

Interview: Acne – how was that for you?

Activity description

Content & Goals:

The four friends in our summer camp story have made different experiences with acne. This is where this activity 3 starts. Most teenagers have or have had acne during puberty. The pupils will interview "acne survivors" (people above the age of 18) and evaluate the interview statements together. This is supposed to let them see that the typical symptoms of acne are usually fading away with increasing age and that all people experience and „survive“ puberty.

Realization:

Can be integrated into classroom lessons

Variations:

Variations are possible, e. g. face-to-face interviews, or recording the interviews by audio or video equipment.

Requirement of material and media:

Technical equipment if interviews are recorded (audio/visual equipment for recording and replaying).

Time requirements:

- **Preparation time:** low time need (up to 1 hour)
- **Need of class time:** 90 mins. (if recorded audio/visually, at least 2x90 mins.)
- **Wrap-up time:** medium time need (2 to 3 hours)

Working sheet

We prepared an interview guide that the pupils can use. The pupils can of course add items and questions to this guide.

Working sheet

Interview Guide: „Acne – how was that for you?“

Nearly everybody knows the problem „acne“. One person copes well with it, the other doesn't. But there is one thing they all have in common: one day, the whole thing will be gone again.

Find out how other teenagers and young adults coped with their acne!

Maybe you want to use some of the following questions:

- 1. Did you have acne or pimples when you were a teenager?**
- 2. Did your friends have acne?**
- 3. If so, when did it start, and how bad was it?**
- 4. Did you suffer a lot, and if you did, exactly for which reasons?**
- 5. What did help you in dealing with acne?**
- 6. Did you see a doctor because of the acne? If you did, did the therapy help?**
- 7. When looking back, do you have the impression that the acne made you miss important developments (friends, relationship, acceptance in the group or class etc.)?**
- 8. How long did your acne last?**
- 9. What kind of treatments did you try out, and what was helpful?**
- 10. What advice would you give to teenagers that have acne now?**

Further questions...