

ACTIVITY 1. JUST THE FAQ'S (BOYS)



Puberty. If you're like most guys your age, you've probably given quite a bit of thought to what's happening with your body right now. And it's all just beginning. As you make the transition from a kid to an adult, your body is going to undergo many dramatic changes.

You might have a few growth spurts. You might even feel some actual "growing pains." You may gain weight and become more muscular. You'll get hair on your face. Your voice will change. And, you'll probably get zits.

You know you can count on Clearasil® to clear up the zits—but what about the rest of the stuff that's happening?

Think you know it all already? Then check out this quiz...

THE PUBERTY QUIZ

PART A. Answer these questions by writing a **T** or **F** on the line in front of each statement.

- ___ 1. Puberty takes place only during the 7th and 8th grades.
- ___ 2. Hormones play a big part in puberty.
- ___ 3. Body odor can become a problem during puberty.
- ___ 4. Eating too much chocolate or greasy foods can cause pimples.
- ___ 5. Popping it is the best way to get rid of an occasional pimple.
- ___ 6. During puberty girls generally have growth spurts before boys.
- ___ 7. All guys will eventually get hair on their backs.
- ___ 8. Testosterone is the hormone that causes voice changes.
- ___ 9. Only girls have mood swings during puberty.
- ___ 10. Shaving can cause whiteheads to appear.

PART B. I'VE BEEN MEANING TO ASK...

There's one thing about puberty—everyone goes through it. And, many of the same things happen to everyone, although they won't happen at the same time for everyone. Boys' voices will change, for example, although not everyone's voice will get deeper at the same time. You'll begin to grow body hair, and you will eventually begin to shave.

Use the space below to write the top two questions you have about puberty. Don't worry—anything you write will remain anonymous. Your teacher will tell you what to do.

1. _____

2. _____

WHY DO I HAVE PIMPLES?

During puberty, your oil glands are working 24/7. Excess oil, trapped by dead skin cells, causes clogged pores. That leads to the growth of bacteria that causes pimples.

WHAT CAN I DO TO FIGHT BACK?*

Use medicated products containing Benzoyl Peroxide or Salicylic Acid to unclog pores and fight bacteria.

BUT CAN I PREVENT PIMPLES?

Probably not entirely, but using a medicated cleanser every day can help prevent *and* clear up pimples.



*Clearasil® makes a line of products—Clearasil® for Men—designed specifically for guys who are beginning to shave.

ACTIVITY 2. IT'S FOR REAL

You've probably had your share of awkward and embarrassing moments—times when you just weren't sure what to do or how to handle a situation. Well, we've got some bad news and some good news for you...

First, the bad news: It's time to get real—now that you're entering puberty, there are sure to be even more of those awkward and embarrassing moments. You're going to be changing and growing quickly, and sometimes it can take some time to adapt. It's just one of the stages in life that everyone goes through; your parents and your older siblings did, and your younger sisters and/or brothers will, too.

Now for the good news: You aren't just becoming physically mature—you're getting smarter, too! Between the ages of 10 and 15 is when most young people start to develop the ability to think abstractly and reflectively. To put it more simply, younger kids tend to think in terms of the concrete—the “what is.” At your age, you are probably beginning to think about the “what might be.”

PART A. ADVICE FROM THE EXPERTS—YOU!

Who is better able to understand the problems of being a kid going through puberty than another kid going through puberty? Put your advice-columnist hat on, put those new brain cells to work, and tackle these tough questions. In the space provided, explain how you would respond to the following two situations:

- Jerry is giving an important speech at a school assembly. Just as he gets to his most important point, his voice cracks. What would you say to Jerry and how would you suggest that he handle the situation?

- Shauna is looking forward to the party on Saturday. All her friends will be there, and she even got a new outfit to wear because she wants to look her best. But when she looks in the mirror on Friday, she sees zits...lots of zits. What would you say to Shauna, and what advice would you give her?

PART B. WHOSE REALITY SHOW IS THIS?

There are lots of ads in magazines and on TV that are aimed at, and feature, kids like you—ads for clothes, ads for cell phones, ads for makeup, and ads for skin-care products like Clearasil®, for example. How many of the kids in these ads do you think are “for real,” and how many do you think are “too ideal” (kids who look so good you just *know* they've never experienced any of those embarrassing situations you might have had)?

In the space below, list examples of ads that are “real” and ads that are “too ideal,” in preparation for a class discussion about the image of teens that is fostered in the ads and commercials you see.

“Real” _____

“Too ideal” _____

Clearasil®'s new Ultra Acne Treatment Cream Fights pimples faster. It's clinically proven to give you clearer skin in just 3 days.



ACTIVITY 3. WHAT'S THE SKIN-NY?

Did you know that your skin is an organ, just like your heart or your liver? Not only is it an organ, it's the biggest one you have. That means you don't just need to take care of your skin so you'll look good—it's important for your health, too—and keeping your skin clean and healthy is a great confidence booster.

ALL ABOUT SKIN

PART A. Before you can begin to take good care of your skin, you need to know *how* to do it. How many skin-care facts do you know? Take this quiz to find out. Write a **T** or **F** on the line in front of each statement.

- ___ 1. Drinking lots of water is good for my skin.
- ___ 2. I need to use different products to treat the zits I get on my chest and back from the zits I get on my face.
- ___ 3. Blackheads are little bits of dirt that stick in pores.
- ___ 4. A suntan is a sign of good health.
- ___ 5. I should wash my face more than once a day to help prevent pimples.
- ___ 6. Keeping my hair off my face can help to prevent pimples.
- ___ 7. Wearing makeup causes pimples.
- ___ 8. It's not possible to overuse a face scrub.
- ___ 9. Washing my face until it's "squeaky-clean" can dry out my skin.
- ___ 10. Sweating causes pimples.

PART B. TEAM UP ON ZITS

Do some Internet research to find six more facts about skin and skin care to set up a Skin-care Superstars game. (A good place to begin your research is on the Clearasil® Web site at www.clearasil.us, which posts the answers to many skin questions.)

Use the space below to list your facts. (Be sure to write down the source where you found each of your facts, too.)

- _____

- _____

- _____

- _____

- _____

- _____

- _____



Check out www.clearasil.us and take the **Clear Skin Quiz** to find out exactly what you need to do to take care of your specific skin type.

ACTIVITY 4. SPREAD THE WORD

PART A. SHARE WHAT YOU KNOW

Let's go back again to that good news about puberty:

Remember...you're getting smarter. It's time to put that brainpower to work again and share what you've learned about how to look and feel your best. Work with the members of your team to develop a poster, brochure, or another means of communicating the ideas behind good skin care for kids going through puberty.

Use the space below for planning your project: What medium will you use? What points will you make? Who on your team will be responsible for what duties?

The title of our project will be:

The medium we will use for our project is:

The focus of our project will be:

My team assignment is:

The main points we will include are:

PART B. PERSONAL PERSPECTIVE

Think about the things you've learned and thought about as you've worked through the activities you've completed. In the space below, write a note to a younger brother, sister, or friend with advice you think they will need as they begin to experience puberty.

Dear _____,

You can get expert answers to your skin-care questions in the **Ask the Expert** section of the Clearasil® Web site, www.clearasil.us.

