

Integumentary Intrigue Samples:

The following examples may be used to supplement the students' ideas.

Round 1: Challenge Cards

- Increased sweating
- Increased body odor
- Increased oil gland production
- Pimples or acne
- Body hair growth
- Social pressure to look tan

Round 2: Solution Cards

- Shower or bathe daily
- Apply underarm deodorant and/or anti-perspirant daily
- Change clothes daily
- Wash clothes after wearing
- Drink plenty of water
- Shower or bathe after exertion
- Wash gym clothes regularly
- Wear underwear made of cotton, which allows air to circulate better, instead of synthetic fabrics
- Wear loose, comfortable clothing
- Remind yourself the excessive sweating is temporary
- Shower or bathe daily
- Apply underarm deodorant and/or anti-perspirant daily
- Change clothes daily
- Wash clothes after wearing
- Shower or bathe after exertion
- Wash gym clothes regularly
- Wear underwear made of cotton instead of synthetic fabrics
- Wear loose, comfortable clothing
- Wash face with mild soap morning and night
- Wash hair as needed to keep clean
- Shower or bathe daily
- Change clothes daily
- Change pillow case every few days
- Change sheets every week or two
- Wash face with mild soap morning and night
- Keep hair clean and off the face
- Get a little sun and fresh air daily
- Change pillow case every few days
- Avoid pinching blemishes
- Use blemish cream and cleanser
- See a dermatologist, a skin doctor, as needed
- Shower or bathe daily
- Apply underarm deodorant and/or anti-perspirant daily
- Shave if your parents say it's okay
- Don't shave if your parents say it's not okay
- Value your natural skin tones
- Value other people's natural skin tones
- Limit sun exposure to avoid burning and reduce the risk of skin cancer
- Use sun block when in the sun
- Use sunless tanning lotion to color your skin as desired
- Schedule outdoor activities for early morning or evening when sun is less direct

Note: There is no evidence that the following reduce acne:

- Drink plenty of water
- Eat a balanced diet
- Avoid foods if they cause acne