

Part 1: How Much Do You Know About Skin Health?

Did you know that your skin is your body's largest and fastest-growing organ? Complete this True/False quiz to learn more amazing facts about the skin you're in!

1. ____ You have two layers of skin.
2. ____ Eczema and psoriasis are two skin conditions that make your skin very itchy.
3. ____ It's normal for tweens and teens to have acne.
4. ____ Your body doesn't make new skin cells very often.
5. ____ Acne is caused by changes on the inside of your body.
6. ____ Warts are caused by not bathing properly.
7. ____ You don't need to wear sunscreen outside on a cloudy day.
8. ____ The best doctor to go to for problems with your skin is a dermatologist.



Now that you're an expert on skin health, quiz your parents!



Part 2: Are They For Real?

At home, watch television to find commercials that feature children your age. Think about the questions below while you watch. Write your thoughts on the back of this page and bring it back to school.

1. Do the kids look like most kids you know?
2. Do any of the kids have pimples?
3. Do they look perfect?
4. Do you think the commercial shows kids as kids really are?
5. What is more important about a person — the way they look on the outside or who they are on the inside?

FIVE POSITIVE THINGS ABOUT MY PARTNER!

Find a partner, and write five positive things about that person. The positive traits should be about who they are on the inside, not how they look on the outside. Then share your comments with each other. Doesn't it feel great to be appreciated for who you are?

1. _____
2. _____
3. _____
4. _____
5. _____



Find out more about the amazing skin you're in at aad.org/lessons.

