

her mom's help, Nicole did five loads of laundry that night and while the clothes were washing, she took a long shower.

The next day, Nicole nervously sat down next to Ricardo and tried her best to act as if nothing was different. He looked at her and smiled. Ignoring what she was saying, he said, "Nicole, you sure smell good today!"

A few days later, Nicole walked into health class and sat down next to a guy named Gabe. She noticed that he smelled awful and she wanted to move away from him. But, she thought to herself, "Moving away is not a very nice thing to do because he might be as offended as I was, and I was pretty offended." Instead, Nicole had an idea. She went up to Mrs. Gonzales and asked, "Tomorrow, could we please have a class discussion about how often we should bathe, wash our clothes, wash our hair, and use deodorant?"

To Nicole's surprise, Mrs. Gonzales said, "You know Nicole, I have been meaning to tell you that you look and smell great these days."

Nicole looked at her feet with an embarrassed smile and said, "Thanks, Mrs. Gonzales. It's because a friend of mine had the nerve to tell me that I needed to change my hygiene habits."

Mrs. Gonzales smiled and said, "And now you want to tell a friend?"

"Yes, I do," Nicole replied. "But, I don't know the person well enough to tell him that he needs to do something about his odor."

"I see," Mrs. Gonzales nodded. "Well, I think a class discussion on personal hygiene is a great idea." The next day, Mrs. Gonzales put this chart on the board:

