

1	Personal Hygiene	How you keep your body clean and can stop the spread of infection and illnesses between you and the people around you.	11	Friendship	A close relationship between two or more people who care about and support each other.
2	Adolescence	The period of life between childhood and adulthood.	12	Peer Pressure	A feeling that one must do the same things as other people of one's age and social group in order to be liked or respected by them.
3	Puberty	The time when your body changes from being a child to a young adult. Your body is preparing itself to be able to reproduce.	13	Peers	A person of the same age, the same social position, or having the same abilities as other people in a group.
4	Hormones	The changes that happen during puberty are caused by these.	14	Outcast	Someone who is not accepted by a group of people or by society.
5	Body Image	A person's perception of the aesthetics or attractiveness of their own body.	15	Individuality	The qualities that make one person or thing different from all others.
6	Cosmetic	Affecting only the appearance of something rather than its substance.	16	Reproduce	To reproduce is to make more, either by having babies or creating copies.
7	Oral Health	The health of the teeth, gums, and the entire oral-facial system that allows us to smile, speak, and chew.	17	Period	A period is the 2–7 days that a girl or woman has her menstrual flow, which is when blood and tissue leave her body through her vagina.
8	Plaque	A sticky substance made from leftover food particles and saliva that mix in your mouth.	18	Erection	A hardening of the penis that occurs when sponge-like tissue inside the penis fills up with blood.
9	Fluoride	A form of the element fluorine that helps prevent tooth decay.			
10	Demineralisation	The tooth's appearance and wears away the tooth's smooth surface			