



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

During puberty, the ages between 12 and 17, your body goes through a lot of changes. And those changes include acne — red bumps, whiteheads, or blackheads — on your skin.

Acne can make you upset or self-conscious about the skin you're in. But remember that you are not alone. Almost everyone gets acne at some time or another. And there are things you can do to make it better.

Complete this True/False quiz to learn some facts about acne, what causes it, and how you can get help to treat it.

1. \_\_\_\_\_ Our bodies are always making new skin cells and getting rid of old ones.
2. \_\_\_\_\_ Dead skin cells play a role in acne.
3. \_\_\_\_\_ During puberty, your skin produces less oil.
4. \_\_\_\_\_ Acne is caused by not washing your face properly.
5. \_\_\_\_\_ Washing your hair has nothing to do with controlling acne.
6. \_\_\_\_\_ You can help clear up acne by squeezing or picking at pimples.
7. \_\_\_\_\_ Most kids get acne, so it's not such a big deal if you have it.
8. \_\_\_\_\_ Acne can be treated by a dermatologist.

Now quiz your parents. Then talk with them about how they felt and how they handled having acne when they were kids.

Want to learn more? Visit the American Academy of Dermatology (AAD) website with your parents at [www.aad.org/lessons](http://www.aad.org/lessons). You'll find lots of helpful information and advice on how to treat acne. And remember, that if you start to feel anxious, sad, or depressed about acne, a dermatologist in your area can provide expert treatment to help control your acne so it does not control you.



**Part 2: Accurate or Inaccurate?**

Put your knowledge to the test. Watch television to find two commercials about acne. Use the space below to record information about each commercial. Are they accurate or inaccurate?

**COMMERCIAL 1**

Product Name: \_\_\_\_\_

Product Claim: \_\_\_\_\_

Why It's Accurate or Inaccurate: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**COMMERCIAL 2**

Product Name: \_\_\_\_\_

Product Claim: \_\_\_\_\_

Why It's Accurate or Inaccurate: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Now, on the back of this sheet, compose a Tweet or short blog exposing any inaccuracies you noted in the commercials. Remember that advertisers are very creative with catch phrases and other descriptors. Try to do the same!

Find out more about the amazing skin you're in at [aad.org/lessons](http://aad.org/lessons).

