

WHAT IS ACNE AND WHY DO I HAVE IT?

ACNE

Acne is a common skin condition that occurs when the skin produces more oil, and your pores that normally excrete the oil become plugged. Acne affects from 50-95% of teens so you are not alone!

Acne can definitely be frustrating to deal with but, remember that acne can be treated with a variety of medications and lifestyle modifications.

WHY AM I EXPERIENCING ACNE?

Many factors increase our risk of developing acne, including eating dairy or oily foods, stress, clothes or skin products that clog your pores, or bodily changes such as puberty. There are also genetic factors out of our control - for example, we're more likely to have acne if our parents had it.

Acne is **NOT** your fault and does not mean that you have "dirty" or unclean skin.

OUR MISSION

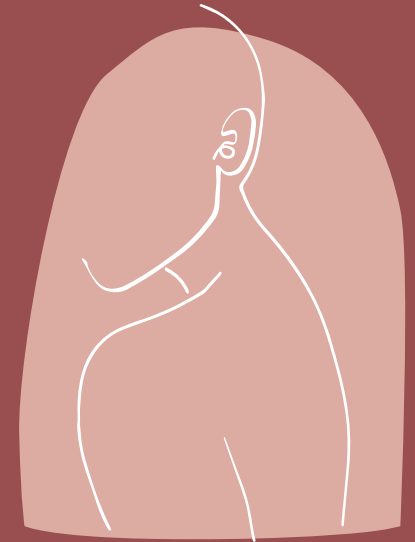
To inform elementary and junior high school students about proper acne care by creating helpful resources for adolescents and delivering informative and fun presentations to students. We hope to open up the conversation around acne and help dispel myths that adolescents commonly encounter.

CONTACT US

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ACNE EDUCATION PROJECT

WORKING TO
DESTIGMATIZE ACNE

HOW CAN I PREVENT ACNE?

Try these steps to reduce your risk of acne flare-ups:

- Wash your face twice daily with a gentle cleanser
- Avoid picking or squeezing pimples
- Wear sunscreen to protect your skin!
- Avoid makeup that can clog your pores
- Ask a trusted adult or healthcare professional if you have any questions!



CREATE YOUR OWN SKIN CARE ROUTINE

1. WASH MY FACE TWICE DAILY

My favourite cleanser:

2. MOISTURIZE

My favourite moisturizer:

3. EXTRA STEPS

Acne medications:

Makeup that does not clog pores:

Sunscreen with SPF >30:

WHEN SHOULD I SEEK HELP?

The impact of acne is beyond skin deep. Acne affects mental health and has been found to be linked with depression, anxiety and low self esteem.

Regardless of the severity, the longer that one struggles with the condition alone, the more likely they are to suffer emotionally from it.

If over the counter treatments are not effective, or your acne is taking a toll on your emotional well being, it can be beneficial to seek help from a trusted adult including parents or school counsellors, and medical advice from a doctor or skin specialist.

WHO CAN YOU TRUST TO SHARE YOUR SKIN CONCERNS WITH?

List three people:

1. _____
2. _____
3. _____

