

# Kim's Game Teacher Guide

These notes offer some general guidance for the discussion after Kim's game; it is not intended that they be read to the class. Not all points need to be covered. Key information can be incorporated into the discussion where relevant.

## 1. Soap or spot cream

*Why is it important to wash? How often should we wash? When and why do we sweat?* During puberty the body starts to produce more secretions such as sweat, oily substances, spots, semen, vaginal fluid and menstrual blood. The body will smell if these secretions are left to dry and not washed away. It is best to wash every day using soap and water. Some people find their skin is allergic to ordinary soap and need to use products for sensitive skin.

*Why do we get spots? How do spots make us feel? When do we stop getting spots?* As the skin gets more greasy and oily it can produce spots. Washing the face regularly, either with soap or a special face wash, can help reduce spots. Spot cream may help to clear up spots and help to prevent spots developing but it cannot stop spots completely. Spots can often make people feel unattractive, particularly if they have lots of them. However, everyone gets some spots and may keep getting them all the way through life, not just at puberty.

## 2. Deodorant / Anti-perspirant

*What is deodorant used for and where? When and why do we sweat?* Deodorant is intended to make people smell nice. Anti-perspirant is to reduce sweating, although it can't stop it altogether. Deodorant and anti-perspirant are both meant to be used on armpits, not on sex parts. People sweat when they are hot, doing exercise, when they get nervous or excited. People of all genders sweat but everyone sweats in different amounts.

*What happens in our bodies when we sweat? Does sweat smell?* The body produces sweat to cool the skin when it is hot. Fresh sweat doesn't smell but sweat that has dried on the body and hasn't been washed off does. It is necessary to wash the parts of the body where sweat gathers carefully. This includes armpits, feet, around the sex parts and bottom. If deodorant is used it is important to use it after washing, NOT instead of washing. For some years there has been research into and debate about whether some of the chemicals in deodorants and anti-perspirants are harmful, although no definite conclusions have been drawn. As with all puberty products encourage the children to consider making informed choices.

### 3. Comb or brush

*Why do you comb/brush your hair? What changes happen to your hair at puberty? Why is it important to wash your hair regularly?* Combing or brushing keeps hair tidy and looking good. During puberty hair can become greasier; this is because the pores in the skin (called hair follicles) become oilier and this transfers to the hair. It can be helpful to wash hair regularly, perhaps once a week.

### 4. Hair gel/spray and other products

*Why do people use hair products? Do different genders use different products?* Hair gel and hair spray are used to put hair into a certain style, to make it look good, smell nice or to look different. Boys and girls often use the same products to look good either for themselves or for others. *Why do teenagers want to look good? Who for? When do people start liking/fancying each other?* As they grow up young people often start to become interested in each other and may find someone they fancy. Some people may start going out with each other. Boys and girls often worry about how they look because they want to be found attractive. It is common to think physical appearance is more important than personality. Boys and girls worry about what their hair looks like, what clothes they're wearing and what trainers they have, or how many spots they've got.

### 5. Bra

*What is it for? When does a girl start to get breasts? Why do women have breasts? Why are some breasts bigger than others?* Bras support the breasts. A girl can start growing breasts at any age from between 8 and 16. Hormones in her body cause them to change shape. Sometimes breasts grow quickly and sometimes they grow slowly. Not all girls need to wear bras and not all girls choose to wear bras. It can be helpful for girls with large breasts to use some means of support, particularly if they are playing sport or exercising, as this can be uncomfortable. When women have babies their breasts grow so that they can provide milk for the baby through breastfeeding. *Why don't boys have breasts?* The hormones in boys' bodies are different to those in girls, and therefore, although boys have nipples like girls their chest and nipples develop in a different way. In fact all foetuses have the potential to grow breasts but as the foetus develops into a male or female baby the development of hormones dictates the gender.

### 6. Diary or teen magazine

*Why do we keep a diary? Why do we read teen magazines?* Diaries are used to record private thoughts or events. It sometimes helps to write down problems and worries but does it solve them? Who else might the children talk to about a problem?

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Mum, dad, carer, older brother or sister, friends, teacher, uncle, aunt, grandparents. They can also ring Childline (0800 1111) – explain what this is. Teen magazines often have problem pages which talk about all sorts of things. It is very likely that lots of boys or girls share similar concerns. The most important thing is to talk about the problem with someone who is trusted. Bottling up or ignoring a problem can make it feel worse.

## 7. Mobile phone

Mobiles can be important for letting parents/carers know where a young person is. Young people need to be careful where and how they use a mobile phone. People might want to steal phones; they may be precious or valuable but they are not worth fighting for. Remember private mobile texts, photos or videos can be posted on the internet, often without permission. Mobiles should be used responsibly. If a young person feels harassed or intimidated by someone via their phone they should report it to a trusted adult.

## 8. Shaving Foam

For safety reasons we do not include a razor in Kim's Game but include shaving foam as a prompt. What is shaving foam used for? Helping to shave hair from the face and body. When do boys start shaving? Does everyone *have* to shave? As with many things in puberty there is no set age to begin to shave as shaving depends on the amount of hair growth and personal choice. An adult can advise on when and how to start shaving safely. Why might men shave? Why might women shave? A man can choose if whether he wants a moustache or beard. In some cultures it is customary for men not to cut their hair e.g. Sikhism. People can also choose whether to shave their legs, armpits or other parts of their body. Body hair is sometimes shaved for cultural reasons. Discuss why social pressure about shaving might influence females .