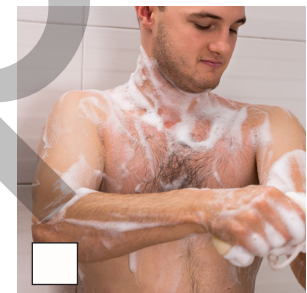
3. Remove clothing



4. Get wet



5. Shampoo hair



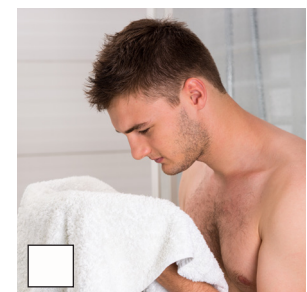
6. Wash entire body



7. Rinse



8. Turn off water



9. Dry hair and body

## Shower Checklist-1



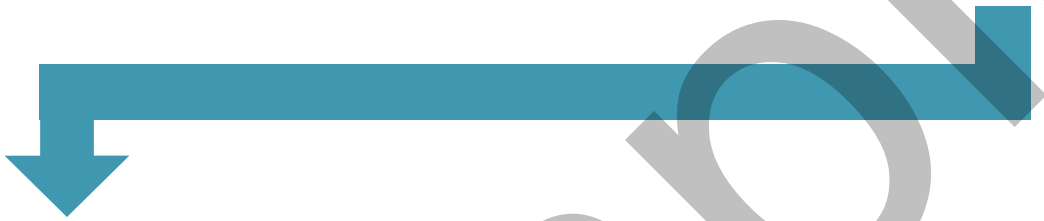
10. Comb hair



11. Put on all clean clothes



12. Put away supplies



13. Apply deodorant



14. Put away dirty clothes



## Shower Checklist-2

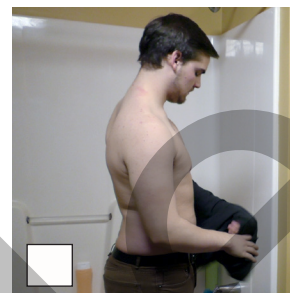
from myHRC Video Library



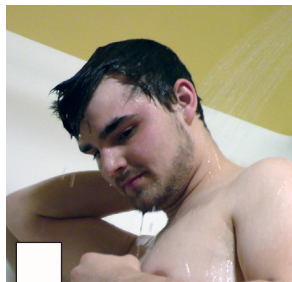
1. Gather supplies



2. Turn on water



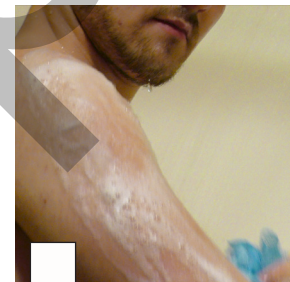
3. Remove clothing



4. Get wet



5. Shampoo hair



6. Wash entire body



7. Rinse



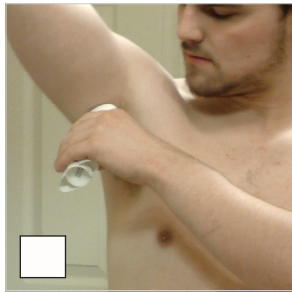
8. Turn off water



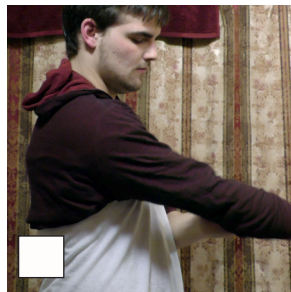
9. Dry hair and body

# Shower Checklist-2

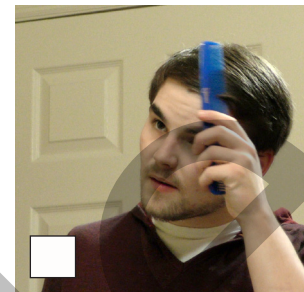
from myHRC Video Library



10. Apply deodorant



11. Put on all clean clothes



12. Comb hair



13. Put away supplies



14. Put away dirty clothes

# Shower Checklist-3

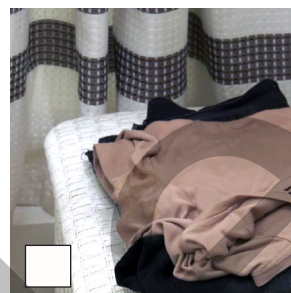
from myHRC Video Library



1. Gather supplies



2. Turn on water



3. Remove clothing



4. Get wet



5. Shampoo hair



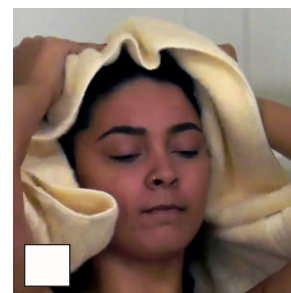
6. Wash entire body



7. Rinse



8. Turn off water



9. Dry hair and body

# Shower Checklist-3

from myHRC Video Library



10. Apply deodorant



11. Put on all clean clothes



12. Comb hair



13. Put away supplies



14. Put away dirty clothes

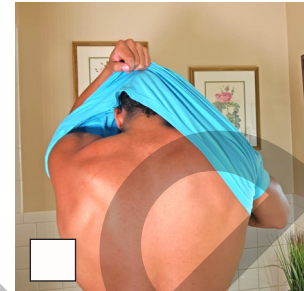
# Shower Checklist - 4



1. Gather supplies



2. Turn on water



3. Remove clothing



4. Get wet



5. Shampoo hair



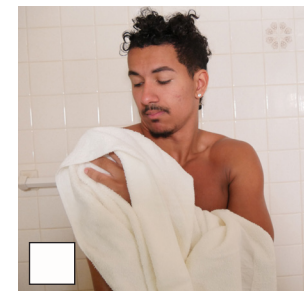
6. Wash entire body



7. Rinse



8. Turn off water



9. Dry hair and body

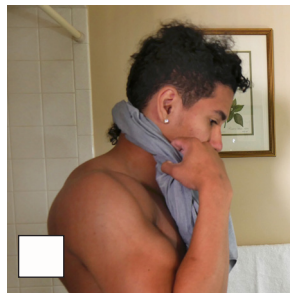


Lesson 2: Bathing and Showering

# Shower Checklist - 4



10. Comb hair



11. Put on clean clothes



12. Put away supplies



13. Apply deodorant

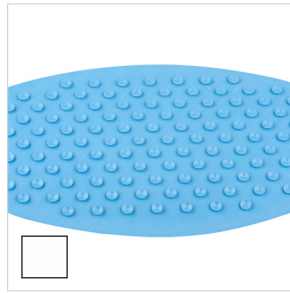


14. Put away dirty clothes

# Bath Checklist-1



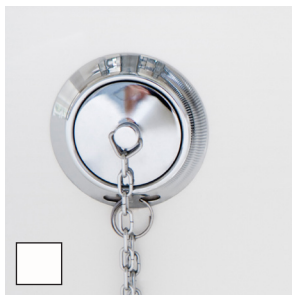
1. Gather supplies



2. Place bath mat



3. Turn on water



4. Stopper



5. Remove clothing



6. Get wet



7. Shampoo hair



8. Wash entire body

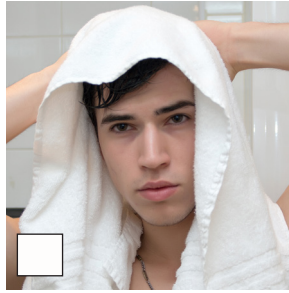


9. Rinse

# Bath Checklist-1



10. Turn off water and empty tub



11. Dry hair and body



12. Comb hair



13. Apply deodorant



14. Put on all clean clothes



15. Put away supplies



16. Put away dirty clothes



# Shaving Demonstration - 1 (Male at Sink)



1. Gather supplies



2. Wet washcloth with warm water



3. Wipe face with wet towel (optional)



4. Put shaving cream in hand



5. Put shaving cream on face



6. Put shaving cream on neck



7. Rinse hands



8. Dry hands



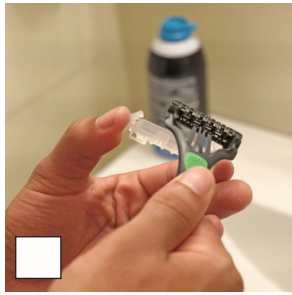
9. Choose razor

Lesson 2: Bathing and Showering



Turn Over

# Shaving Demonstration - 1 (Male at Sink)



10. Remove safety cap (if needed)



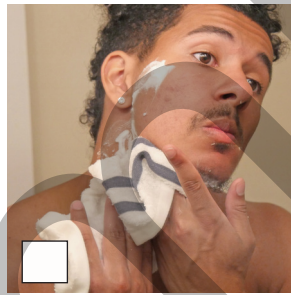
11. Shave face



12. Shave neck



13. Rinse razor



14. Wipe or rinse off remaining shaving cream



15. Put away shaving items