



# “TWO LIES AND A TRUTH”

## STATEMENTS (FOR FACILITATOR ONLY)

*Acne Myths & Truths Handout, ages 11-13*

Statement that is in **ALL CAPS** and **bold** is the TRUTH. The other two are myths/lies.

STATEMENT SET 1:	TALLY	EXPLANATION
1. Acne will eventually go away on its own.		Not treating acne can lead to spots and scarring. Treatment is available and can help.
2. <b>WASHING YOUR HAIR CAN HELP ACNE FROM WORSENING.</b>		Oil in our hair that touches our face all day can worsen acne—especially if you are prone to oily hair.
3. Overnight acne treatments are generally reliable.		At home acne treatments take 4-8 weeks. Some may help with redness, but no acne treatment works overnight

STATEMENT SET 2:	TALLY	EXPLANATION
1. Acne is caused by dirty skin.		You can shower twice a day every day and still have acne. Acne is complex and 40-50 million Americans have acne at any one time. It is not dirty skin that causes acne. In fact, it is very common for people your age to get it because of the way your bodies are changing and becoming adult bodies due to puberty.
2. The oil from greasy food gets into your pores, making pimples appear/worse.		Oil from greasy food does not seep into your pores, although eating oily food can leave excess oil around your mouth, making your acne worse.
3. <b>BABIES CAN GET ACNE.</b>		Although the most common group to get acne are teenagers, mainly aged 12-17, anyone can get acne: babies to adults.



STATEMENT SET 3:	TALLY	EXPLANATION
1. Exfoliating your face — using a strong face scrub — helps acne.		Scrubbing your skin will just irritate your skin and pimples.
<b>2. YOU SHOULD USE YOUR FINGERTIPS TO APPLY CLEANSER.</b>		Using a washcloth or mesh sponge can irritate your skin more. You should gently apply face cleanser with your fingertips.
3. Sweating helps acne by getting the toxins out of your skin.		Sweating makes acne worse, especially if you have been wearing a hat or helmet.

STATEMENT SET 4:	TALLY	EXPLANATION
1. You should use hot water to kill bacteria in your skin.		You should use lukewarm water because anything too hot or too cold is harsh on skin.
2. Tanning will help your skin by drying it out.		Sun tanning and tanning beds can make your skin worse. Some acne medicine actually causes your skin to become more sensitive to UV rays, which hit you when tanning, damaging your skin further.
<b>3. POPPING PIMPLES CAN LEAD TO SCARRING.</b>		You shouldn't touch your face in general if you have acne, and popping pimples can worsen the infection and cause scarring.

