

YOUR SKIN ACTIVITY SHEET



How much can you remember from the *Spots, Sorted* video? The words in the grid below can be used to fill in the gaps in the paragraphs on the next page. Can you match them up correctly?

puberty	sebum	self-esteem	exercise	hygiene	regulates	testosterone	razors	moisturiser	sensitive
diet	80%	spots	organ	scarring	hair follicles	GP	hormone	pharmacy	health

FILL IN THE GAPS!

Skin is the largest _____ in the body and does an incredible job keeping us alive. It protects our body from bacteria and the elements, _____ our body temperature and enables us to sense heat, cold and touch.

During _____, changes in _____ levels often trigger breakouts of _____ on the skin. Spots are caused when tiny holes in the skin called _____ become blocked. Glands attached to the hair follicles produce sebum, an oily substance that lubricates the skin and stops hair drying out. During teenage years, increased levels of a hormone called _____ are thought to cause the glands to produce more _____ than the skin needs. This mixes with dead skin cells to form a plug in the hair follicle and create a spot.

Spots are incredibly common; around _____ of teenagers experience it. It can be a real worry, but there are lots of things you can do.

Make sure you practise good skin _____. Wash your face once or twice a day or use a facial cleanser. Use a _____ to stop your skin becoming dehydrated. Try not to squeeze spots – it can make symptoms worse and may leave you with _____. If you just have a few spots, there are a range of gels and creams you can buy at the _____ to help treat them. If you find that things aren't improving over time, speak to your _____.

For boys, shaving can aggravate spots, but that doesn't mean you need to stop. Look for _____ and other products designed for _____ skin, that glide across the skin with minimal pressure. Remember the five simple shaving steps: wash, prepare, shave, rinse and moisturise.

Eating a healthy, balanced _____ is recommended, although research has not found any foods that cause spots. Similarly, _____ can be helpful because it is good for your _____ in general and will get the blood flowing to your skin. Finally, remember that spots are part of teenage life. They won't be around forever, but while they are, make sure you are taking good care of yourself and finding ways to boost your _____.

AND REMEMBER, SPOTS DON'T DEFINE YOU.

