

# Tips To Help Teens Manage Body Odor

Ask the teen if they have observed changes in their body odor.



Explain to the teen that body odor changes are common, and they may use a deodorant.

Teach them to read labels and buy deodorants.



Ask teens to try various deodorants to find suitable ones.

Tell them how regular baths and showers kill the bacteria that lead to body odor.



Encourage overall good hygiene that can reduce the chances of foul body odor.