

Personal care | Akuaku whaiaro

Students may require extra support with personal hygiene during their secondary years.

Personal hygiene routines need to consider ākongā dignity, mana and independence.

Consider these aspects:

- menstrual hygiene and assistance
- visual supports for keeping clean and toileting in their new setting
- change areas for places like swimming pools
- social stories for learning about hygiene
- how you notify the student about toilet breaks.

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