



Oral Health Education Talking Points

HIGH SCHOOL LEVEL

SLIDE 1: Introduction

SLIDE 2: Importance of teeth

- Ask students why they think teeth are important and emphasize on the importance.

SLIDE 3: Sets of teeth

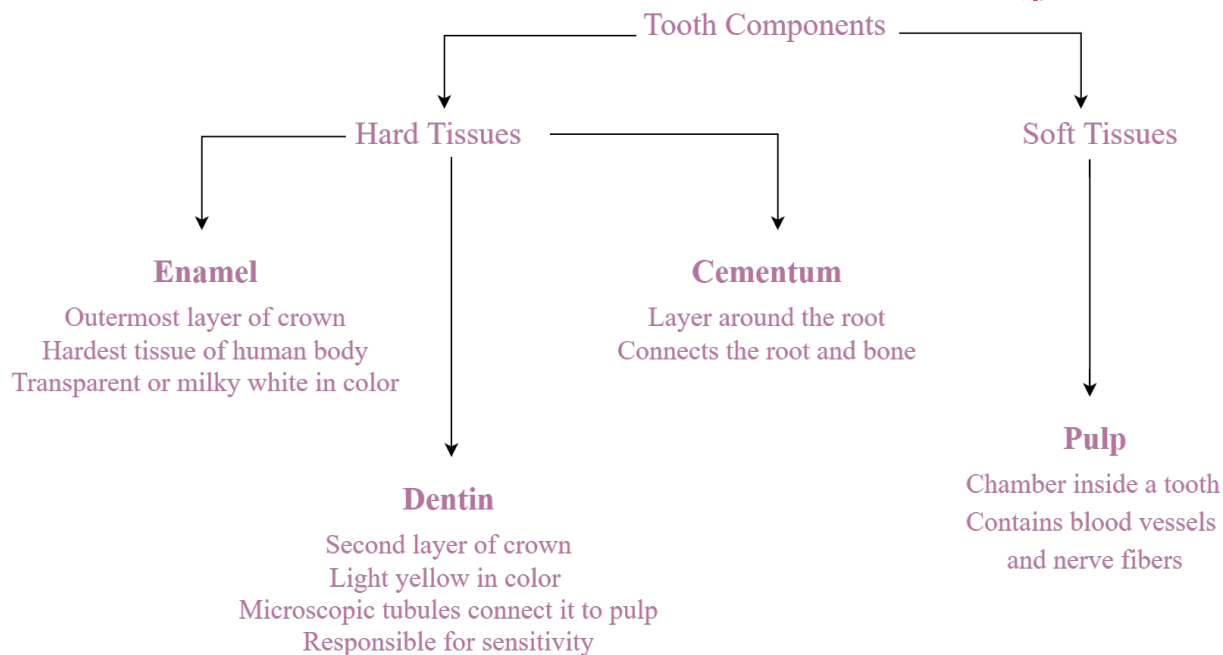
- Inform students of the two sets of dentition in humans.
- **Emphasize on the importance of taking care of baby teeth. It is important to take care of them even if they will eventually fall out and are replaced with permanent adult teeth (Refer to picture on slide). Baby teeth hold space in the jaws for permanent teeth that are growing under the gums and set the stage for a lifetime of healthy smiles**

SLIDE 4: Classes of teeth

- Discuss with students the different types of teeth mentioned on slide and their functions.
- The **incisors** are at the front of the mouth and have a sharp biting surface and are used for cutting or shearing food into small chewable pieces.
- The **canines** are situated at the 'corners' of the jaws. They have a sharp, pointed biting surface. Their function is to grip and tear food.
- The **premolars**, unlike the incisors and canines, have a flat biting surface. Their function is to tear and crush food. They are unique to the permanent dentition as they are absent in primary (baby) dentition.
- The **molars** are the largest of the teeth. They have a large flat biting surface. The function of the molars is to chew, crush and grind food.

SLIDE 5: Parts of a tooth

- Enamel : Hardest and strongest part of human body. Outermost layer and white in color.
- Dentin : Second layer that is yellow in color. Considerably softer and responsible for sensitivity.
- Pulp : Inner-most part that contains blood vessels and nerves.
- Gums : Pink, soft layer around tooth.



SLIDE 6: Oral Diseases

- Ask students if they know any oral diseases.

SLIDE 7 & 8: Tooth Decay

- Bacteria present in the mouth act on food, especially sugar to form acid.
- The acid acts on a healthy tooth and leads to the formation of a cavity.
- Discuss points presented on the slide.
- Slide 8 includes progression of a cavity through the different layers of a tooth.

SLIDE 9: Bleeding Gums

- Bleeding gums are caused mainly because of plaque. Plaque is yellowish, sticky film of bacteria on tooth near the gum line.
- Bleeding gums can also be due to brushing too hard or using a hard bristled toothbrush.
- Vitamins are important to prevent bleeding gums.

SLIDE 10: Bad Breath

- Bad breath is caused due to poor oral hygiene, bacteria and certain food on tongue.
- Dry mouth is caused due to smoking, alcohol, certain medications, and not drinking enough water.
- **Emphasize on how these oral problems, especially bad breath might be embarrassing and have an impact on their social lives.**

SLIDE 11: Health concerns - Effect of Smoking, Alcohol, and Drugs on Teeth



- Smoking, Alcohol and Drugs can lead to tooth staining, gum disease, tooth loss, and in more severe cases mouth cancer.
- **Emphasize on the negative effects of such habits and how nothing about these habits is attractive!**

SLIDE 12: Health concerns - Other systemic effects

- List the effects mentioned on the slide

SLIDE 13: Good oral hygiene habits

- Ask students to list some of the good oral hygiene habits that they follow.

SLIDE 14: Brushing

- Click on prompt to watch video on how to brush teeth effectively.
- **Emphasize on brushing twice a day (morning and before going to sleep)**
- Ask one or two students to demonstrate what they learnt in the video.

SLIDE 15: Flossing

- Inform students that flossing helps clean between teeth (areas where the toothbrush cannot reach).
- **Floss once a day.**
- Encourage students to ask their parents about flossing.

SLIDE 16: Tongue cleaning

- Inform students that **tongue cleaning helps fight bad breath and improves taste sensation.**
- Encourage students to ask their parents for help with tongue cleaning.

SLIDE 17: Diet

- Good Diet includes fruits, vegetables, milk, fish, and nuts. These strengthen teeth.
- Bad Diet includes soda, cakes, toffees, and other sticky food substances.
- **Emphasize on how sugar has detrimental effects on teeth because of acid formation which in turn leads to cavities. Inform students that it is acceptable to consume moderate amounts of sugar but is important to practice good oral hygiene measures to combat oral diseases.**

SLIDE 18: Regular Dental Visits

- Open up a discussion about some of the fears that students might have regarding a dental visit. Explain that preventive visits are needed often to prevent the kind of visit they would be afraid of.
- Encourage students to visit a dentist twice a year by emphasizing on the benefits.



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SLIDE 19: Fluoridated Water

- Drinking fluoridated water is the easiest way to prevent cavities.
- Fluoride has the potential to protect teeth from cavities by making them stronger.
- Encourage students to find out more.

SLIDE 16: Final slide

- Quick recap of important points.
- Brush twice a day and for two minutes.
- Floss once a day.
- Visit a dentist twice a year.