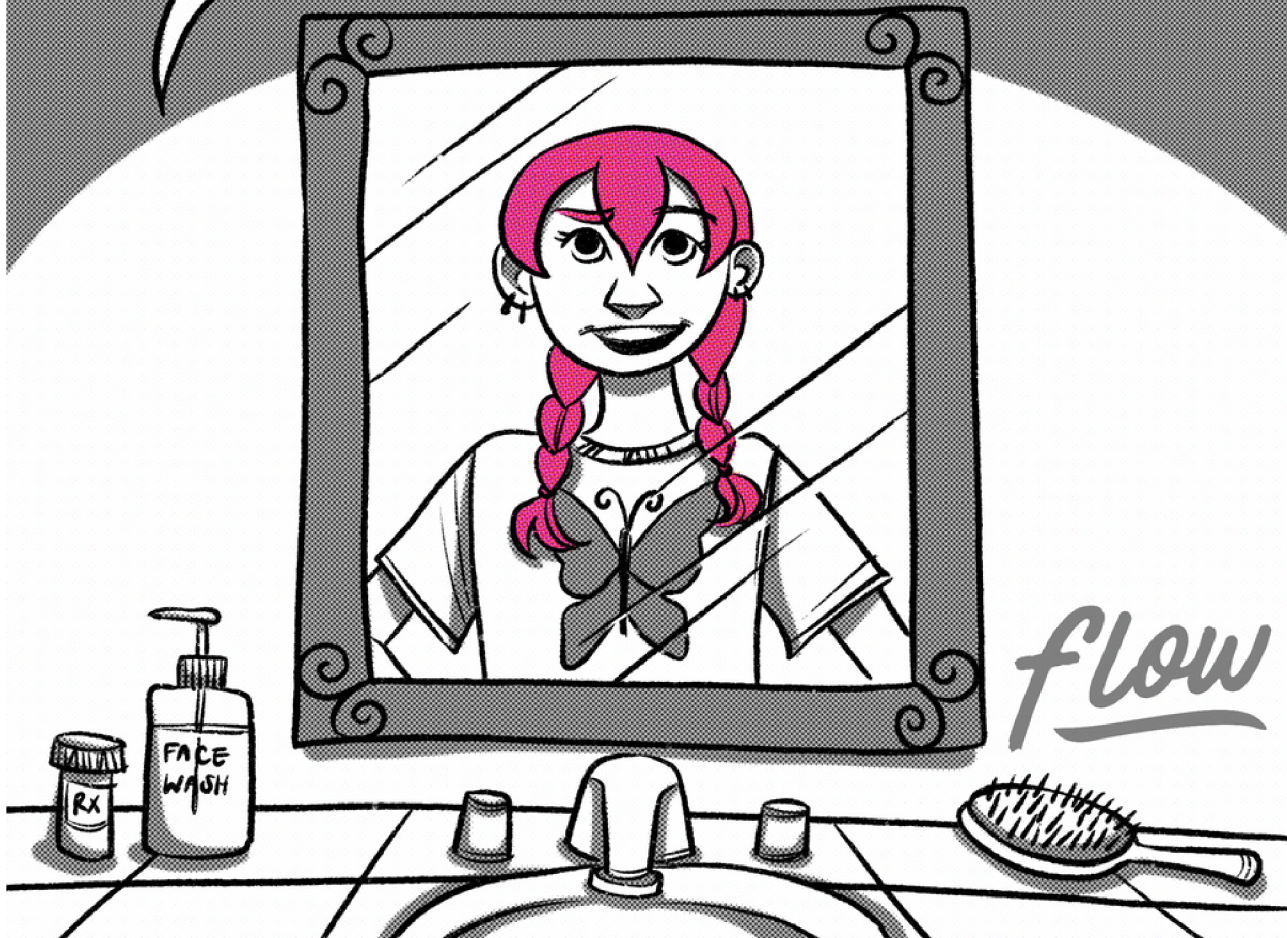
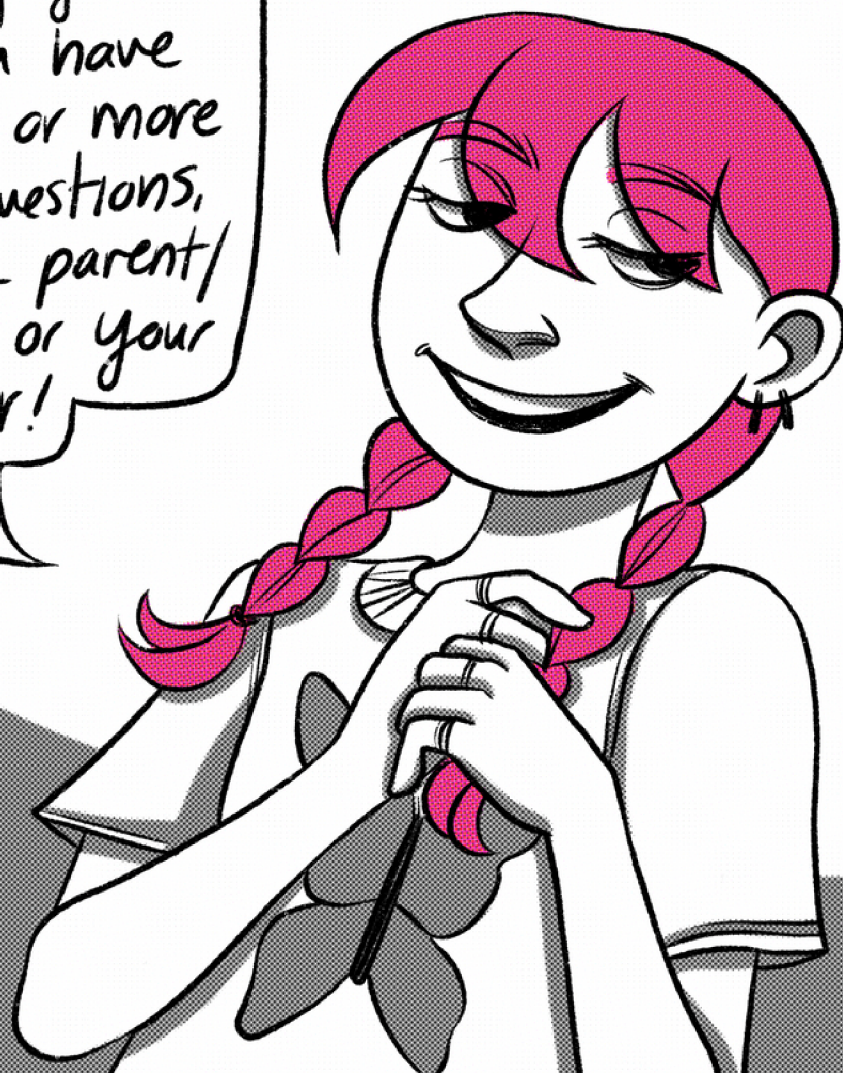


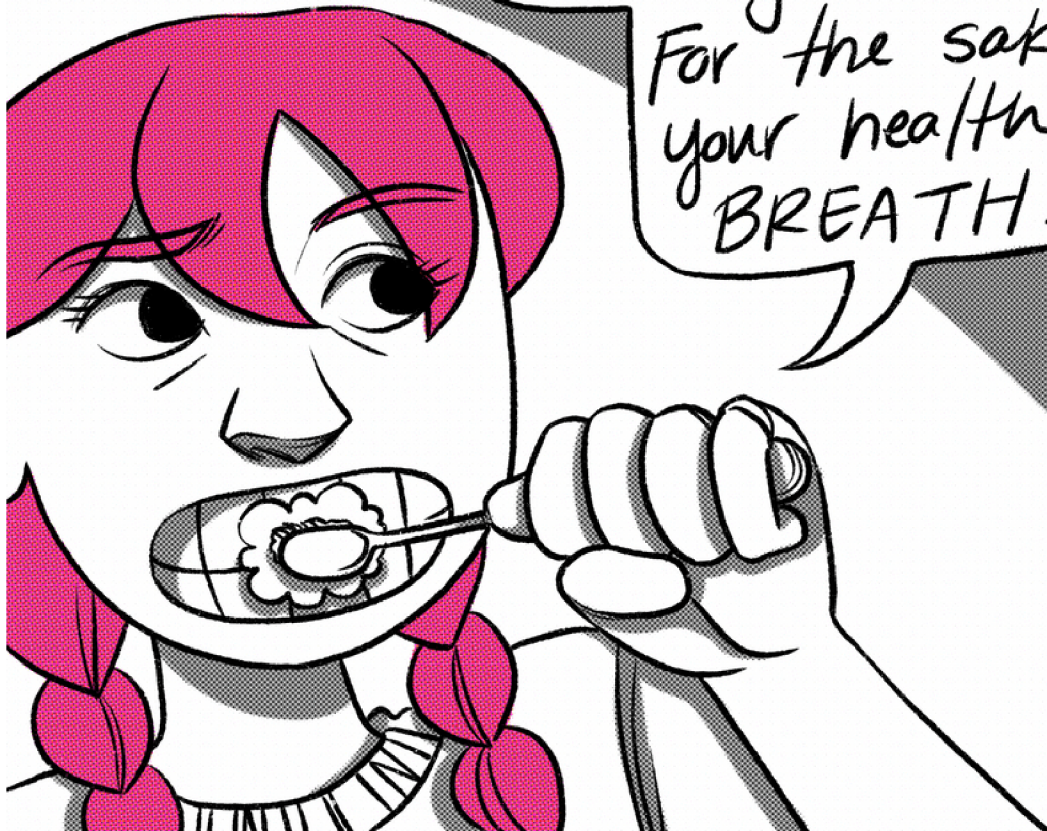
Happy FLOW LIFE SKILLZ day, team!
Today we're talkin' about something that
feels a lil' gross but is essential:
Hygiene!



(Obviously this is pretty general so if you have any big or more specific questions, talk to a parent/guardian or your doctor!



OK let's start at
the beginning of the
day: BRUSH YOUR
FRIGGIN TEETH! 2x
a day, + floss 1x!
For the sake of
your health +
BREATH!!



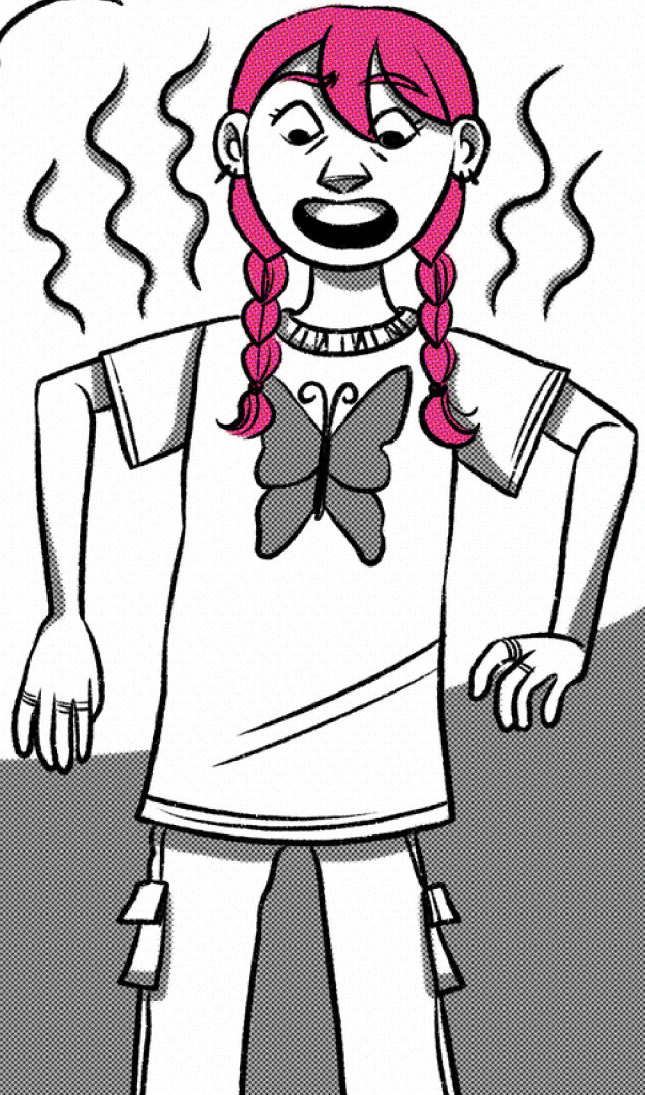


Showering: you gotta do it at LEAST every other day. As a teen, sometimes every day. Seriously! Listen to your stink.

Next: deoderant or anti persperant.
For the LOVE of GOD people.
Whether you think you need it
or not. **EVERY DAY, GUYS.**



And on that stinkiness train: clothes. You gotta change 'em every day, my guy. I know you love your favorite t-shirt, but it smells. Wash it before you wear it again!



Last but not least: preventing
acne! It's normal to get
pimples, but you'll get 'em less
often if you wash your face
every morning n' night!





The more you
add this junk
into your routine,
the less crappy
puberty will
feel, I swear!