

ACNE

Subtopic: Acne Treatment **Age Group:** 8-10 **Time:** 35 min

OBJECTIVE: SWBAT

- State at least two ways to treat acne
- Provide at least one characteristic important to have when dealing with acne
- Discuss acne advice and what it may mean to them

MATERIALS

- *Acne Treatment* (enough for class)
- *Acne Advice from Real People* (one copy only for Facilitator)

ASSESSMENT

- During Introduction to New Material, Facilitator will check for understanding by asking for questions/clarifications.
- During Guided Practice, Facilitator will discuss acne advice with students and assess their responses to check for comprehension.
- During Closing, Facilitator will ask review questions to check if students have grasped basic concepts from the class.

OPENING

3 min

1. Facilitator asks students if they know what acne is.
 - a. If students do not know, Facilitator can tell them it's the official name for "pimples."
2. Facilitator explains that maybe now and moving on into the next few years, their bodies are going to get a little crazy and start changing. During this time, a lot of people are going to have to deal with pimples. It's very normal and common.
3. Facilitator asks students if they know how to help stop pimples.
 - a. If students are unresponsive, Facilitator can ask students if they know anything about pimples or Facilitator can move on to Step 4.
4. Facilitator then tells students that they are going to talk about how to treat pimples.

INTRODUCTION TO NEW MATERIAL

10-15 min; Materials: *Acne Treatment* handout

1. Facilitator passes out *Acne Treatment* half-sheet handout to students.
2. Facilitator asks for student volunteers to read through each part. Facilitator should expand after each point on handout.
 - a. **Treatment you can apply to your skin.**
 - i. These are things that you can put on your skin like creams or even a special face wash or body wash with special medicine in it to help (sometimes we get pimples not only on our face but on our body too.)
 - b. **Treatment that works in your body.**
 - i. These are usually medicines your skin doctor, or dermatologist, prescribe you. (Facilitator should make sure students understand the word "prescribe." This is usually if you have a lot of acne.)
 - c. **Procedures your dermatologist does at his/her office.**
 - i. Sometimes the skin doctor will do special procedures on your skin in his/her office if you have really severe acne. Only your dermatologist can do this.
 - d. **Patience.**
 - i. It takes about 4-8 weeks for home treatment to take effect. If it doesn't work after 10 weeks, then you should talk to your parents and/or doctor about changing products.

- e. **Don't pick!**
 - i. It's tempting because it feels like pimples just stare at you in the face, but don't pick or pop them! It can leave scars and make the infection even worse.
 - f. **Talk to your parents or guardian.**
 - i. It's really important to talk to a trusted adult when you make these decisions so they can help you decide what is safe for you. They may even decide you need to see a dermatologist.
 - g. **Talk to your dermatologist.**
 - i. A dermatologist is an expert on skin and can let you know what the best treatment is for you. They can give you more specific and professional advice and, if needed, prescribe you the appropriate medicine.
 - h. **Treatment and prevention are friends.**
 - i. Even if you clear up all your pimples, it's important to keep treating and taking care of your skin so those stubborn pimples don't come back again.
3. Facilitator then checks for questions and clarifications.

GUIDED PRACTICE

10-15 min; Materials: Acne Advice from Real People (only one copy for Facilitator)

1. Facilitator reads quotes 3, 5, and 7. After each quote, Facilitator can ask students the following questions:
 - a. Quote 3:
 - i. Do you think this is true?
 - ii. What do you think "open-minded" means?
 - b. Quote 5:
 - i. What do you think the author means by "you are much more than your skin"?
 - ii. How could acne define you?
 - c. Quote 7:
 - i. Do you think this is true?
 - ii. Do you think this is important?

INDEPENDENT PRACTICE

None.

CLOSING

2-3 min

1. Facilitator asks quick review questions:
 - a. What is acne?
 - b. What is a dermatologist?
 - c. What are the three types of acne treatments?
 - d. Can you name some characteristics important to have when you are dealing with acne?