

#9160

FEMALE GROOMING: PART II

JAMES STANFIELD COMPANY, INC.

1996

Grade Levels: 6-13+

31 minutes



DESCRIPTION

In addition to bathing, good grooming for females includes make-up dos and don'ts, dental hygiene basics, face care, what to do about pimples, and care for fingernails. All are especially important for job interviews.

ACADEMIC STANDARDS

Subject Area: Life Work

- Standard: Displays reliability and a basic work ethic
 - Benchmark: Practices appropriate hygiene and dress at work

INSTRUCTIONAL GOALS

1. To emphasize the importance of grooming in making a good first impression.
2. To illustrate simple, mistake-proof makeup tips.
3. To demonstrate how to correctly clean and protect one's skin and face.
4. To dramatize how to properly care for and cut nails.
5. To illustrate nail polish tips.
6. To examine dental hygiene basics.
7. To depict the correct way to clean eyeglasses.
8. To demonstrate how to do a mid-day freshen-up.

AFTER SHOWING

Discussion Items and Questions

1. What is *grooming*?
2. What are the basics for mistake-proof makeup?
3. How should one wash the face?
4. What is some advice for those with acne?
5. Why should one use a sunscreen that has an SPF (Sun Protection Factor) of 15 or higher?
6. Why is hand and nail care so important?
7. Describe the basics of fingernail care.
8. Describe the basics of toenail care.
9. What can poor dental hygiene lead to?
10. What are the three important steps to prevent bad breath, tooth decay and gum disease?
11. How should one brush teeth?
12. Describe the tooth-brushing sequence.
13. Why is flossing important?
14. Describe the flossing sequence.
15. What happens if one doesn't floss?

16. When should one see the dentist?
17. Why should eyeglasses be kept clean?
18. What can be done if there's no time for a full shower?

Applications and Activities

1. Discuss with the class the effects of the bad impression made by Kisha on the "Blind Date." Ask the students why they think the "Blind Date" did not want to go on a date with Kisha. Emphasize how quickly the "Blind Date" sized up Kisha as being "undesirable." Sum up by stressing that "first impressions" can make a big difference when meeting new people.
2. Make a collage showing women with natural looking makeup versus unnatural (excessive and obvious) makeup.
3. Invite a makeup consultant from a local mall to demonstrate simple makeup techniques and make color recommendations for each student.
4. Break up into pairs and practice the application of brush on cheeks and eyelids, and lipstick on lips. Later, have the whole class critique individual applications.
5. Make a collage of before and after pictures of makeovers found in a fashion magazine.
6. Using a sink or bowl full of water, demonstrate how to wash and rinse one's face.
7. Ask the school nurse to discuss medications to treat acne. List the choices available, including cost and where to get it.
8. Make a chart titled "What to Do When You Get a Pimple" and list solutions.
9. Make a collage of sunscreen products found in magazines.
10. Make a list of all the sunscreens students find in a store that are SPF 15 (and above) and are waterproof, along with their prices and have them compare them.
11. Demonstrate the application of sunscreen. Discuss when to use and where to apply.
12. Demonstrate the correct use of nail clippers, emery board and nail brush.
13. Discuss how students feel when they are around someone who has bad breath, how they can tell if they themselves have bad breath, and what causes most bad breath.
14. Invite a dentist to visit the classroom and demonstrate brushing, flossing, and the selection of toothbrushes, toothpaste, and mouthwashes. Or, borrow a big set of teeth and brush from a local dentist and allow students to practice brushing technique.
15. Demonstrate using floss with class critique.
16. Ask several people they respect for the names of local dentists and have students add them in their personal address books.
17. Demonstrate how to clean glasses.
18. Demonstrate how to do a "midday freshen up."

SUMMARY

Opens with a brief statement from a vocational counselor regarding the importance of making a good first impression at a job interview. Although this video is not specifically about getting a job, it is about the universal components that make up a good impression. The counselor's observations about how quickly impressions are formed (30 seconds) and his perception that the first impression we make is often the one thing we can control, apply whether making an impression in the community, on a date, or at a job interview.

A montage illustrates the negative consequences a bad first impression can make on getting service in a store, being seated in a restaurant, and getting a job.

The hosts of this program explain more about good grooming.

The host dramatizes the negative effects of bad grooming in a sketch called "The Blind Date." Kisha meets Gary for the first time, but she doesn't realize she has made a bad

impression. Her hair is a mess, her hands and fingernails are dirty, and she hasn't brushed her teeth in a week. Gary is repulsed and makes up a flimsy excuse not to take her out. Kisha is left feeling stunned and hurt.

The hosts discuss the elements that go into good grooming. First, our makeup consultant shows three models the proper way to apply make-up.

Second, the host demonstrates how to wash her face. Then she shows how to safely take care of a "monster" pimple and how to apply sunscreen.

Third, the host describes the proper way to wash your hands and scrub under his nails. Also, she shows how to use a nail clipper and emery board to keep fingernails neat and trimmed.

Fourth, the hosts talk to a dentist, who talks to them about the importance of good dental hygiene in prevention of tooth decay and bad breath. The dentist also demonstrates the big three of dental care: brushing, flossing, and visiting the dentist.

The host concludes by sharing a few tips on special issues such as cleaning eyeglasses and how to freshen up during the day without taking a shower.

RELATED RESOURCES



Captioned Media Program

- Common Mistakes People Make in Interviews #8248
- Female Grooming: Part I #9159



World Wide Web

The following Web sites complement the contents of this guide; they were selected by professionals who have experience in teaching deaf and hard of hearing students. Every effort was made to select accurate, educationally relevant, and "kid safe" sites. However, teachers should preview them before use. The U.S. Department of Education, the National Association of the Deaf, and the Captioned Media Program do not endorse the sites and are not responsible for their content.

- **INTELIHEALTH**

<http://www.intelihealth.com/>

Features Harvard's Consumer Health Information (click on "Women's Health"). Extensive explanation, symptoms, factors, prevention tips, and suggestions are given on women's appearance and health. Areas covered include: skin, fitness, weight management, and others.

- **WANNALEARN.COM**

www.wannalearn.com

Provides free, family-safe, online tutorials. Search for "male grooming," then select personal grooming for women. Links to sites providing tips for skin care, cosmetics, wardrobe selection, and beauty tips.

- **MAKEUP**

<http://www.tipsofallsorts.com/makeup.html>

Provides numerous tips on foundation, powders, quick fixes with concealers, shaping eyebrows, makeup remover, hygiene, skin care, and much more.