

# WHY DO WE GET PIMPLES?



A pimple is a little sac that holds a build-up of dirt and oil. People tend to get more pimples as teenagers, because the skin thickness and secretions often change during this time. Pimples may make you feel self-conscious, but everyone gets them from time to time and they are usually not serious. Most of the time they resolve on their own, so try to resist the temptation to squeeze or pop them.



Disney  
BE HEALTHY  
BE ACTIVE