

## Hair: Growth and Removal



When your child starts puberty they will start to grow hair in new places on their body.

Girls will grow hair:

- under their arms
- on their vulva
- around their anus



The hair on their legs will become thicker and darker.

Boys will grow hair

- under their arms
- around their penis, testes and anus
- on their face

The hair on their legs will become thicker and darker.

Some boys will also grow hair on their chest and back.

### What is on this page?



This page is about how you can teach your child about hair growth and hair removal.

It has information about:

- why people choose to remove their body and face hair
- talking to your child about body and face hair
- different ways you can remove body and face hair
- teaching your child to safely remove body and face hair

## Why do people remove their body or face hair?



Sometimes people choose to remove hair on their body or face.

This is a choice you can help your child to make.

Some of the reasons your child might want to remove their hair are:

- they feel embarrassed by their new hair
- they want to fit in with other children their age
- they do not like how it feels
- they do not like how it looks

This is normal.

## How can you remove body and face hair?

There are lots of different ways you can remove hair on your body and face.

You might try:

- manual razors
- electric shaver
- waxing
- hair removal cream
- laser hair removal
- tweezing

Some children do not like the way some things smell, sound and feel.



It is good to think about this when you are helping your child choose if and how they want to remove their hair.



It is OK if your child does not want to remove their body or face hair.

If your child does want to remove their body or face hair, you might need to try some different ways to remove hair before you find the right one for your child.

It can be good to ask your child who they want to help them with their hair removal.

They might want you to go to a beauty salon or they might want to do it at home.

Both are OK.

### Talking about body and face hair



It is good to talk to your child about their new body and face hair.

You can find out how they feel about their hair.

You can find out if they want to keep it or remove it.

Here are some ways you can talk to your child about hair:

- Dad is about to shave his beard.

Do you want to go and watch him?

You are starting to grow up now which means you might have a beard soon too!



- I've noticed that the hair on your legs is getting darker.

That's ok. It is a normal part of growing up.

Some people like to remove the hair on their legs when it gets dark or thick.

Have you and your friends talked about this before?



- Can you see the hair under my arms when I lift my arm up?

That is because I haven't shaved it for a few days.

I have noticed that you are getting some underarm hair too.

That means you're growing up.

- Would you like to watch how I shave the hair under my arms?



## Teaching your child about hair removal

There are lots of different ways that you can teach your child to remove their hair safely.

Here are some different ways that you can teach your child about hair removal.

### Use an electric shaver



Electric shavers can be easy and safe to use

Electric shavers make a buzzing noise and vibrate on the skin.

It can be a good idea to check your child is OK with this.

You and your child can practice using the shaver for short amounts of time to help them get used to the noise and feel.





## Make a hair removal list

Ask your child to choose how they want to remove their hair.

Write down a list of each step they will need to do to remove their hair.

Help your child do all of the steps but let them do the last step by themselves.

Here is an example about shaving legs:

1. Wash your child's legs with water
2. Put shaving cream on their legs
3. Shave their right leg with a razor
4. Wash their leg
5. Repeat step 3 and 4 on the other leg
6. Ask your child to dry their legs with a towel

As your child gets more confident they can start to do more of the steps by themselves

Not all children will be able to do these steps by themselves.

That is ok.

It is still important to teach them as much as possible.

### Show your child how to do it



Show your child how you remove hair on your body.

Tell them what you are doing as you remove your hair.

Ask them to help you where it is safe to do so.



## Talk to your child about shaving and cuts

Sometimes when people shave they can cut themselves.

It is good to talk to your child about this before they start shaving.

You can show your child how to stop the bleeding with tissue paper or a styptic pencil.

A styptic pencil is a pencil that can stop bleeding from small cuts.

You can buy one from the chemist.



## Practice

You can practice shaving on a balloon or smooth ball:

1. Put shaving cream on a balloon or ball.
2. Help your child use a covered razor to shave off the cream.

This will help them to learn the right way to shave.

## Resources for you to use

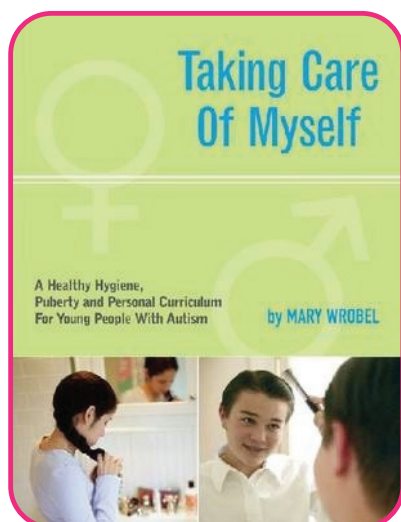
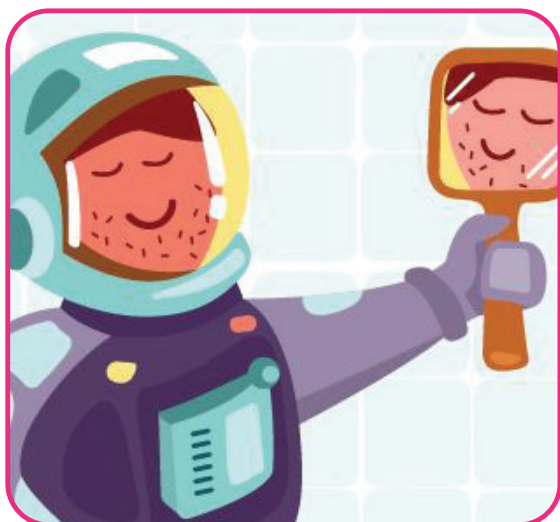
### Planet Puberty shaving work sheets:

- Razor

[www.planetpuberty.org.au/wp-content/uploads/2021/03/Hair-Growth-and-removal-V4.pdf](http://www.planetpuberty.org.au/wp-content/uploads/2021/03/Hair-Growth-and-removal-V4.pdf)

### Electric shaver

<https://www.planetpuberty.org.au/wp-content/uploads/2021/03/Hair-Growth-and-removal-ELECTRIC-V3.pdf>



## Taking Care of Myself

by Mary Wrobel



## Shaving your face with a razor video

Penquis Autism Community Services

[www.youtube.com/  
watch?v=bR2iKhDH2OY](https://www.youtube.com/watch?v=bR2iKhDH2OY)



## Using an electric shaver video

Penquis Autism Community Services

[www.youtube.com/  
watch?v=JBPV9fJRRms](https://www.youtube.com/watch?v=JBPV9fJRRms)



## How to shave armpits video

Fathering Autism

[www.youtube.com/  
watch?v=qPw5kOi6MJ0](https://www.youtube.com/watch?v=qPw5kOi6MJ0)

## Shaving and Hair Removal for



## Teens with Disabilities

Devon Breithart - Occupational  
Therapist

[www.devonbreithart.com/shaving-hair-removal-teens-disabilities/](http://www.devonbreithart.com/shaving-hair-removal-teens-disabilities/)



## What to read next:

- [Acne and pimples](#)
- [Keeping your body hygienic](#)
- [Body changes](#)

For more information go to the  
Planet Puberty website

[www.planetpuberty.org.au](http://www.planetpuberty.org.au)