

# DEALING WITH SPOTS

## ACTIVITY SHEET



### SKINCARE AND TREATMENT

Amelia, Jacob and Kemal are all trying to deal with problematic skin. What top three pieces of advice would you give each of them to **improve their skincare** and **treat their spots**?

#### Amelia is 14...

...and has combination skin. She gets spots on her face especially around the start of her period. She washes her face with soap and hot water several times a day. She doesn't use any creams or gels for her spots. She's worried that they're getting worse but finds it hard to resist squeezing them.



#### My Advice

- 1.
- 2.
- 3.

#### Jacob is 16...

...and has spots that make his face red, hot and painful to touch. Most of the spots are on his face. He uses a gel that he bought from a pharmacist, but it doesn't seem to be working. Because he feels self-conscious about the redness, he puts his hands to his face a lot.

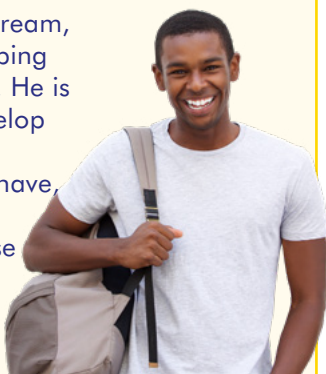


#### My Advice

- 1.
- 2.
- 3.

#### Kemal is 15...

...and has oily skin. He has severe breakouts on his face, back and shoulders. The doctor has prescribed him antibiotic tablets and a cream, which he is hoping will work soon. He is starting to develop facial hair and would like to shave but finds it too difficult because of his spots.



#### My Advice

- 1.
- 2.
- 3.

## WELLBEING AND SELF-ESTEEM

Amelia, Jacob and Kemal are all finding that their acne is affecting their happiness and confidence. Can you offer them advice on things they could do to improve their **wellbeing** and **self-esteem**?

### Amelia...

...is becoming increasingly self-conscious about her spots. They often occur when she has her period and is feeling anxious and teary anyway. She spends a lot of time looking at her skin in the mirror and trying to cover up marks with make-up. She has always had a big group of friends, but is growing quieter.



### My Advice:

### Jacob...

... has lost a lot of confidence because of his complexion. He really likes a girl in his class, but is too shy to speak to her and doesn't think that anyone would be interested in dating him because of his spots. He gets called names by some of the other boys in the class.



### My Advice:

### Kemal...

...has always been very good at sport, but he is embarrassed to get changed in front of other boys because of the spots and scars on his back and shoulders. As a result, he's stopped going to some out-of-school clubs that were a big part of his social life and increased his self-esteem.



### My Advice: