

# Skin Problems

## Tackle pimples & acne

**“Having bad skin can be embarrassing and make you feel shy. Try not to worry, most skin problems clear up after puberty when your hormones calm down!”**

Puberty and bad skin seem to go hand in hand. This is because during puberty your hormones get too excited causing the oil glands underneath your skin start making more oil (sebum).




All this oil (sebum) mixes with dead skin cells to cause blockages on the surface of the skin called pimples or acne. Both boys and girls can get pimples and acne during puberty on their neck, face, chest, back and shoulders.

Having bad skin can be embarrassing and make you feel shy. Try not to worry, most skin problems clear up after puberty when your hormones calm down!

**But there are ways you can try to make the bad skin days go faster:**

- Wash your face twice a day (no more) with warm water and soap made for people with acne.
- Don't squeeze your pimples.
- Avoid touching your face with your fingers.
- Keep your hair clean and out of your face.
- If you wear makeup, remove all of it before you go to sleep.
- Drink lots of water!
- Keep your face out of the sun.
- Try changing your diet and eat more fresh fruit and vegetables.
- Avoid oily creams - they can block your pores.
- Speak to a chemist or doctor if your skin problems seem to be getting worse.

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