

Acne – The Outbreak

An epidemic of Acne has broken out in the South Western Territory of _____. Though normally not contagious, this strain of Acne will spread like wildfire if left unaddressed. This Acne has all of the characteristics of regular Acne but if not treated properly it can be lethal. You already know that roughly 85% of teens will be affected by Acne, but in order to prevent further spread and to help those who currently have it you must address the following:

- What does acne look like and where it can occur on the body?
 - What causes acne to occur?
 - Why do so many teenagers become affected?
 - How can you prevent acne from occurring in the first place?
 - How to prevent acne scars? What can you do if you have scars from acne?
- In addition, in your Territory's History books you have found information about previous Acne outbreaks that could potential be helpful. You also however know that there are many myths regarding preventing/treating acne.
- You must expose these myths to prevent any further problems

Assessing:

- Symptoms: 2pts
- Cause: 1pt
- Why Teens: 1pt
- Prevention: 2pts
- Scars: 1pt
- Myths: 1pt
- Participation/presentation 2pts

Rewards

- **1-3pts** (+1) level
- **4pts** (+2) levels, **5pts** (+2) and a power up
- **6-7pts** (+3) levels, **8pts** (+3) and a power up
- **9pts** (+4) levels, **10pts** (+4) levels and power up

Print Out

- Popping Acne can make it worse
- What you eat doesn't affect whether or not you get acne
- Not all makeup will increase your chances of acne
- Toothpaste can help your acne go away quicker
- The more medication you use the more likely your acne will stop
- Hairspray can increase your chances of having acne outbreaks
- Washing your face more than once or twice a day may not help
- Popping pimples will help them go away quicker
- Hairspray doesn't affect Acne
- Eating nutritious food can help prevent Acne
- Avoid makeup – it will always make acne worse
- Toothpaste does not help get rid of acne

Answers

1. Blackheads, whiteheads, pimples, cysts – face, back, neck, chest
2. Pores get clogged with dead cells or too much sebum
3. Changing hormone levels
4. Wash skin, especially after exercise, keep hair spray or gel away from face, noncomedogenic, eat vitamins and minerals, use OTC medication
5. Don't pick or squeeze if you don't want scars. Most scars will go away, some can be surgically removed