

Name _____

Clean and Confident: How Personal Hygiene Impacts Relationships

Open-Ended Response Questions

1. Discuss the relationship between personal hygiene and self-confidence. How does maintaining good personal hygiene contribute to higher self-esteem?
2. Describe a scenario where someone's poor personal hygiene led to difficulties in their professional life. What consequences can poor hygiene have in the workplace?
3. How can personal hygiene impact an individual's social opportunities? Provide examples of how good personal hygiene can lead to more positive social interactions.
4. Imagine you have a friend who struggles with personal hygiene. How would you approach the situation with empathy and understanding, and what steps would you take to help them improve their hygiene habits?

