



Lesson 2: Washing and Bathing

An Excerpt from the Healthy Relationships Curriculum

A highly adaptable program that teaches challenging life skills to school students and older individuals with various special needs.

For more information on how your school or organization can start implementing this curriculum, please visit:

HealthyRelationshipsCurriculum.org

How to use this Workbook

The workbooks are designed to help the participant learn important social skills needed for healthy relationships. Each lesson will provide an overview and list of lesson objectives. The lessons structure serves as an outline for you to follow but can be modified based on need.

Workbook Layout

The lessons are set up as follows:



Guide Information

This section gives you the goal and overview of the lesson. This section also includes some materials you will use during the lesson. It also describes some challenges you may encounter during the lesson.



Materials List

When preparing for the lesson, guides will find a list of materials needed. These materials help make the lesson more concrete and hands-on. The material list serves as a general guide. It will be helpful to present a variety of products to promote generality.



Show What You Know

This section is related to understanding what the participant already knows about the topic. This will give you a general understanding of what is already known and what needs more attention. This should be completed together.



Activity

Each lesson has interactive activities or worksheets. The activities and worksheets assist the participant in applying the skills while discussing the lessons. This should be completed together.



Homework

Each lesson provides an example for homework. Feel free to use the examples or design your own homework. Homework can be a measure of independence and understanding. This should be completed independently by the participant, but be available to assist if needed.



There will also be a **STOP SIGN** at the end of each lesson. This is to remind you to check for mastery before moving on.



Check for Understanding

The check for understanding questions are designed to make sure the participant is retaining the information. The series of questions cover the lesson objectives. You, as the guide, can add more questions specific to the participant should he or she need more clarification or understanding. This should be done together.

Lesson 2: Washing and Bathing

First impressions are important in forming healthy relationships. Poor personal hygiene can create a barrier to relationships from the start. Good hygiene is important for social, psychological and health reasons. Good hygiene cuts down on the spread of viruses and infections and makes people feel comfortable around you.



Guide Information

While going through this workbook, it is important to be aware of cultural, family and individual differences which may affect someone's hygiene routines or perceptions. In this lesson, some differences among families may include how often or how long family members shower or how often they wash their hair. For example, some families may shower every other day. In other families, daily showers are expected. Washing routines will also differ. Those of African American descent often use different hair products than those of European descent and may wash their hair differently to prevent it from drying out. Directions in this lesson can be adapted to the family's preferences and routines.

Sensory needs are also going to be important throughout this workbook. Some individuals have sensitivities to certain products, dyes or scents, which may cause a sensory overload. Different scents of soaps, as well as different textures, may be pleasurable or aversive. If an individual is resistant to a certain type of soap, such as not liking bar soap, try a different form of soap instead. You can also try using a washcloth or sponge to work around sensory needs.

Some participants have found it helpful to role play taking a shower by practicing "washing" with clothes on and demonstrating where he or she washes. This identifies what his or her washing needs are – such as not washing feet or not spending enough time washing.

And finally, throughout this workbook, sections may need to be tailored to the individual you are supporting. Some participants may not wash their hands frequently enough, whereas others wash their hands too frequently, because they fear germs. Adjust the lesson to focus on the participant's needs.



Materials Needed

- Hand Soap
- Shampoo
- Conditioner (if used)
- Body wash or soap
- Washcloth or sponge
- Towel
- Hair dryer (optional)

Note: If role-playing a shower or taking a bath, you may want something that represents a shower head or bathtub. If a shower or tub is available, have the participant demonstrate with his or her clothes on.



Show What You Know

Please complete the following questions to the best of your ability. Remember, these questions are to review what you already know, so it is okay if you don't know the answers. If you do not know or understand the questions, please ask your guide or trusted individual for help.

Washing is very important. People wash their hands several times a day, and many shower or bathe every day to keep themselves clean. Keeping yourself clean is also known as personal hygiene. Before reading the following pages, list as many reasons as you can about why it is important to keep your hands and body clean:

Having good personal hygiene is important for many reasons. First, good hygiene can help you stay in good health. Poor hygiene leads to germs and bacteria which can make you sick. Cleaning invisible germs and bacteria off your entire body from head to toe keeps you healthier. Bathing and showering also help you look and smell better.

One part of hygiene is washing your hands several times a day. People should wash their hands after using the bathroom, before eating and anytime hands are dirty. Remember that just because hands look clean, it doesn't mean they are clean – germs and bacteria are invisible and collect on hands throughout the day when touching items.

A big part of hygiene is showering and bathing. Many people shower every day. In the bath or shower, some people like to use different kinds of products. For example, some people like to use bar soap, and others like a liquid body wash. Everyone uses shampoo, and some people use conditioner as well. Some people like to use specific brand names or scents they find pleasant. People might use a washcloth or sponge to apply soap, and some people prefer to use just the soap itself.

It is important to wash your entire body from head to toe! Washing means using soap to scrub your

entire body, not just letting the water run over yourself. This means everything! Hair, face, chest, stomach, back, arms, underarms, genitals, backside, legs and feet. Pretend to take a shower to show your guide how you clean yourself. They can tell you if there are any areas you forgot.

After you shower, you need to dry your body off very well using a towel. Like washing, you need to dry every part of your body. After drying off, you may apply deodorant to your underarms to prevent odor from sweating. Much like soaps, deodorants come in different types, including sprays, sticks and gels, and they have different scents as well. Some people are very sensitive to smells altogether, and as a result products without scents are preferred. It is important to assure the participant, who may think in a concrete manner, that using products without scents is totally okay.

Some people shave while they are in the shower. Some shave outside of the shower, and some do not shave at all. Women often shave their underarms and legs, and men often shave their face. If you are shaving or getting ready to shave, it is important to learn how to prevent cuts and bleeding. You can talk to your guide, parent or therapist for more information. Practice using a covered razor or safety razor first. Some people shave with soap, while others may use a special shaving gel, cream or electric razor.



Activity

Please complete the following activity. This will help you put into practice what was covered in this lesson. If you need help, please ask your guide or trusted individual.

1. Locate the products that you use for bathing, keeping clean and smelling nice. List each product and its purpose below:

Product	Reason for Product
Example: Shampoo	Reason: To keep my hair clean and not greasy

2. Follow Up: Do you like the products you use? Are there others you think you might like better? Tell your guide if you'd like to try something different, and work with him or her to make sure you create a good washing routine!



Alternative Activity

Match the item with its use by drawing a line. This will help you put into practice what was covered in this lesson. If you need help, please ask your guide or trusted individual.

1. Wash hair to remove dirt and grease.



2. Apply soap or body wash.



3. Wash face and body to remove dirt.



4. Dry body.





Homework

Please complete the following activity over the next week. This homework is important to complete in order to continue practicing the skills learned in this lesson. After a week of performing the following items or tasks, you will review your homework with your guide or trusted individual to discuss what you learned.

Pay close attention to how you wash this week, including washing your hands and the rest of your body. Use the chart on the next page to track how you wash, or ask your guide to help you keep track.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Did you wash your hands after using the bathroom?							
Did you wash your hands before eating?							
Did you shower?							
Did you wash your whole body including your underarms, feet, etc.?							
Did you wash your hair?							



Check for Understanding

Please circle the correct answers below. These questions are a review of the lesson you just completed. If you are having trouble completing these questions, speak with your guide or trusted individual for more information, guidance or time to learn the skills taught in the lesson.

1. Why is it important to wash?
 - To clean off dirt
 - To kill germs
 - To smell better
 - To look better
 - All of the above

2. When do I wash my hands?
 - Before eating food
 - When they are dirty
 - After using the toilet
 - Before and after treating a cut or wound
 - After blowing my nose, coughing or sneezing
 - All of the above

3. How much shampoo should I use?
 - The whole bottle
 - A dime- or quarter-sized amount
 - A glassful

4. What do I do first when washing my hair?
 - Apply shampoo
 - Wet my hair
 - Comb my hair
 - Dry my hair