



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: www.cdc.gov/healthyschools/sher/standards/index.htm

The following activities will help your students learn what the skin does and how to care for it properly.

Related KidsHealth Links

Articles for Teens:

Skin, Hair, and Nails

TeensHealth.org/en/teens/skin-hair-nails.html

Tips for Taking Care of Your Skin

TeensHealth.org/en/teens/skin-tips.html

Why Do I Get Acne?

TeensHealth.org/en/teens/acne.html

Can I Prevent Acne?

TeensHealth.org/en/teens/prevent-acne.html

Tanning

TeensHealth.org/en/teens/tanning.html

Indoor Tanning

TeensHealth.org/en/teens/indoor-tans.html

Tattoos

TeensHealth.org/en/teens/safe-tattooing.html

Body Piercing

TeensHealth.org/en/teens/body-piercing-safe.html

Athlete's Foot

TeensHealth.org/en/teens/athletes-foot.html

Impetigo

TeensHealth.org/en/teens/impetigo.html

Ringworm

TeensHealth.org/en/teens/ringworm.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. The skin, hair, and nails do a lot for us each day. How do you think they protect us? Keep us warm? What can happen if the skin is not functioning properly?
2. There are many problems that can occur on the skin's surface, even when you take good care of it. Brainstorm a list of skin conditions that may arise and how you think they can be treated.
3. What are the best ways to care for your skin? What are some things people do to care for their skin that may actually damage it?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

The Story of Skin

Objectives:

Students will:

- Learn the functions of the skin, hair, and nails
- Identify the layers of the skin and how they help the skin do its job

Materials:

- Computer with Internet access
- “The Story of Skin” handout
- Unlined paper and markers, or a word-processing program that includes graphics

Class Time:

3 hours

Activity:

When was the last time you really thought about what your skin, hair, and nails do for you each day? Skin is probably the body’s most underrated organ, though it is the largest and can weigh up to 9 pounds! Read the articles at TeensHealth to learn more about the skin, hair, and nails and how they work. After completing “The Story of Skin” handout to use as a guide, write a picture book for younger children that tells the story of what skin, hair, and nails do each day. Create a main character to narrate your tale, along with a setting and main events that will occur throughout the day. While planning your story, determine what is most important for young children to know and how to best convey your ideas. Use illustrations that help to explain what the skin, hair, and nails do, and create a title that appeals to a younger audience. [Note to instructor: Before developing their picture book for kids, your students might find it helpful to view this video for kids about the skin: KidsHealth.org/en/kids/skin-movie.html]

Extensions:

1. Read your book to a group of younger children at a local school. Consider what questions they might have about your book and be ready to answer them!
2. Create a second book that explains various skin conditions that can occur and how they can be prevented and/or treated.



Skin Care Basics

Objectives:

Students will:

- Identify ways to properly care for the skin
- Debunk myths about caring for the skin

Materials:

- Computer with Internet access
- Unlined paper and markers, or a word-processing program that includes graphics

Class Time:

1½ hours

Activity:

When was the last time you popped a pimple to make it go away faster? Or scrubbed your face extra hard to get rid of unwanted acne? These are just two common ways that teens attempt to make their skin look better but are actually making the acne worse. Using the articles at TeensHealth, write a magazine article for teens that explains the proper methods for caring for the skin each day – whether it’s dealing with acne or preventing wrinkles. First decide what information your peers need to know about daily skin care, as well as some of the myths about it. Include pictures that you draw or find on the Internet to illustrate your ideas, and create a catchy headline to capture your readers’ attention.

Extension:

You walk into the bathroom to find your younger sibling popping a zit. Role-play a conversation in which you respectfully explain why this practice is harmful to the skin.

Reproducible Materials

Handout: The Story of Skin

KidsHealth.org/classroom/9to12/body/parts/skin_handout1.pdf

Quiz: Skin

KidsHealth.org/classroom/9to12/body/parts/skin_quiz.pdf

Answer Key: Skin

KidsHealth.org/classroom/9to12/body/parts/skin_quiz_answers.pdf



Name: _____

Date: _____

The Story of Skin

Instructions: Using the story map below, plan and then write a picture book for younger children that tells the story of what skin, hair, and nails do each day. Create a main character to narrate your tale, along with a setting and main events.

Setting:



Main Character:



Major Characters:



Main Events:

- 1.
- 2.
- 3.



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. Name the three layers of skin: _____
2. The most common skin condition in teens is _____.
3. _____ is what gives skin its color.
4. A pimple starts when the pores in the skin become clogged with a type of oil called _____.
5. True or false: It's important to wear sunscreen even if it's cloudy.
6. True or false: UVA rays from the sun, sun lamps, or tanning beds can damage a person's immune system, making it harder to fight off diseases and leading to illnesses like melanoma, the most serious type of skin cancer.
7. True or false: Athlete's foot is contagious.
8. Which layer of skin is tattoo ink injected into? _____
- 9, 10, 11. Two types of fibers in the dermis, _____ and _____, help the skin stretch and reposition itself when we move. In older people, some of the elastin-containing fibers degenerate, which is one reason why their skin might look wrinkled. Most wrinkles however, are caused by _____.
12. _____ is a serious form of skin cancer that can spread to other parts of the body.
13. _____ glands, which surround and empty into hair follicles and pores, produce an oil called sebum that lubricates the skin and hair.
14. _____ is actually a modified type of skin, and it grows everywhere on the human body except the palms of the hands, soles of the feet, eyelids, and lips.
15. Cells in the epidermis called keratinocytes produce _____, a type of protein that is a basic component of hair and nails.



Quiz Answer Key

1. Name the three layers of skin: _____ epidermis, dermis, subcutaneous layer _____
2. The most common skin condition in teens is _____ acne _____.
3. _____ Melanin _____ is what gives skin its color.
4. A pimple starts when the pores in the skin become clogged with a type of oil called _____ sebum _____.
5. True or false: It's important to wear sunscreen even if it's cloudy.
6. True or false: UVA rays from the sun, sun lamps, or tanning beds can damage a person's immune system, making it harder to fight off diseases and leading to illnesses like melanoma, the most serious type of skin cancer.
7. True or false: Athlete's foot is contagious.
8. Which layer of skin is tattoo ink is injected into? _____ dermis _____
- 9, 10, 11. Two types of fibers in the dermis, _____ collagen _____ and _____ elastin _____, help the skin stretch and reposition itself when we move. In older people, some of the elastin-containing fibers degenerate, which is one reason why their skin might look wrinkled. Most wrinkles however, are caused by _____ sun exposure _____.
12. _____ Melanoma _____ is a serious form of skin cancer that can spread to other parts of the body.
13. _____ Sebaceous _____ glands, which surround and empty into hair follicles and pores, produce an oil called sebum that lubricates the skin and hair.
14. _____ Hair _____ is actually a modified type of skin, and it grows everywhere on the human body except the palms of the hands, soles of the feet, eyelids, and lips.
15. Cells in the epidermis called keratinocytes produce _____ keratin _____, a type of protein that is a basic component of hair and nails.