



# I Have Body Odour

- **Body odour is an unpleasant smell that happens when I sweat. It is worse if I don't wash.**
- **If I have body odour people will not want to be near me. They might say that I am smelly or other unkind things.**
- **If I wash each day I can stop my body odour from being a problem. Armpits can get really smelly so I need to spend time cleaning them with soap or body wash. I can also use a deodorant on my armpits to help stop body odour between washes.**
- **Sometimes I may not notice my body odour. To make sure that I don't smell it is important to have a good daily routine for washing. When I have been sweating I may need extra washes.**
- **It is not nice to have body odour. Washing carefully each day can help. Sometimes I may need a deodorant. When other people have body odour I can try to ignore it.**

