

Shaving for Teens

When your teen decides that they want to start shaving, the thought of letting them loose with a razor is enough to worry any parent. They may be a little unsure what to do at first and need some support to get started. Here are some top tips and things that you may wish to consider before they try for themselves.

Things to consider

- For hygiene reasons, do not share razors with other people, make sure your teen has their own razor.
- You may wish to try an electric razor first; they are safer and a little bit easier to manage.
- If you are going to use a razor blade, choose carefully – there are many different styles – you may find a razor with a wider handle easier to hold, some razors are very light, and some have a bit of weight in the handle; find what suits your teen best.

Top Tips

- Before you start, watch someone else do it. If you don't have anyone in your family you can watch, there are plenty of clips on YouTube.
- Use a visual sequence to remind you of what to do.
- Before you start make sure you wash with hot water.
- Use shaving cream – this will make the razor glide more easily over the skin, it will also make it easier to see which bits have been shaved.
- Use a brush to put on the shaving cream, this will make the coverage more even.
- Don't use an old, worn blade as this will make it more difficult and you'll be more likely to cut yourself.



Practising the skill

- Practise first on a laminate sheet (see attached), use shaving cream and see if you can shave it off. Remember to rinse your razor clean each time.
- Next practise the doing the same thing on a plastic ball or balloon (you can even draw a face on the balloon if you like!) This will help you to gauge the amount of pressure you need, without the risk of cutting yourself.
- Once you have mastered this, try practising on yourself using the shaving cream, but with the **razor guard on**. This will help you to feel the pressure you need, without the risk of cutting yourself.
- When you are feeling confident, practise on yourself using the razor as normal. Give yourself plenty of time and do not rush. Remember to rinse your razor each time. A clean, sharp razor will reduce the risk of you cutting yourself.
- Use a mirror when you are shaving areas that are difficult to see, this will help you not to miss any spots and it will make the job easier.



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Shaving Activity

1. Cover my face in shaving foam, where do you think it needs to go?
2. Use the razor to shave my face, use downward strokes
3. Check – have you missed any spots?

