

# My Deodorant Story

When you get hot in P.E. your underarms may sweat.



This can make a stinky smell ...



You should make the smell go away by washing or having a shower every day and putting on deodorant after you dry off your armpits. This makes you smell good.



When your armpits are clean and dry, you can put on deodorant.



Spray Can, Roll on, or Solid Stick  
Which do you like?

You can also dry off your armpits after P.E. or exercise and change your shirt if it is wet or sweaty. When your armpits are dry and clean, you can apply deodorant again.

Your friends and teachers will be very happy when you have armpits that don't smell.