Teacher Answer Key

Case Study

1. Nicole began showering immediately after workouts and changed into fresh clothes. She also started washing her sports gear regularly and switched to an antibacterial soap.

2. Her skin improved, reducing breakouts and odor; socially, her teammates were more comfortable around her, boosting her confidence.

Multiple Choice

1. C

2. D

3. B

Matching

1-B, 2-C, 3-E, 4-A, 5-D

Fill-in-the-Blank

1) showering, 2) clean clothes, 3) Handwashing

Short Answer (Sample Responses)

Q1: They may feel rushed, underestimate the severity of consequences, or think body sprays can replace proper hygiene.

Q2: Schools can provide accessible shower facilities after PE, offer hygiene tips in health classes, and supply informational posters about germ prevention.

Q3: Keeping clean reduces anxiety about odors or blemishes, which can lead to higher self-esteem and overall well-being.