

STEMORA · WORKSHOP KIT

Teen Skin Confidence

A friendly, science-backed kit for understanding acne, building healthy habits, and feeling good in your own skin.

01

Mini Guide

02

Reflection

03

Checklist

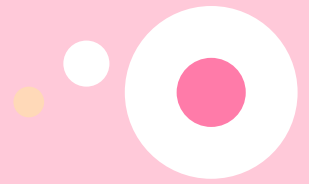
04

Myth · Fact

05

Discussion

Made for middle + high school students



The simple science of acne

Acne is biology, not a flaw. Here's how it actually works.

page 1 of 3

A

What causes acne?

- Tiny oil glands make sebum to keep your skin soft.
- Sometimes oil + dead skin cells clog a pore.
- Bacteria grow inside the clog — redness, bumps.
- Teen hormones make those oil glands extra active.

B

Common acne triggers

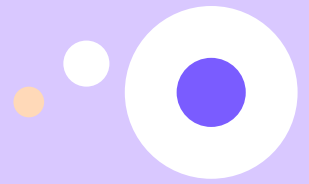
- Hormonal shifts (puberty, periods, stress weeks)
- Touching face or resting it on your hands
- Heavy makeup + oily hair products near hairline
- Sweat sitting on skin after sports or workouts

DID YOU KNOW?

Around 85% of people aged 12–24 experience acne.

You are very, very not alone in this.

85%



Myths vs Facts

Let's clear the air. Literally.

page 2 of 3

MYTHS



Acne means dirty skin



Popping pimples helps



Only teens get acne



Sun clears acne



Toothpaste cures spots

FACTS



Acne is hormones + biology



Popping = scars + spread



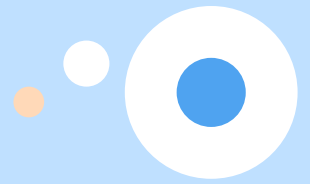
Adults get it too



Sun can worsen it long term



Use real spot treatments



Care + Confidence

Habits that help your skin, and reminders that help your heart.

page 3 of 3

SAFE SKINCARE HABITS

- Gentle cleanser, morning + night
- Lukewarm water — never hot
- Choose 'non-comedogenic' products
- Moisturize even oily skin
- Daily SPF 30+ sunscreen

WHEN TO SEEK HELP

- Painful, cystic, or scarring acne
- OTC products didn't help after 8-12 weeks
- Acne affects mood, sleep, confidence
- A dermatologist has options that work
- Asking for help is a strong move

CONFIDENCE REMINDERS



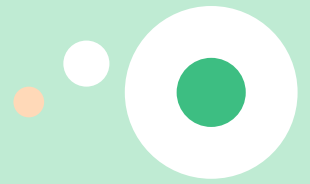
Your skin is one tiny chapter of who you are.



Filters aren't real skin. Even models have pores.



Speak to yourself like you'd speak to a friend.



My Reflection Worksheet

Take a minute. Be honest. There are no wrong answers.

01

One acne myth I learned today was...

02

One healthy habit I'll try this week...

03

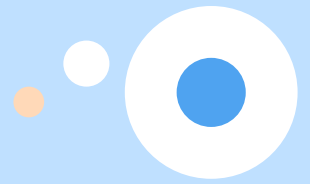
Something I like about myself (not looks)...

04

One question I still have...

"I'm learning to care for my skin AND my mind — both deserve kindness."

— a reminder for today



My Daily Skincare Checklist

Small habits, big difference. Tick what you did today.

MON TUE WED THU FRI SAT SUN



Wash face gently, 2x daily

☐ ☐ ☐ ☐ ☐ ☐ ☐


Avoid picking or popping pimples

☐ ☐ ☐ ☐ ☐ ☐ ☐


Use non-comedogenic products

☐ ☐ ☐ ☐ ☐ ☐ ☐


Change pillowcase weekly

☐ ☐ ☐ ☐ ☐ ☐ ☐


Remove makeup before bed

☐ ☐ ☐ ☐ ☐ ☐ ☐


Drink plenty of water

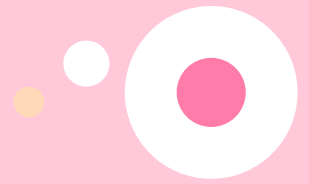
☐ ☐ ☐ ☐ ☐ ☐ ☐


Get 8–9 hours of sleep

☐ ☐ ☐ ☐ ☐ ☐ ☐

THIS WEEK

My weekly intention is...



Myth vs Fact

Read, discuss, then reveal the answer together.

set 1 of 2



MYTH OR FACT?

Read it. Discuss. Then flip.

“Acne means your skin is dirty.”

.....

ANSWER

MYTH

Acne is caused by hormones, oil, and clogged pores — not how clean you are. Over-washing can make it worse.



MYTH OR FACT?

Read it. Discuss. Then flip.

“Popping pimples helps them heal faster.”

.....

ANSWER

MYTH

Popping pushes bacteria deeper, slows healing, and can leave permanent scars.



MYTH OR FACT?

Read it. Discuss. Then flip.

“Only teens get acne.”

.....

ANSWER

MYTH

Adults get acne too — especially around hormonal changes, stress, or pregnancy.



MYTH OR FACT?

Read it. Discuss. Then flip.

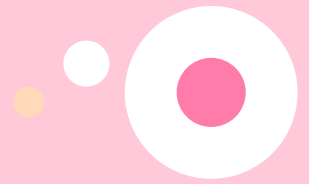
“Stress can affect acne.”

.....

ANSWER

FACT

Stress raises cortisol, which boosts oil production and can trigger breakouts.



Myth vs Fact

Read, discuss, then reveal the answer together.

set 2 of 2



MYTH OR FACT?

Read it. Discuss. Then flip.

“Sunlight clears acne.”

.....

ANSWER

MYTH

Sun may dry pimples briefly, but damages skin and worsens acne long-term. Always wear SPF.



MYTH OR FACT?

Read it. Discuss. Then flip.

“What you eat can influence acne.”

.....

ANSWER

FACT

For some people, dairy or high-sugar foods can be triggers — though it's individual.



MYTH OR FACT?

Read it. Discuss. Then flip.

“Sleep affects your skin.”

.....

ANSWER

FACT

While you sleep, skin repairs itself. Less sleep means more inflammation and breakouts.



MYTH OR FACT?

Read it. Discuss. Then flip.

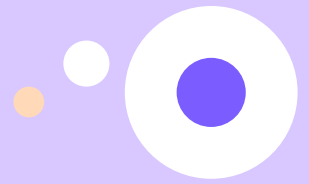
“Sharing makeup with friends is fine.”

.....

ANSWER

MYTH

Sharing transfers bacteria and can cause breakouts, eye infections, and cold sores.



Discussion Cards

Pick a card. Pass it around. Listen to each other.

set 1 of 2

01



PROMPT
3 min discussion

What surprised you most today?

Share one thing you didn't know before this workshop.

DISCUSS share · listen · respect

02



PROMPT
3 min discussion

Which habit feels hardest to keep?

Be honest — and brainstorm small ways to make it easier.

DISCUSS share · listen · respect

03



PROMPT
3 min discussion

How do filters affect confidence?

What do you notice about how you feel after scrolling?

DISCUSS share · listen · respect

04

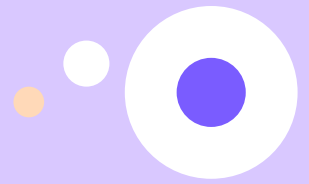


PROMPT
3 min discussion

How can we support friends with acne?

Words to say. Words to never say.

DISCUSS share · listen · respect



Discussion Cards

Pick a card. Pass it around. Listen to each other.

set 2 of 2

05



PROMPT

3 min discussion

**Where does pressure to
'look perfect' come from?**

Family, friends, social media, ourselves?

DISCUSS

share · listen · respect

06



PROMPT

3 min discussion

**One kind thing you can
say to yourself today?**

Try it out loud. Yes, really.

DISCUSS

share · listen · respect



THE END

**Be kind to
your skin.**

**Be kinder to
yourself.**



Thank you for showing up for yourself today.

STEMORA · Teen Skin Confidence Series