Health Guide

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BRIDGING THE GAP ON ADOLESCENT HYGIENE & HORMONES

Adolescence and its challenges

It is important to understand what adolescence entails. Simply put, adolescence is a phase of rapid physical, emotional and hormonal change. Between the ages of 10 and 19, young people begin experiencing puberty, which often brings confusion, curiosity and self-consciousness. It is unfortunate that many adolescents grow up without proper guidance on hygiene and hormonal health, adding to the stress. Bridging this gap through education and open communication is essential for their well-being.

Dealing with the changes and challenges

Hormonal changes during puberty affect both boys and girls in different ways. Increased hormone activity can lead to body odour, oily skin, acne, sweating, mood swings and changes in hair growth. Girls experience menstruation, while boys undergo voice changes and muscle development. While these transformations are natural, adolescents often feel embarrassed discussing them. This is where parents, teachers and healthcare professionals can make a difference.

Hygiene helps

Good hygiene habits are very important during this stage. Regular bathing, using deodorants, maintaining oral hygiene, washing hands frequently and wearing clean clothes help prevent infections and improve self-esteem. For girls, understanding menstrual hygiene is vital. Using clean sanitary products, changing them regularly and knowing that menstruation is a normal biological process can help remove stigma. Boys, too, should be educated about personal hygiene, skin care and emotional health.

It is vital that adolescents get safe spaces where they can ask questions without judgment. Many still rely on myths, peer advice or social media for information, which can sometimes be misleading. Honest conversations at home and age-appropriate education in schools is imperative.

Mental and emotional health should not be overlooked either. Hormonal fluctuations can influence mood, confidence and behaviour. Teenagers may become more sensitive, withdrawn or irritable. Encouraging healthy communication, physical activity, balanced nutrition and adequate sleep aids both physical and emotional wellness.

The need to educate

Bridging the gap on adolescent hygiene and hormones is not only about teaching cleanliness or biology but about empowering young people with knowledge, confidence and dignity. It ensures the development of healthy habits, positive self-image and emotional resilience.

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