

# Essential Standard

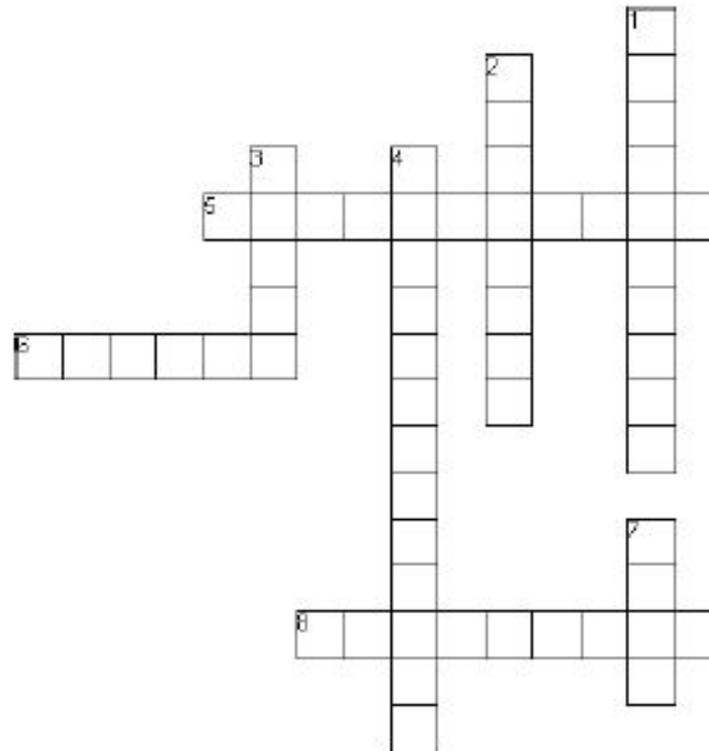
8.PCH.2 Evaluate health information and products.

# Clarifying Standard

8.PCH.2.2 Judge the effects of popular fads on health (tattooing, piercing, artificial fingernails)

# What Do You Know About the Skin You're In?

Complete the puzzle using the clues shown below.

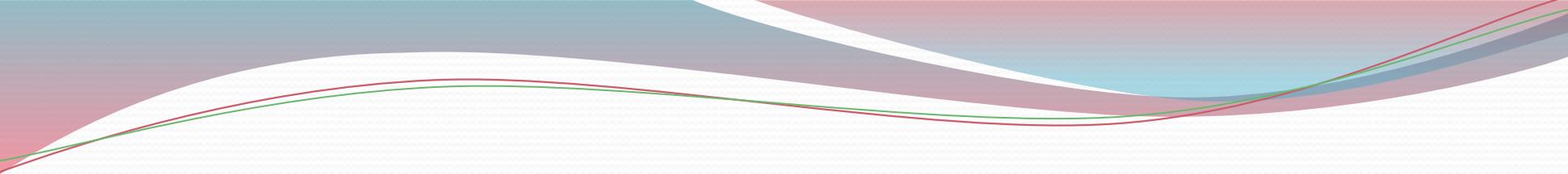


## Across

5. the skin regulates body \_\_\_\_\_
6. the thick inner layer of skin
8. the thin outer layer of skin

## Down

1. the skin serves as a \_\_\_\_\_ covering
2. your skin uses ultraviolet light to produce this nutrient
3. the skin protects against their invasion
4. the doctor who treats the skin and its diseases
7. the largest organ of the body



- Video Clip

- Ask the students:

- • *Why was the lady having trouble committing to her tattoo?*
- • *How long do you think you should consider a tattoo you want before you go and*
- *get the tattoo?*
- • *What are some important things to consider about a tattoo you want?*
- • *Does anyone know some safety concerns for tattoo and piercing shops?*

# Statement of Objectives:

- *You can see from this story that body art, which has become quite a popular fad in today's culture, sometimes creates a problem. Fads, such as tattooing, piercing, and fake fingernails, may result in risks that compromise health. By the end of the lesson, you will be able to describe possible health risks and complications that are associated with body art. You will be able to judge the facts and risks in order to make an informed decisions about body art. You will understand why some people who decide to have body art later come to regret their decision.*

- *Body art includes tattoos, piercings, branding, and artificial fingernails.*
- *The practice of decorating the body goes back thousands of years to a time when people used the decorations to enhance their body or to participate in rituals.*
- *Today many media stars and athletes use body art for decoration, self-expression, or to make a fashion statement. It has become a popular activity among many young people today.*
- *However, when you make a decision to participate in one of these extreme fashion fads, the decision is often difficult or impossible to undo.*
- *You need to know that body art is permanent and can sometimes lead to health problems.*
- *You need to be aware of the medical facts about body art in order to make an informed decision about these current fads.*
- *You also need to understand that sometimes people come to regret their decision to participate in these fads.*

## ● **A tattoo**

- *is a puncture wound made in the skin and filled with ink usually creating some sort of design. In North Carolina there is a law prohibiting people under the age of 18 from getting a tattoo, even if parents give permission.*

## ● **A piercing is just that**

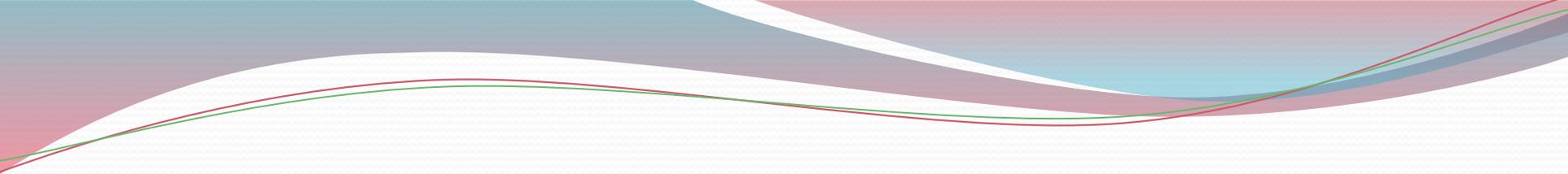
- *—a hole is made in the skin with a needle and a piece of jewelry is inserted in the hole.*

## ● **Artificial fingernails, also called fake fingernails,**

- *is the practice of using false nails to cover healthy, natural nails. These are then filed and decorated in a manner pleasing to the consumer.*

# What are Tattoos?

[http://kidshealth.org/teen/your\\_body/body\\_art/safe\\_tattooing.html](http://kidshealth.org/teen/your_body/body_art/safe_tattooing.html)



# Kids Health Body Piercing

Body Piercing

# What You Need to Know about Body Art

## Tattooing

1. What is involved in getting a tattoo? Describe how it is done.

What health risks are associated with a tattoo? How old must you be in North Carolina to get a tattoo?

What questions do you need to ask the tattoo artist?

How do you care for a tattoo? What are signs of infection?

What are the long term health risks of a tattoo?

How can a tattoo be removed? Why might one decide he/she needed to get a tattoo removed?

Why do people get tattoos?

What would you tell someone considering a tattoo? Give reasons for your response.

## Body Piercing

1. What is involved in getting a body piercing? Describe how it is done.

What health risks are associated with a body piercing?

What questions do you need to ask the person doing the piercing?

What kinds of jewelry should be chosen for a piercing?

How do you care for a piercing? What are signs of infection? How long does it take it to heal?

What are the long term health risks of a piercing?

How are piercings removed? Why might someone want to get a piercing removed or corrected?

Why do people get piercings?

## Artificial Fingernails

1. What is involved in getting artificial fingernails? Describe how it is done.

What health risks are associated with artificial fingernails?

What do you look for in a salon and a nail technician for application of artificial fingernails?

How do you care for artificial fingernails? How long do they last? What are the health risks of artificial fingernails?

In what professions are artificial fingernails not allowed?

How are artificial fingernails removed?

What are the long term health risks of artificial fingernails?

Why do people get artificial fingernails?

What would you tell someone considering a artificial fingernails? Give reasons for your response.

# Closure:

- *We learned that several of the fads practiced today might have some associated health risks. Adults can choose to engage in these practices, but should know all the facts before doing so. Even when they know the facts about these fads, people often come to regret their decision. Undoing that decision is sometimes difficult or impossible.*