

Hygiene and Grooming for Male Adults

An Illustrated Guide



Hygiene and Grooming for Male Adults

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BODY PARTS

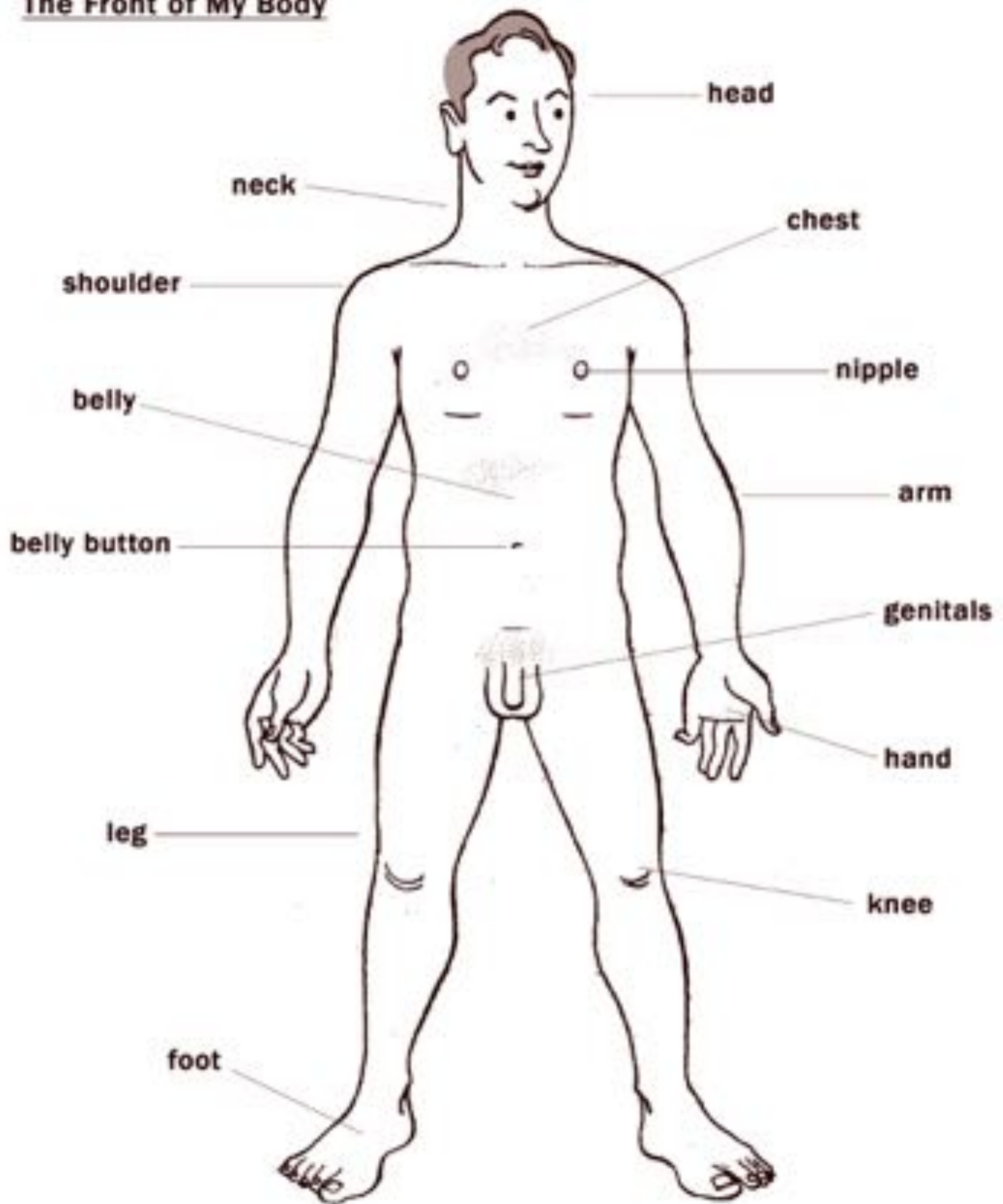
My Head



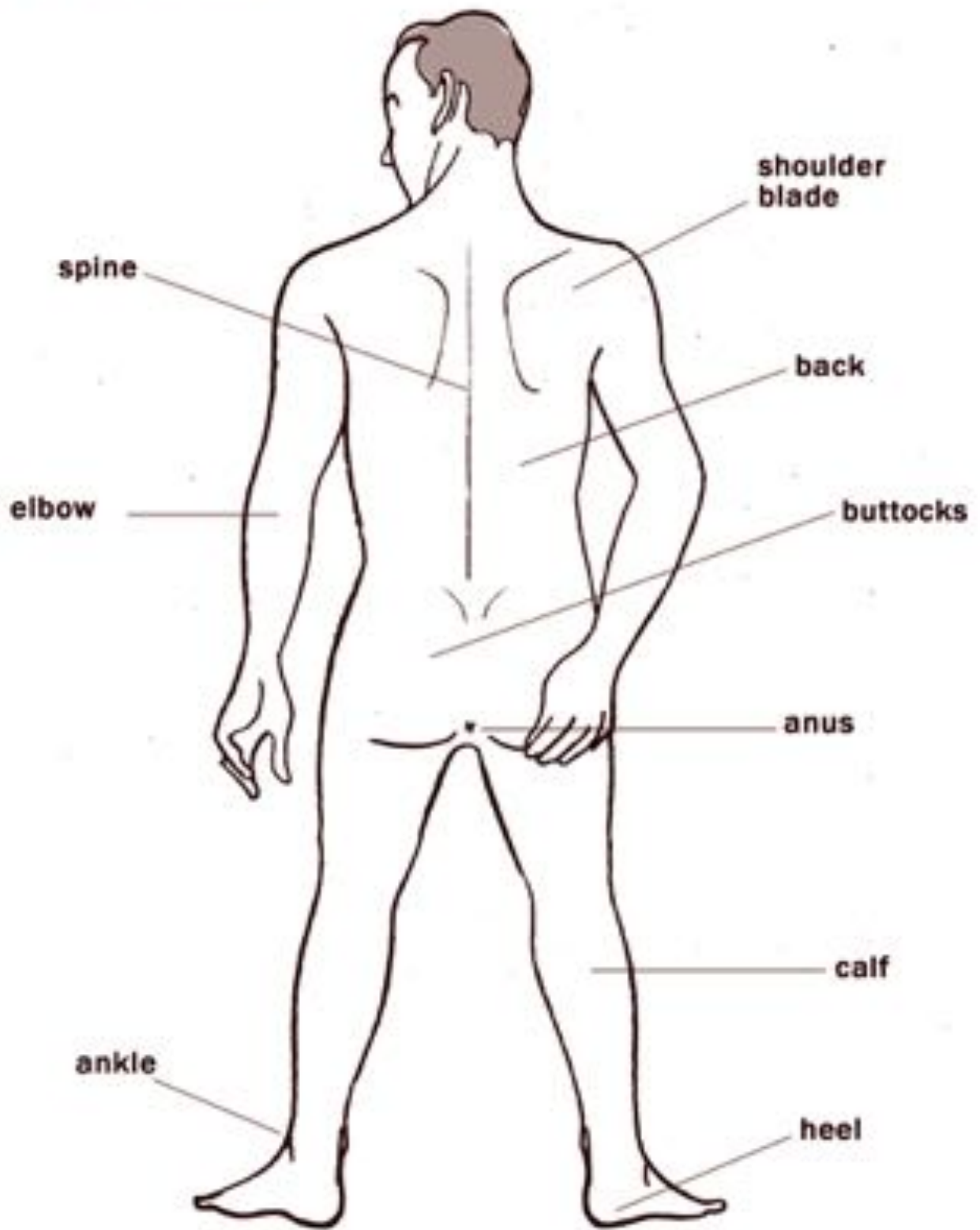
My Mouth



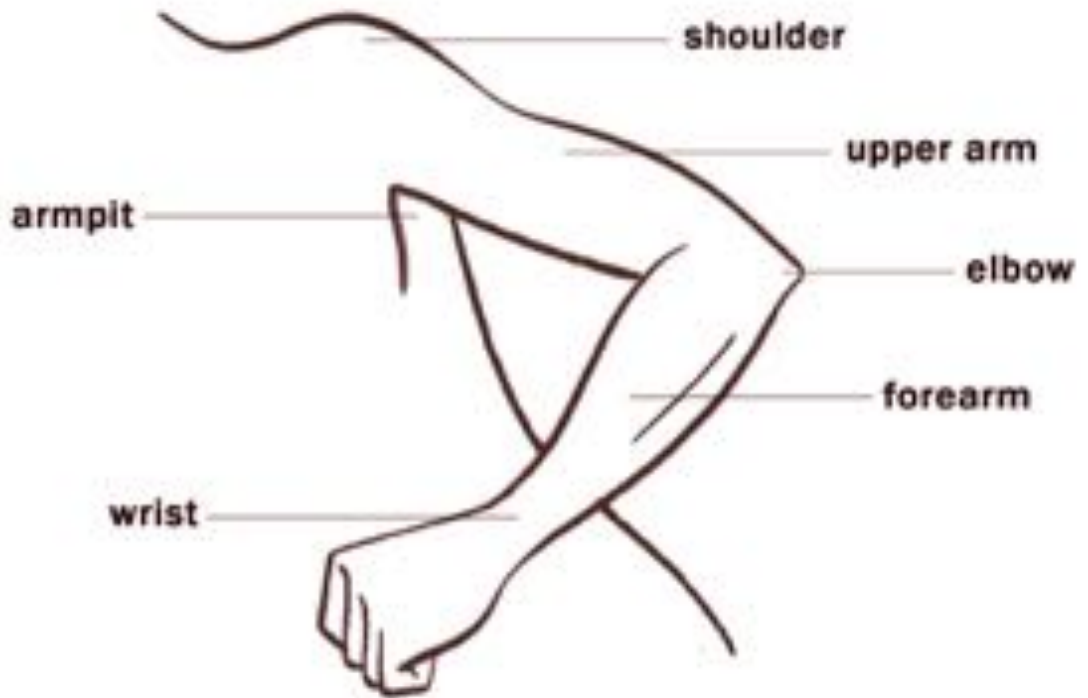
The Front of My Body



The Back of My Body



My Arm



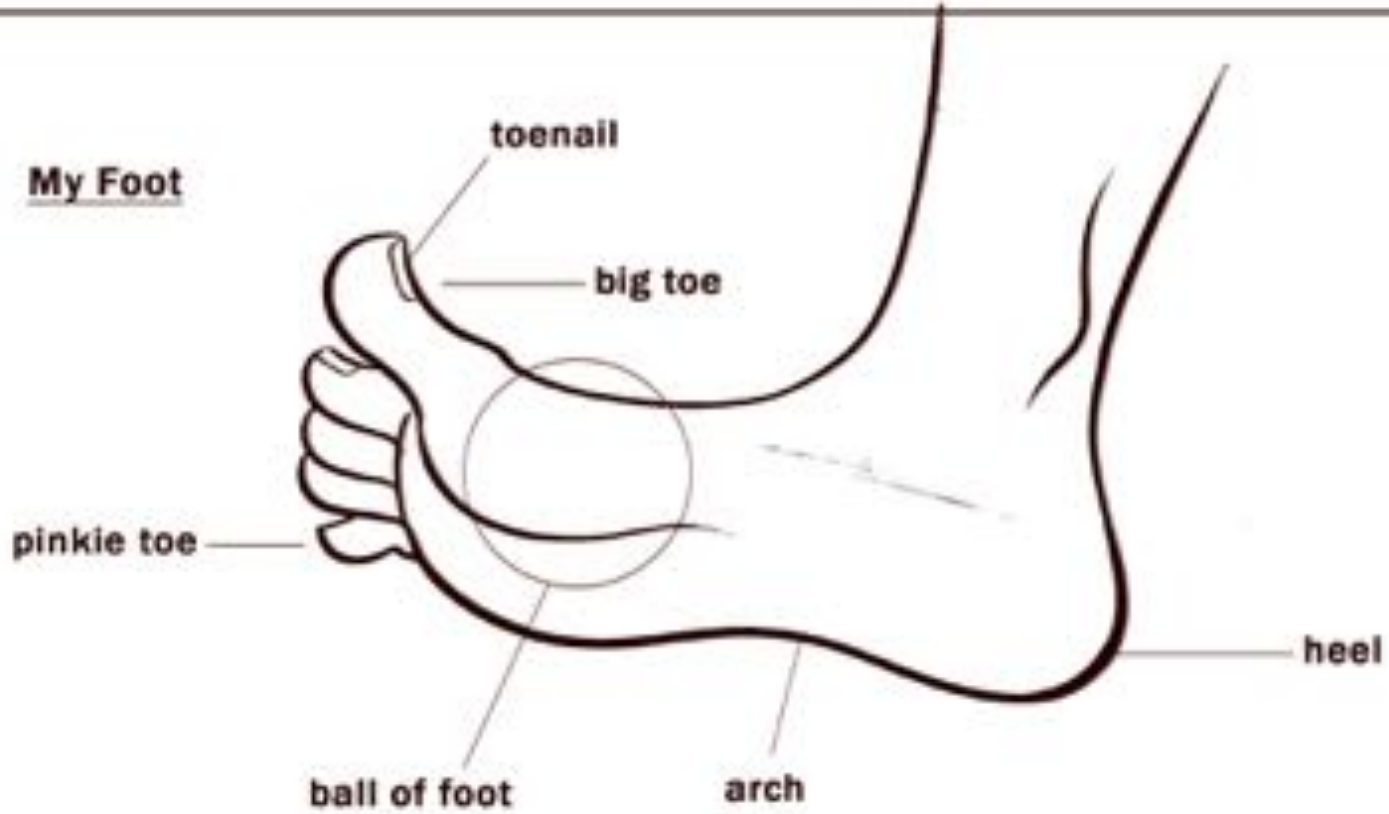
My Hand



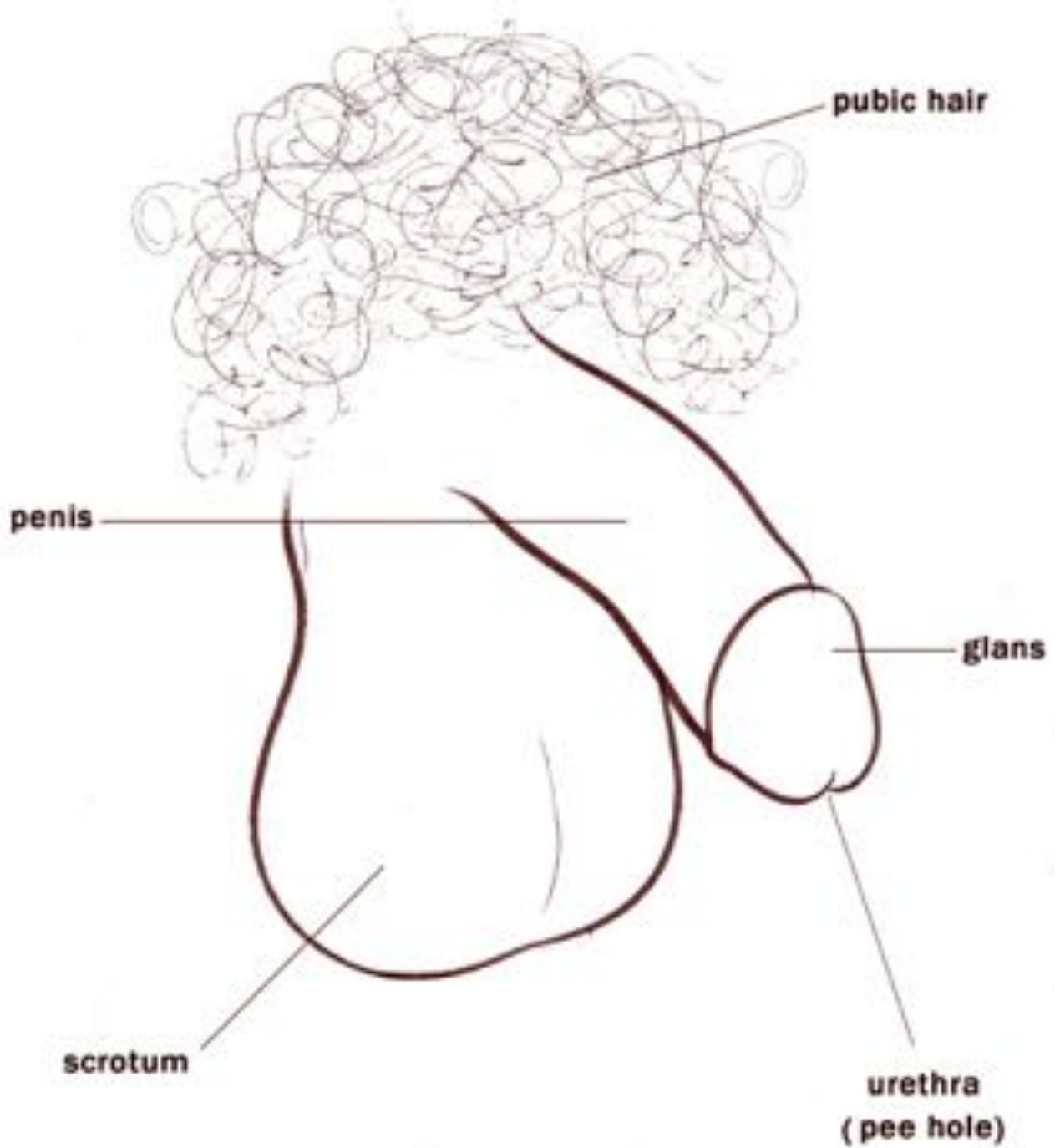
My Leg



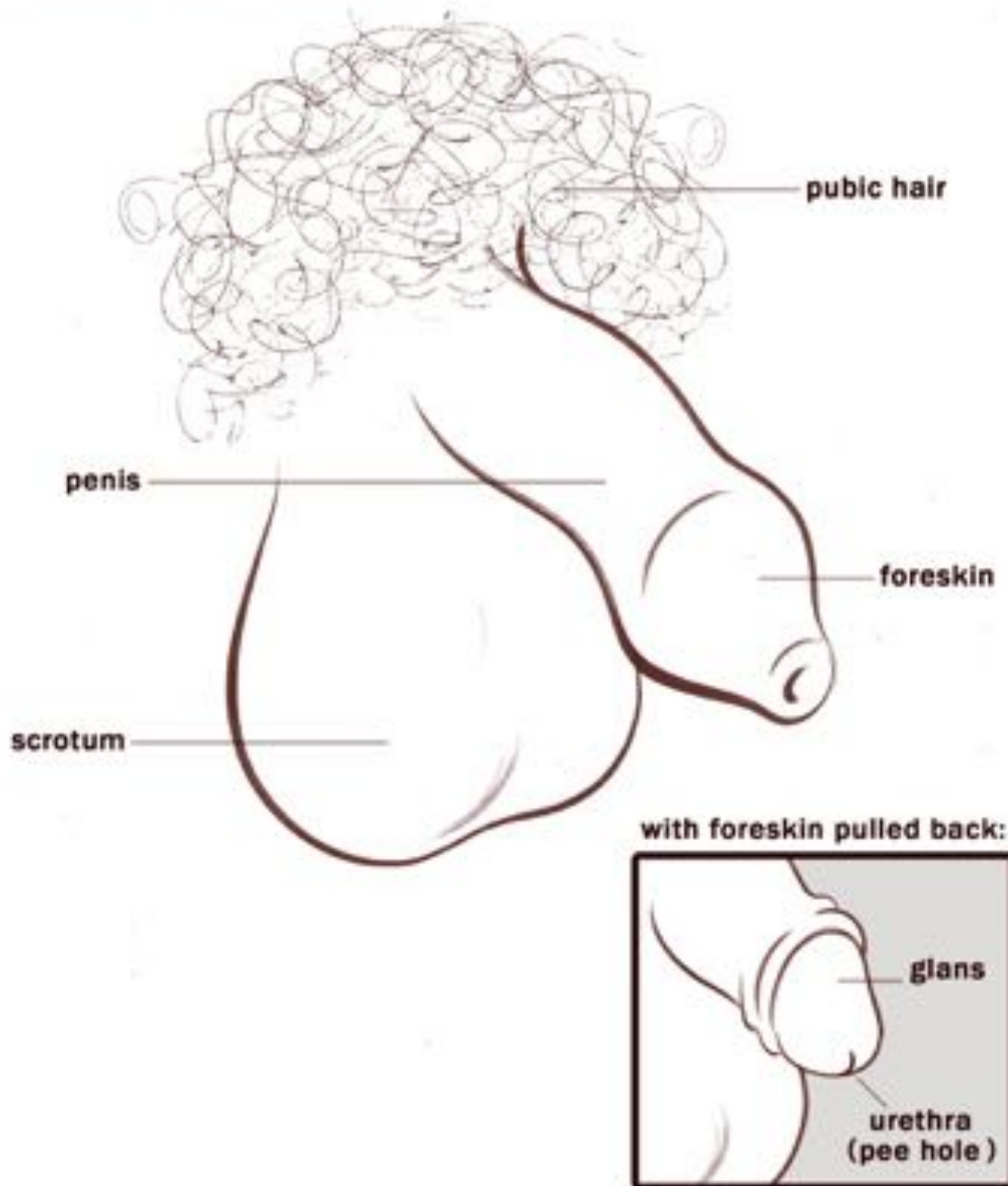
My Foot



My Genitals - circumcised



My Genitals - uncircumcised



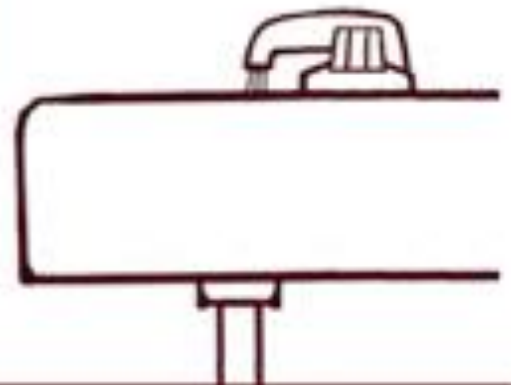
TOOTHBRUSHING



It's morning, and
time to brush
my teeth.



It's bedtime, and
time to brush
my teeth.



I get my toothbrush in the bathroom. I need to put toothpaste on it.
How much is the right amount?



Do I squeeze out toothpaste
the size of a ladybug?



Do I squeeze out toothpaste
the size of a dandelion?



Do I squeeze out toothpaste
the size of a bowling ball?



Toothpaste squeezed out the
size of a baked bean is just right!

When I brush my teeth I will be gentle.



Gentle is how I pet a dog,



or hold a baby,



or shake my friend's hand.



I will be gentle with
my teeth and gums.

Instructor Prompt: Ask reader to pet his arm like a dog, hold a pillow like a baby, and gently shake your hand.

I will brush all my teeth, all around my mouth.
Back and forth, back and forth. How long should I brush my teeth?

Do I brush my teeth as long
as one clap of my hand?



Do I brush my teeth as long as it takes
to make popcorn in the microwave?



Do I brush my teeth as
long as an episode of
my favorite TV show?



It is best to brush my teeth the same amount of time
it takes to play Elvis Presley's "All Shook Up."
That song is just two minutes long!





When I am done brushing, I spit out all of the toothpaste in the sink.



Then I rinse my mouth with water.



I spit that out in the sink too.



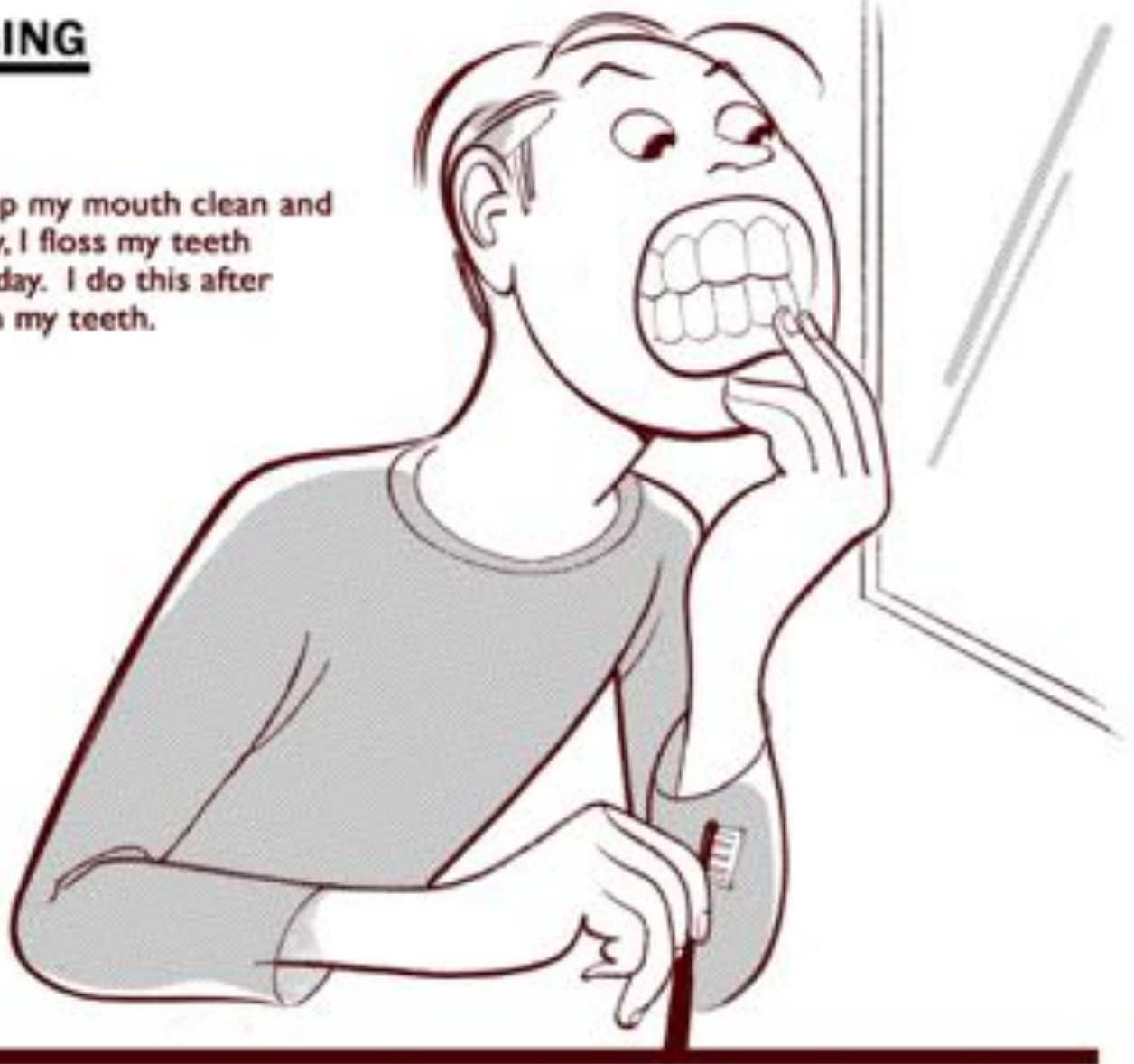
I use a clean towel to wipe my mouth and check for toothpaste.

Now my mouth is clean and my breath is fresh.
Other people like to be around me when I have clean teeth!



FLOSSING

To keep my mouth clean and healthy, I floss my teeth every day. I do this after I brush my teeth.



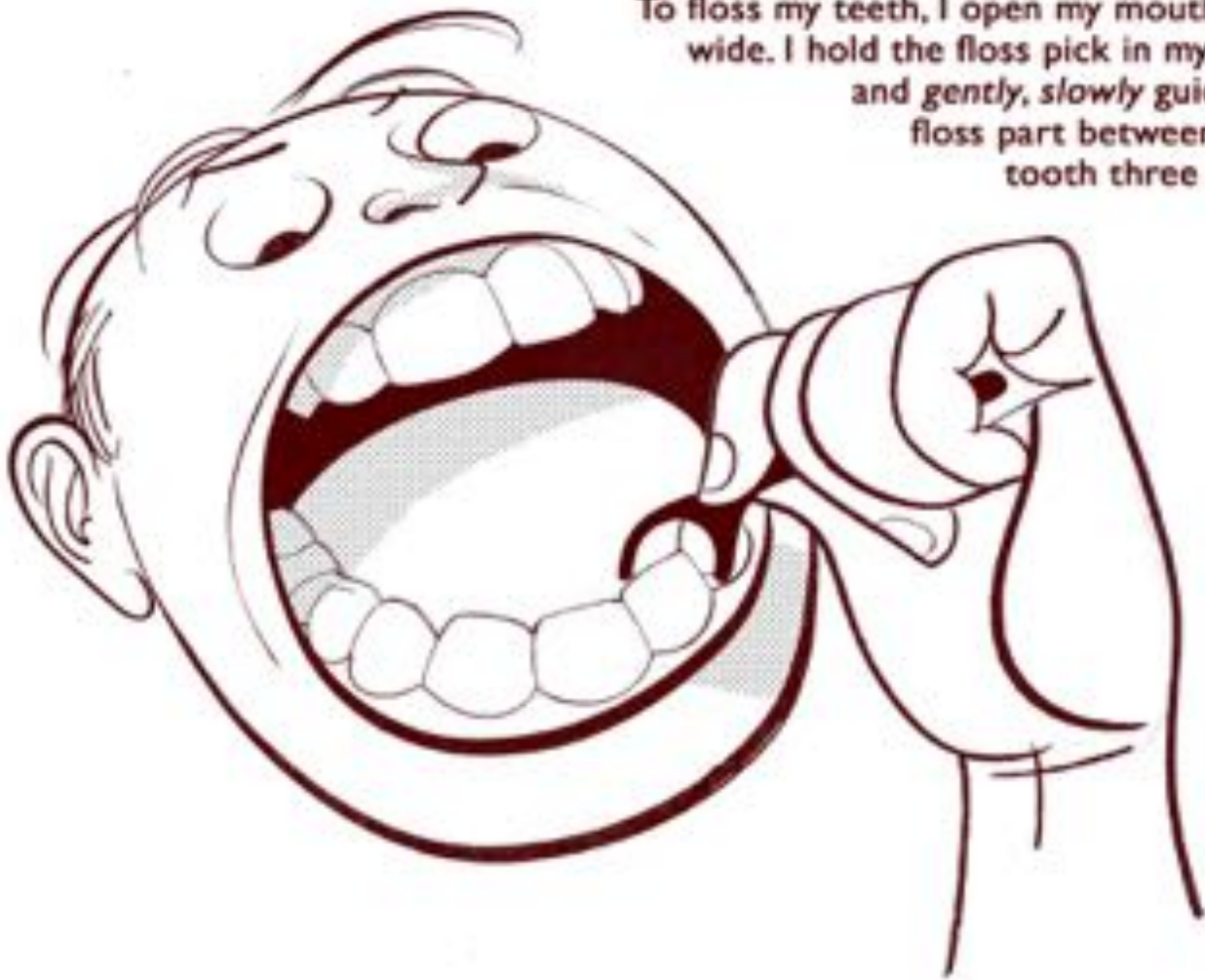
Flossing removes food from between my teeth. It is very hard to do that with just a toothbrush.



The easiest way to floss my teeth is with a new, clean dental floss pick.

Instructor Prompt: Show the reader the dental floss pick. Note: Not all readers can manage flossing their teeth. Flossing may need to be done by a caregiver.

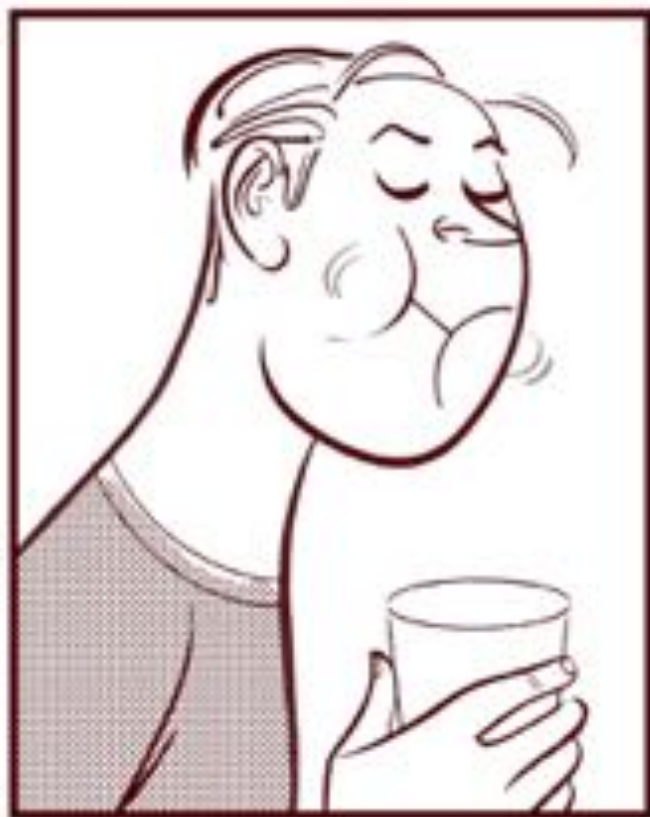
To floss my teeth, I open my mouth very wide. I hold the floss pick in my hand and *gently, slowly* guide the floss part between each tooth three times.



I use my floss to just touch slightly below my gums. I do my upper and lower teeth.



When I am done flossing, I rinse my mouth with water or mouthwash.



I swish 5 times and then I spit into the sink until my mouth is empty.



I throw my used dental floss pick away in the garbage.



Instructor: If the reader is using mouthwash, run a test to make sure the reader knows how to spit out after rinsing. Do this by practicing with room-temperature water.

EAR CLEANING

Keeping my ears clean is part of keeping my body clean.

I carefully clean my ears so I do not hurt myself.



My ear —



Instructor Prompt: Ask the reader to point to the inside, outside, and back of his ear.

EAR CLEANING

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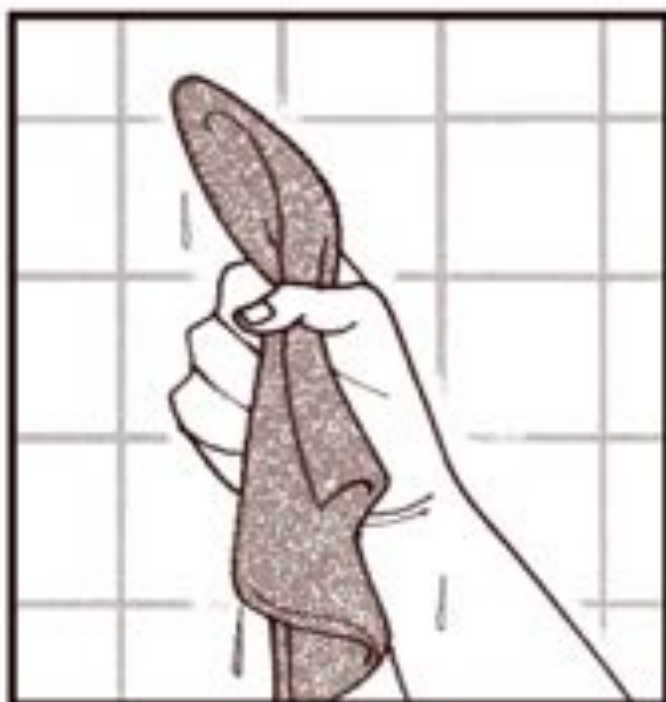
There is a saying, "Don't put anything smaller than your elbow in your ear."
It is a silly thing to say because you can not get your elbow in your ear.
Your elbow is too big!



I will think of that funny saying to remind me to never put anything inside of my ear.



I clean my ears with a soft washcloth every time I take a shower or a bath.



I cover my finger with a soapy washcloth and—



use the one finger to gently follow the grooves of my ears.



Then I clean the backs of my ears with the washcloth.

When my ears are clean,
I rinse them and check to
make sure there is no more
soap in my ears.



When I get out of the shower or bath I dry
my ears by pressing my clean towel
against them.



SHAVING WITH RAZOR

Part of looking and feeling good is shaving my face. I know how to use a razor safely and properly.

First, I check that the blades are clean and undamaged. I use my own personal razor only. I do not share it with other people.

I know it is very important to watch myself in the mirror and to take my time. It is good to shave right after a hot shower because the hot water makes my beard softer.

Instructor Prompt: Assist the reader in the bathroom by gathering all of the items needed for shaving.

At a sink, in front of a mirror, I pat warm water on my face. Then, I spread a layer of shaving cream on my beard until my skin does not show through.

I keep the shaving cream out of my lips, my eyes and in my nose.



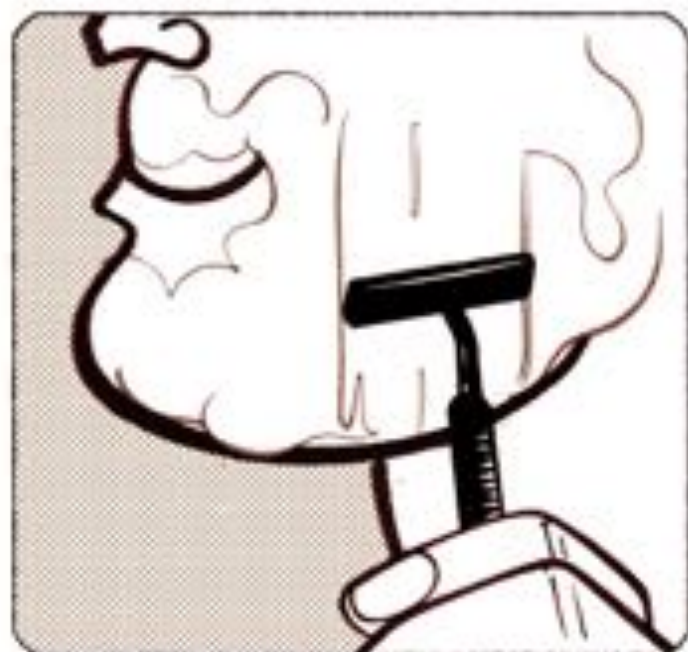
How much shaving cream is the right amount?
I spread a layer of shaving cream on my beard area like icing on a cupcake!



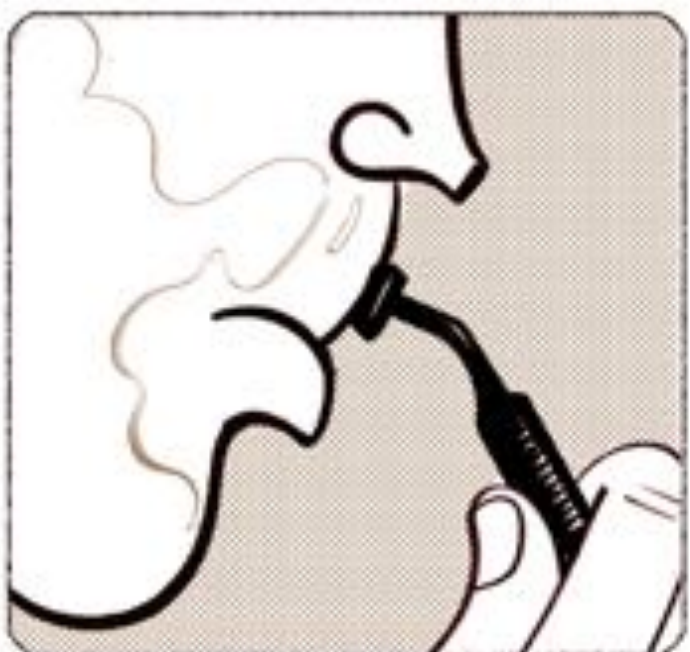
I begin shaving my neck under my chin by gliding the razor up. I work from one side to the other. I press very gently and move in slow, smooth strokes.



I rinse my razor under the water every two strokes to keep the blade clean.



Next, I use my razor in a downward motion on my face. I start at one side of my face and work my way across in sections.



When I get to my upper lip, I pull my lip over my front teeth. This makes it flat and easier to shave.

Instructor Prompt: If the reader is an inexperienced shaver, first have him use an old, clean credit card instead of a razor. Monitor for pressure, speed, length of strokes, and rinsing the "razor." If the reader is more experienced, guide him through the steps while he uses a real razor.



When I have finished, I use my hand to make sure my skin is smooth and all whiskers have been shaved. If I feel a missed area, I shave it as well.



I use cool water to rinse my face until there is no shaving cream left. I make sure there is no shaving cream hiding behind my ears, around my nose, or under my chin.



Finally, I pat my face dry with a clean towel.

SHAVING WITH ELECTRIC SHAVER

Electric razors are a little noisy, but very safe. I know I get the best shave if my razor is kept clean. I also know to never share my electric razor with anyone.



- Instructor prompt: Help the reader inspect his razor and go over the manufacturer's recommended cleaning procedure. Discuss where the razor is kept.*

It's a good idea to shave right after a shower.
If I can't shower first, I wash my face with
soap and warm water . . .

To soften the hair, I wet a
washcloth with warm water
and press it to my stubble
while I count to 30:

1, 2, 3, 4, 5, 6, 7, 8, 9, 10,
11, 12, 13, 14, 15, 16, 17,
18, 19, 20, 21, 22, 23, 24,
25, 26, 27, 28, 29 . . . 30



I dry my face with a clean towel and
apply a dab of electric razor pre-shave
lotion all over my beard area. This helps
my beard hairs stand up straight!

I use razors with blades that go around in circles in circles on my face.



I use foil razors up and down on my face.



I know I always shave slowly no matter which razor I have!

Instructor prompt: Determine the type of electric razor the reader has and show the difference between going in circles and going up and down.



I turn my razor on and use one hand to gently pull my skin while I use the other to press and move the razor over my beard.

Here are some of the silly faces I need to make when shaving so that the razor can reach the hair:



When I am done, I check in the mirror and touch up any missed spots.

I apply a small amount of after shave lotion so my skin does not dry out.



Then I clean my razor and make sure it will be charged for tomorrow.



Instructor prompt: Help the reader identify his after shave lotion and how much he should use. Ensure the reader knows how to charge his model of electric razor.

SHOWERING FOR MALES

A shower should take about 10 minutes.

That is the same amount of time it takes to heat a can of soup on the stove...



or sing The Star Spangled Banner 4 times...



or make a really big sandwich!



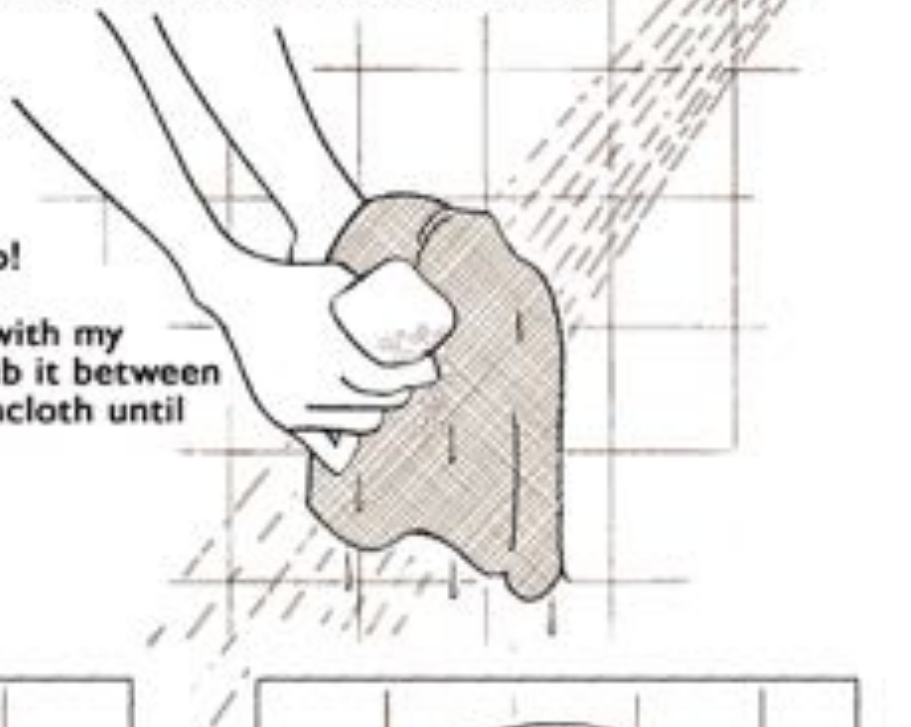
The smelliest parts of my body are underarms, genitals, anus, and feet. I will make sure I spend extra time cleaning those areas.



When I am in the shower, I want to make sure the water is not getting out. The shower head should point down at me.

Always take it from the top!

That means I should start with my face. I will take soap and rub it between my hands or on a soft washcloth until it is very sudsy and slick.



I will close my eyes and mouth so no soap gets in them. Then I will gently use my hands or cloth to rub soap on my face, around my eyes, nose, and mouth.



This is a good time to clean my ears, behind my ears, and around my neck, too. Then I will rinse my head with the warm water of the shower.

Soap is used on:

my arms,
under my arms,
my chest,
on my belly.

and on the parts of
my back I can reach.

Instructor Prompt: Act out rubbing chest, arms, underarms, back, and belly.
Then ask the reader to act it out.

SHOWERING FOR MALES

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My penis, scrotum, anus, and buttocks are next. I know it is very important to use enough soap to cover all of these parts.

I will need to spread my legs a little and use my soapy hands to clean my scrotum. I should handle my scrotum very gently, like I would hold two raw eggs.



Now it is time to reach behind my body and wash the small area behind my scrotum, then the anus, and finally between my buttocks and the cheeks, too!



Then I will clean my penis from the base to tip with soapy hands or washcloth.

After I wash each leg with soap, it is time to do my feet.
I may need to hold a handrail or even sit on a shower chair so that I can
get soap between each toe and clean my ankles.



Rinse! Rinse! Rinse! My whole body
should not have any suds on it.

Then I can turn off the water.



When I finish my shower, I must dry off.

But how? I know! I will take it from the top!
I will take a clean, dry towel, and use it to
dry the water from my hair, in my ears,
on my face, and down my body.



I must make sure to carefully
dry my genitals and buttocks,
and my feet.



Now, it is time
for grooming!

SHAMPOOING

Taking a shower is an important part of my day. One of the steps of taking a shower is washing my hair.

Dirty hair can be smelly and not look very attractive.



Once I am in the shower and the warm water is on, I will wet my hair all the way. If I wet my hair and count to 15, that will be wet enough! I will wash my hair with shampoo.

Shampoo is in a bottle and it is liquid.



How much shampoo should I use?

Would a glob the size of a shirt button be enough?



Should the shampoo I pour out be enough fill a whole soda pop can?



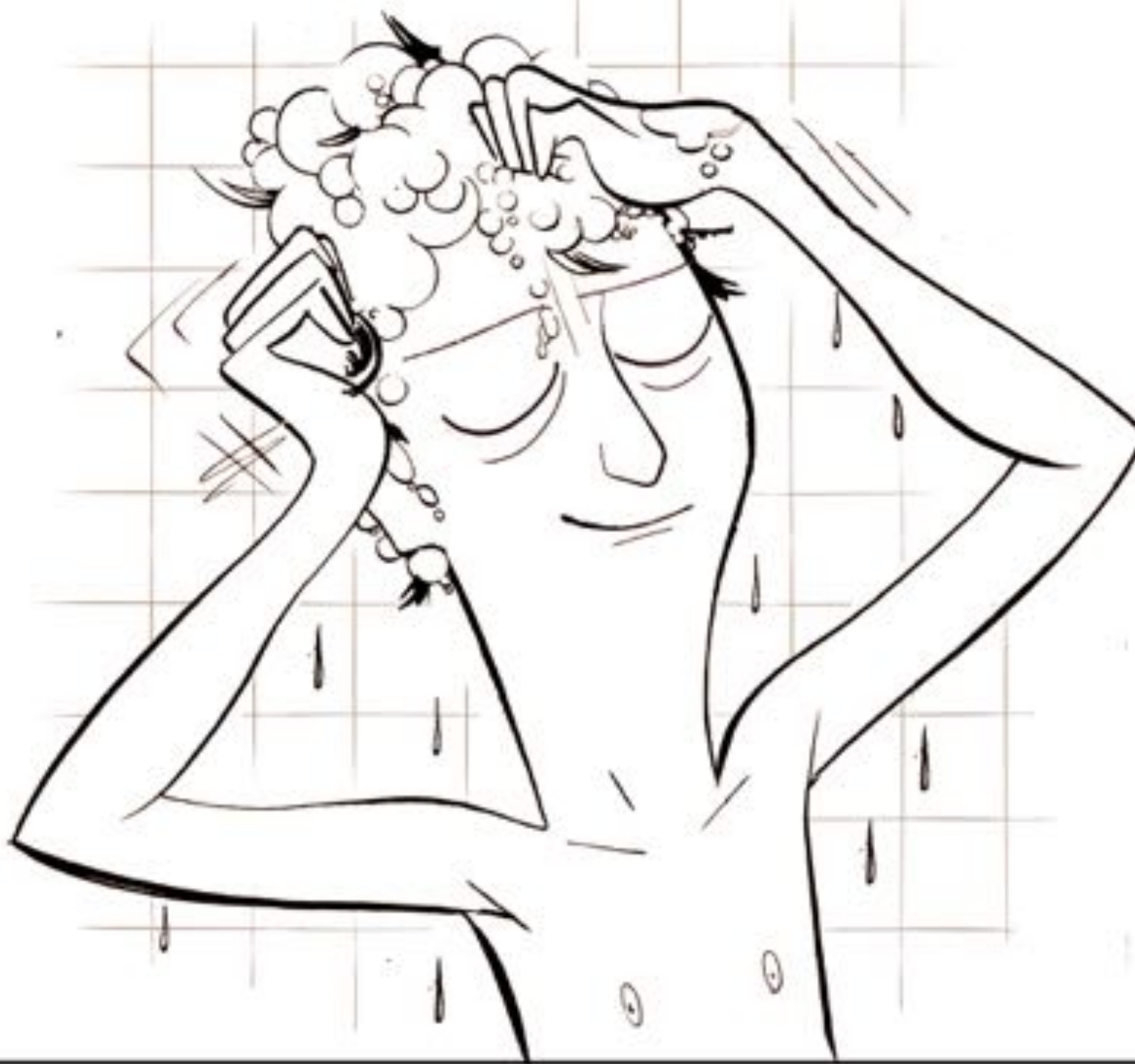
The right amount of shampoo is about the size of a quarter!



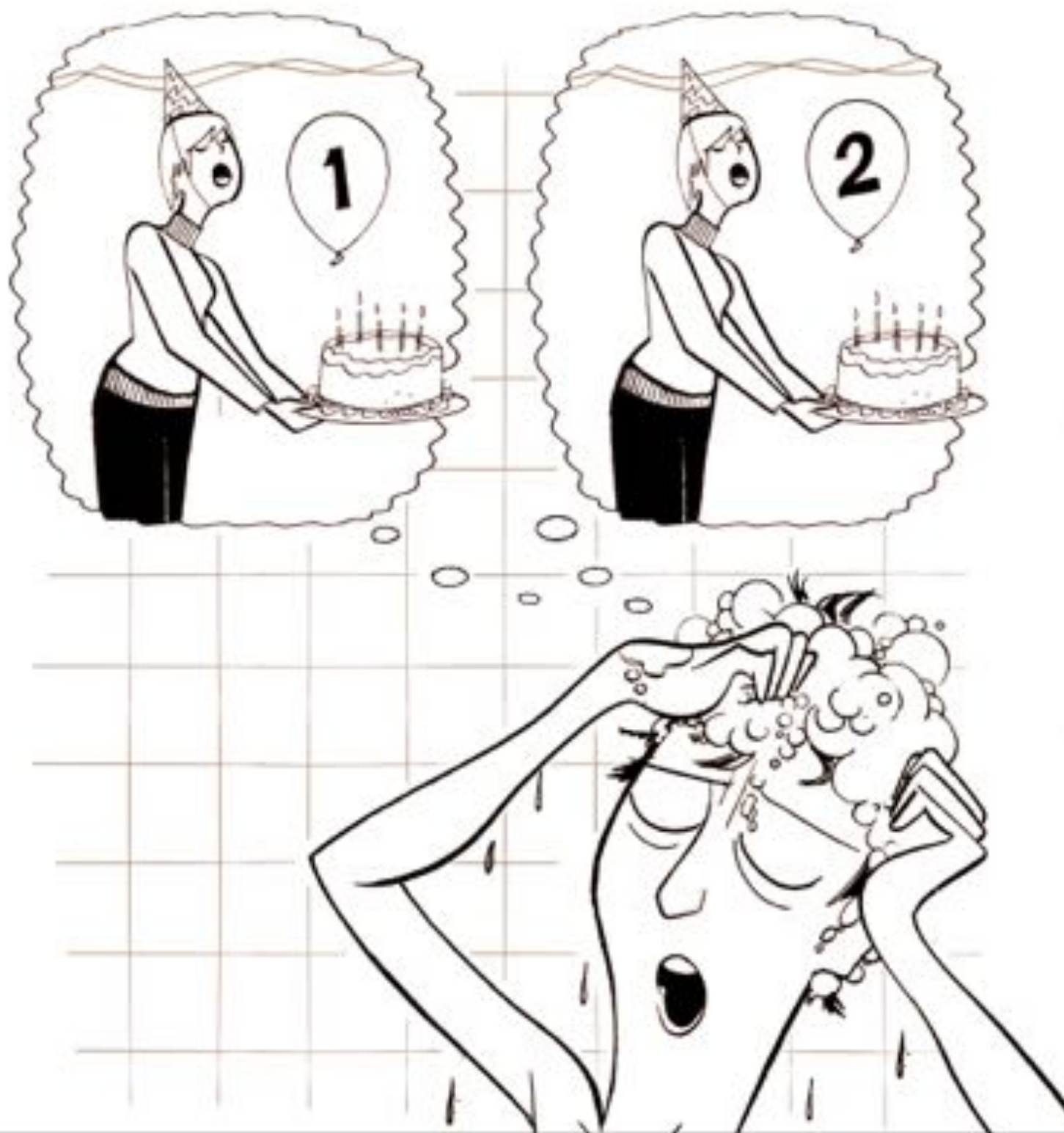
Instructor Prompt: Have reader look at and hold a shirt button, an empty pop can, and quarter.

When I put the shampoo on my head, it needs to go all over my hair, not just on top. I will make my hands look like claws and use the tips of my fingers to lightly scratch my head.

Scratch, scratch, scratch... front to back, ear to ear.



I will do this for two "Happy Birthday" songs. Now it is time to rinse.



Instructor Prompt: Sing "Happy Birthday" two times using reader's name

SHAMPOOING 5
of 6

I will rinse my hair under the warm water until no more bubbles are in it.
If I hear fizzing in my hair, there is still soap in it!



Now my hair is clean and
it's time to wash the
rest of my body.

URINATING



When I feel it is time to pee, I go to the bathroom.



If I am in a public place I look for the men's room. I may have to ask someone where it is.

Public men's rooms often have urinals, but not always.

I can use the urinal or the toilet.



In homes, I will use the toilet.



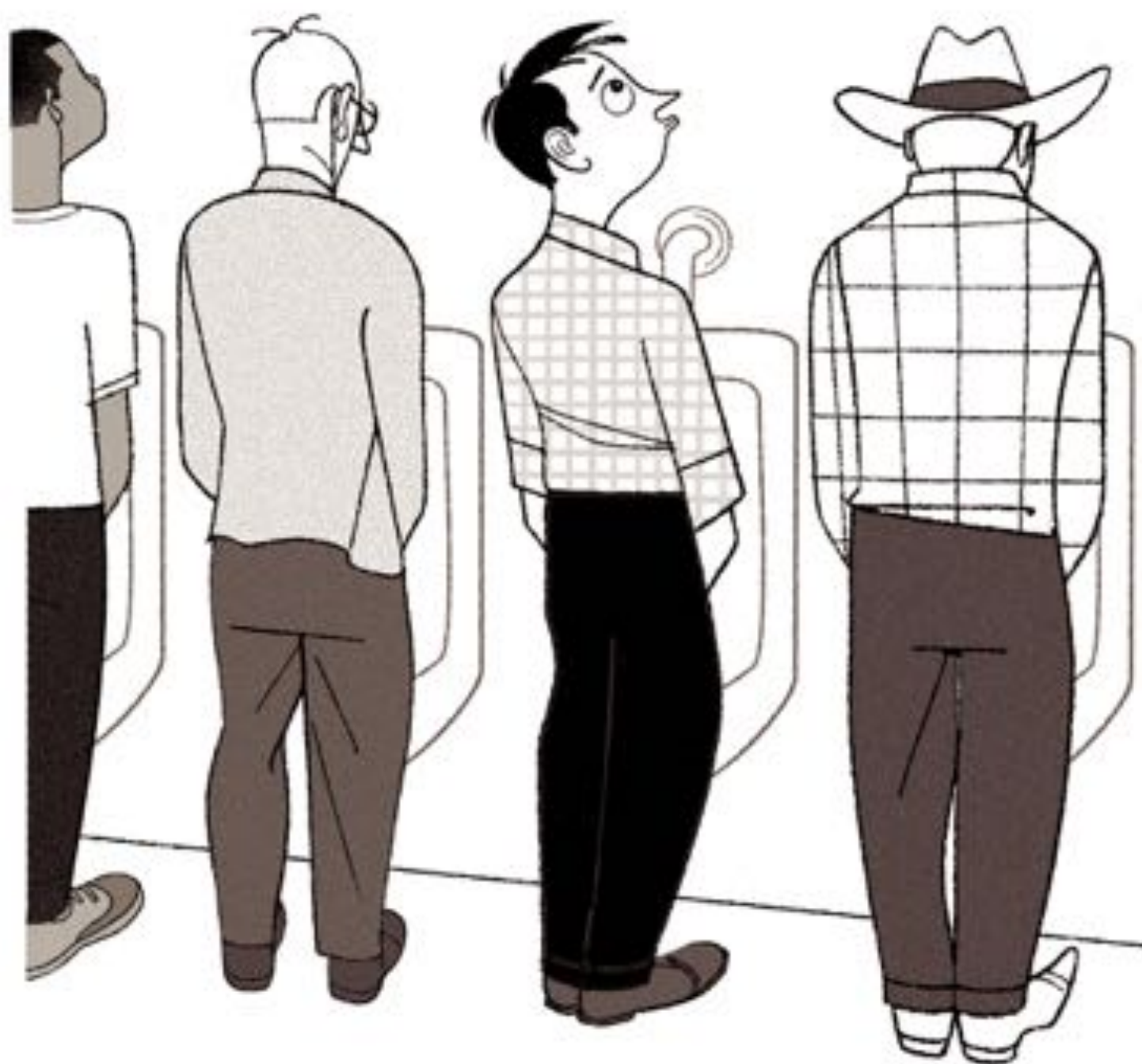
Some men stand to urinate or pee, and other men sit.

Either way is okay!

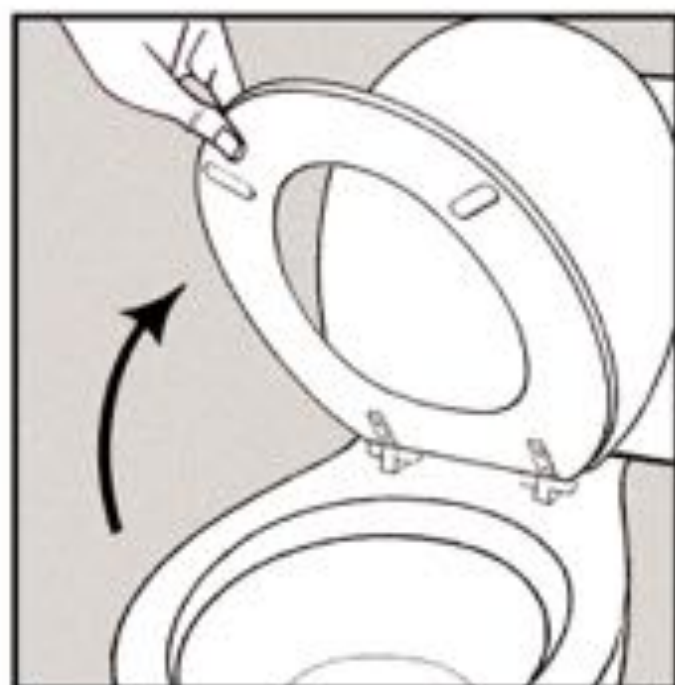


If I chose to sit to pee, I make sure my penis is aimed downward into the bowl.

If I am in a public men's room, there could be other men there who have to pee, too. It is okay to pee if there are other men around.



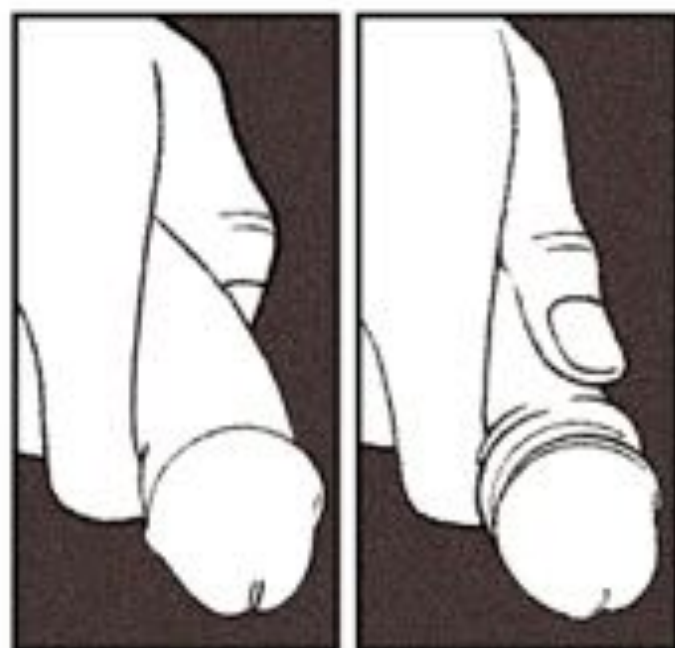
I know to keep to myself when I am peeing in the public men's room.



Before I pee into a toilet, I lift the lid and the seat.



If I chose to stand to pee, I stand close enough to the toilet so that the urine will not splash everywhere.



When I pee, I hold my penis with my hand. [Uncircumcised men: When I pee, I pull back the foreskin and hold my penis in my hand.]



I aim the stream of urine into the middle of the toilet bowl or into the back of the urinal.



When I am done peeing, I shake my penis gently over the toilet or urinal.



If there is toilet paper I can use a small piece and dab any pee off of my penis.



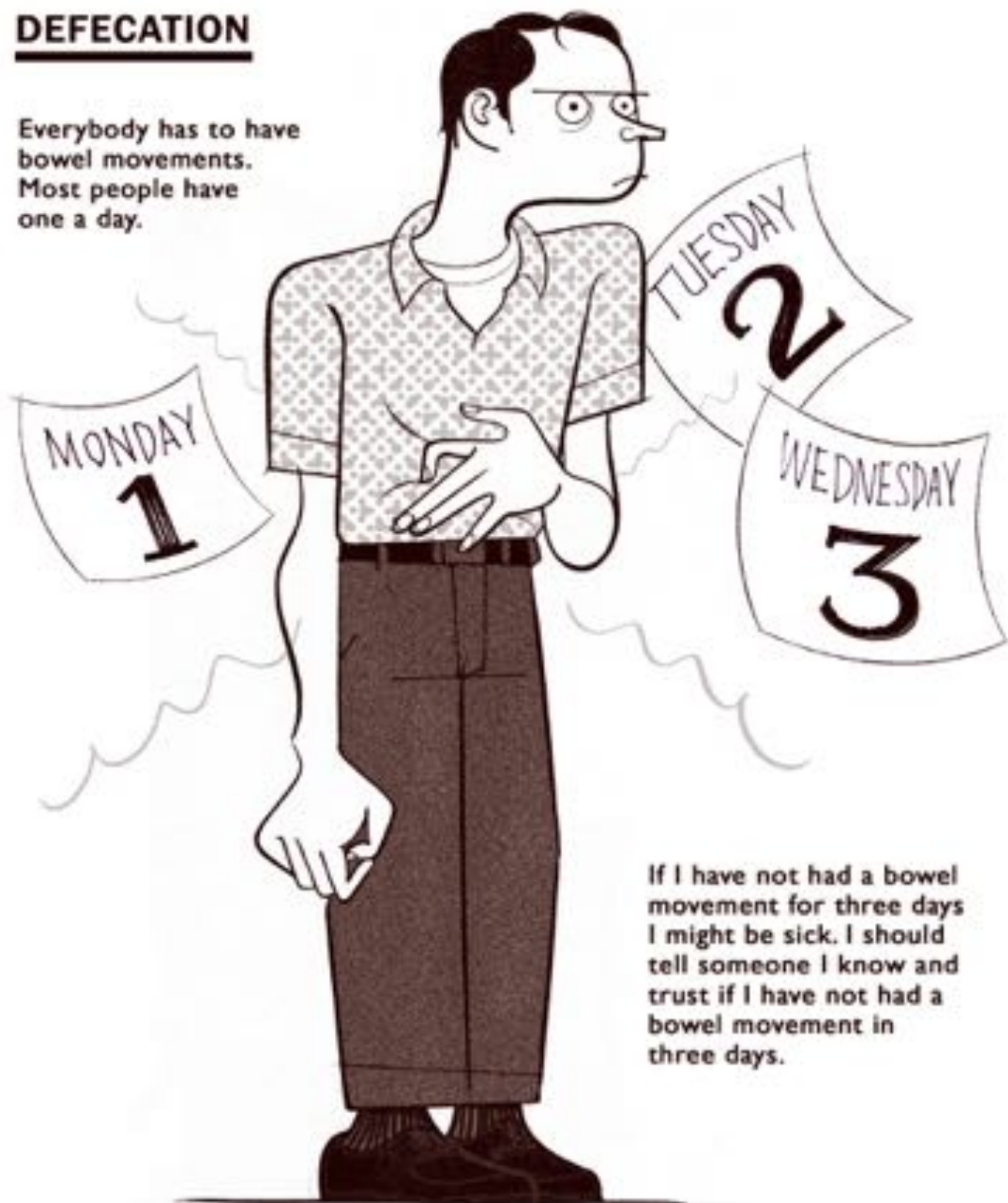
If I get pee on the toilet rim I will wipe it off with toilet paper and put the lid back down. Then I flush.



I put my penis back in my pants and zip up. After I pee, I always wash my hands.

DEFECATION

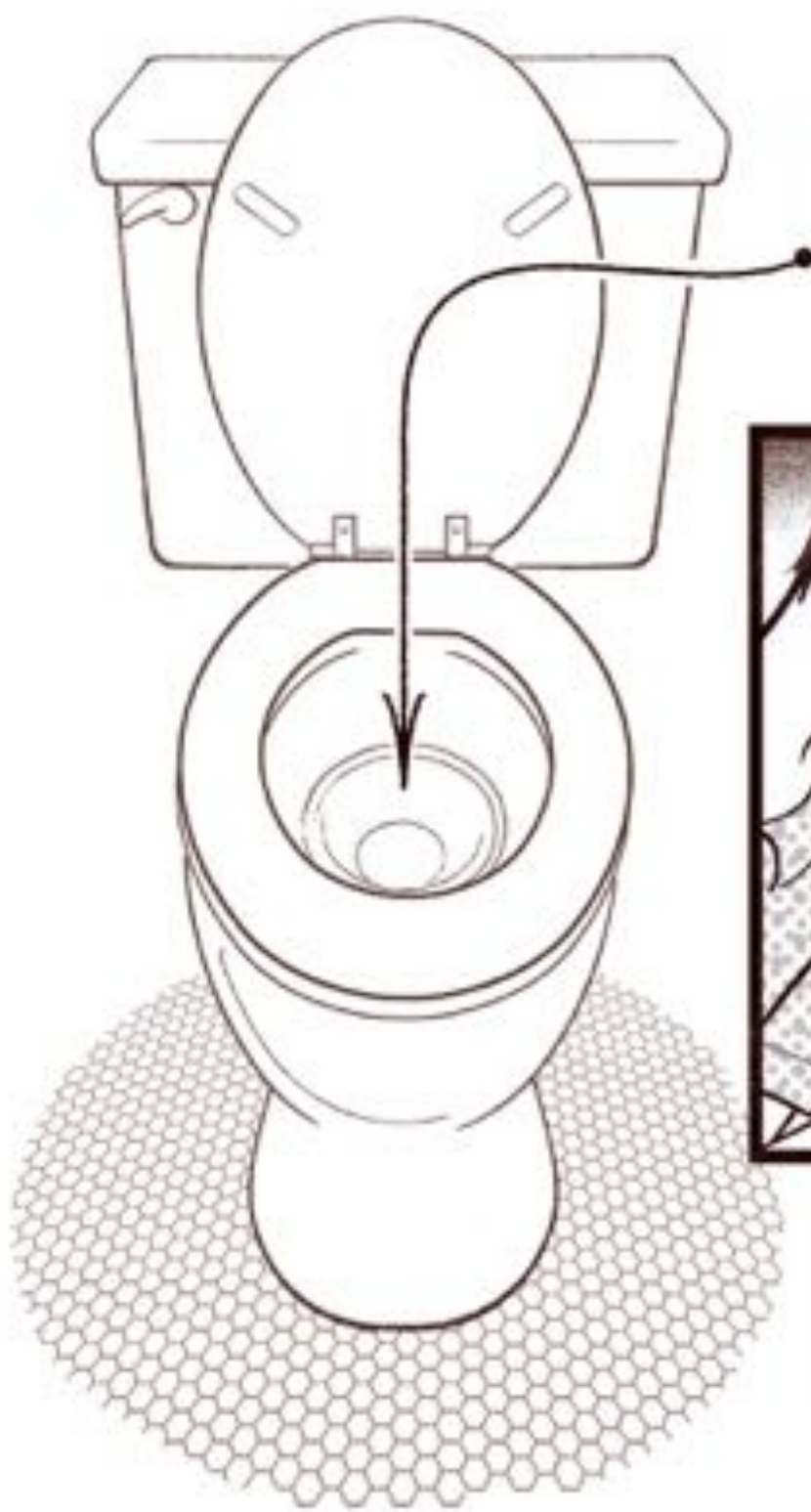
Everybody has to have bowel movements. Most people have one a day.



If I have not had a bowel movement for three days I might be sick. I should tell someone I know and trust if I have not had a bowel movement in three days.

Instructor prompt: Inquire from the reader what the preferred word or expression is for defecating. Use that word or expression throughout the chapter. Establish who the reader should talk to about his bowel movements.

When I need to have a bowel movement, I go to a bathroom.
Toilets are the only place I have a bowel movement.

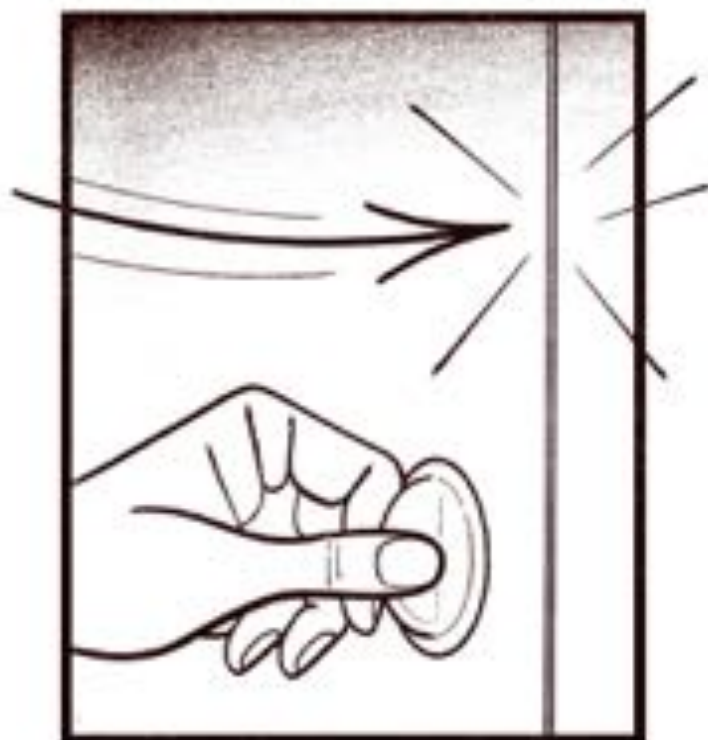


Only pee, bowel movements, and toilet paper go into a toilet!



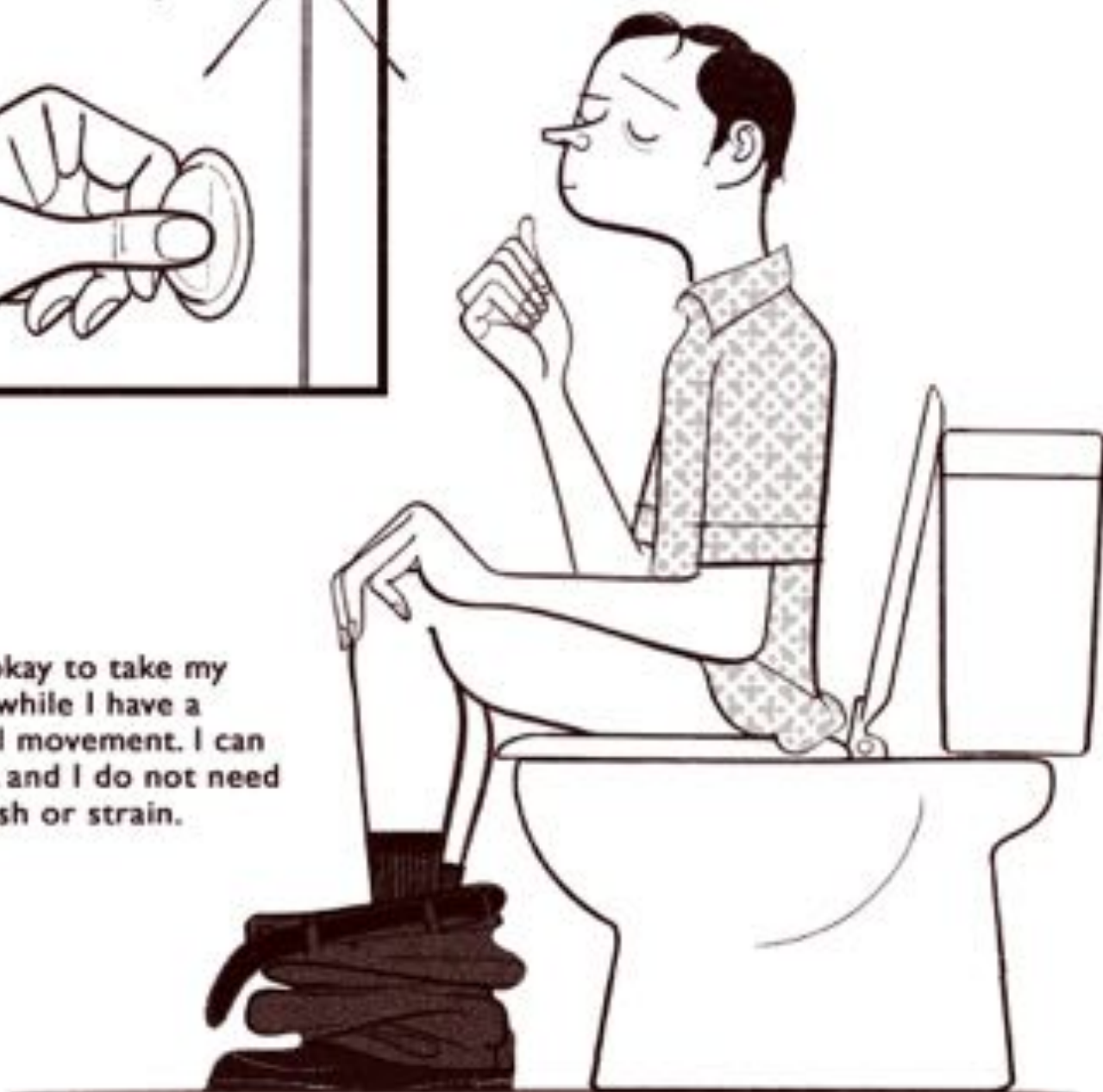
If I am out in the community, I might need to ask where the nearest men's room is. When I get to the toilet, I always check to see if there is toilet paper first!

When I am in the bathroom,
I make sure I have privacy by
closing the door or the stall.



Once I have privacy,
I pull my pants and
underwear down
and sit on the toilet.

It is okay to take my
time while I have a
bowel movement. I can
relax, and I do not need
to push or strain.



Once I feel I am done, I must wipe myself. Cleaning myself after a bowel movement is very important. Everyone must keep themselves clean or else they will smell bad or even get sick— that means me, too!

How much toilet paper should I use?



I know the right amount of toilet paper is about the length of my forearm.



I only wipe once from front to back before getting more toilet paper. I might need to wipe myself more than once to make sure I am clean.



If I wipe more than once I should flush so I do not clog the toilet with paper.



When I finish, I pull up my underwear and pants and make sure I am buttoned, zipped, and my belt is done. I flush the toilet and make sure everything went down.

I might need to flush the toilet again.



Now it is time to wash my hands!

HAND WASHING

I wash my hands often to keep myself clean!



I wash my hands when I come in from outside,



after I touched something dirty,



after I pee or poop,



before I cook or eat,



and after I touch animals.

Instructor Prompt: Discuss other times hands should be washed. Examples: when sick or around people who are sick, after gardening, after going to the gym, after taking public transportation, after handling money, after painting or using glue, etc.

The first step to washing my hands is to turn the water on in the sink so that it is warm.



I wet my hands. I squirt liquid soap two times in my hand... 1! 2!

Then I rub my hands together. I rub between my fingers and the backs of my hands until they are bubbly.



I will rub my hands together while I count to fifteen. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15. Fifteen seconds will make me squeaky clean!

After I count to 15, I will put my hands in the running water and rinse them until there is no more soap on them.



I will turn off the water. I will dry my hands with a clean towel, a paper towel, or a hand dryer until they are not wet at all. I will dry the insides of my hands, the backs of my hands, and between my fingers.



Instructor Prompt: Go through all of the steps with the reader and utilize the soap and sink most commonly used in the home. The steps can also be used in public bathrooms.

DRESSING WITH DIGNITY

Clothes are important to wear so that my body is protected from

heat



cold



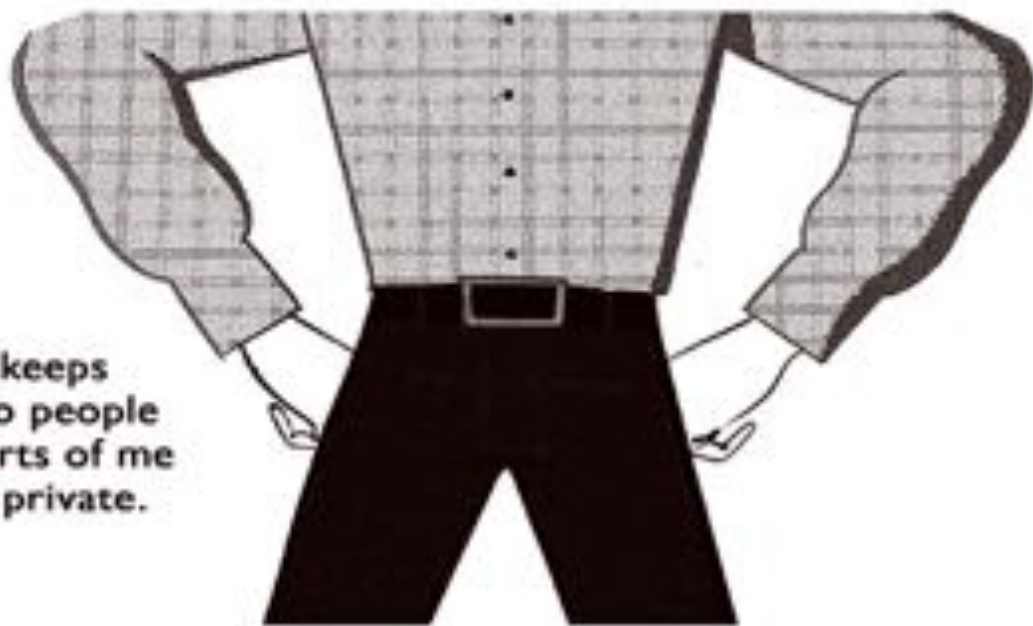
rain



and snow.

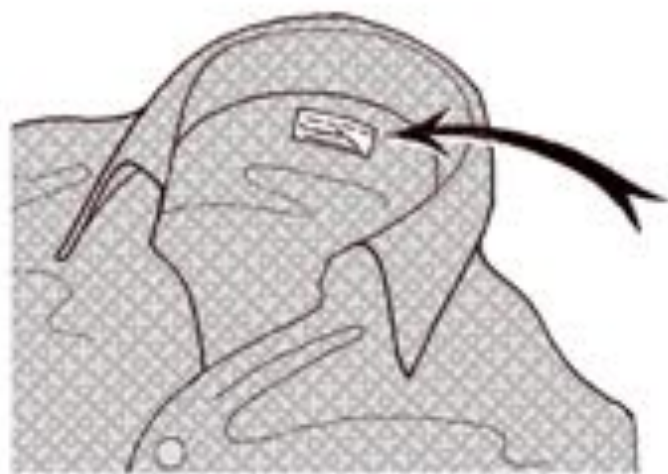


Clothing also keeps me covered so people do not see parts of me I should keep private.



- Instructor Prompt:** Point to each illustration depicting weather conditions and discuss the seasons. Talk about the weather during the current season. Point to the illustration depicting "private parts" and ask the reader what "private parts" are.

My clothes are clean and smell fresh...



The tags of my clothes are on the inside. No one should see the tags when I am wearing my clothes.



My clothes are free of:



holes



stains



and rips.

First, I put on my underwear. The fly goes in the front.



I might wear an undershirt, too.



Instructor Prompt: Use the reader's clean underwear and undershirt to show front and back and inside and outside the clothing items.

Then I put on my shirt. If the shirt has buttons, none should be missing.



I will then put on my pants. I can wear long or short pants, depending on the weather.

If my pants have belt loops, I can wear a belt.





If I am wearing shoes that day,
I need to wear socks.
Both my socks look exactly the same.

If my shoes have laces,
I will make sure they are tied.



If I am wearing sandals or flip-flops,
I do not need to wear socks.

Instructor Prompt: Show the reader a pair of his clean matching socks.
If the reader owns flip flops or sandals, refer to them as well.
Show what tied laces look like.



I look sharp and I am ready for the day!