

## **Dental Hygiene Script: Teaching Dental Care 101:**

Be creative! It is okay to have depictions, props, digital images, etc. to get your message across in this simple dental care video. Enjoy!

Target audience: Teenage / Young Adults

Number of participants needed: 1-5

Participants: Narrator, flosser, brusher, product model (alternating if you choose)

Materials needed: toothbrush, tooth/ large typodont, sick tooth, toothpaste, floss, and mouthwash (physical or digital versions of each)

Duration of video: 3-4 minutes

**Narrator** (dental student in dental clinic/classroom setting/etc.): Welcome to ASDA [your school] School of Dentistry! Today we will briefly be discussing dental hygiene and how to best care for your teeth.

**Narrator:** Teeth help us smile, eat, and talk, so it's important to take care of them. Maintaining good oral hygiene is best started while young, but learning the essentials of cleaning and protecting your teeth as an adult can lead to good oral health as well!

**Narrator:** Beginning with the teeth, If we don't take care of them something called plaque tries to take over and make them feel sick. Plaque is a sticky, harmful film of bacteria that grows on your teeth that causes cavities, gum disease and potential tooth loss.

**Narrator:** But there are easy ways to make sure your teeth stay shiny, white, and happily in function!

**Narrator:** Most importantly you should brush your teeth twice a day and floss once a day! For better health, after every meal or snack be sure to floss, followed by brushing if possible!

**Narrator:** To begin, you'll need a toothbrush, toothpaste, and dental floss (characterization of all three)

**Narrator:** Use a dab of toothpaste on your toothbrush, and you're ready to get started. Brushing with toothpaste is important for several reasons: First and foremost, toothpaste and a correct brushing motion work to remove plaque. Secondly, toothpaste contains fluoride, which makes the entire tooth stronger and more resistant to cavities. Third, special ingredients in toothpaste help to clean and polish the teeth and remove stains over time. Fourth, toothpastes help freshen breath and leave your mouth with a clean feeling. (Big smile + shiny bling sound)

**Narrator:** Make sure to get the tops, the fronts, and the back of your teeth. Plaque loves to hide! Brushing in a circular motion while holding the toothbrush at a 45 degree angle (demonstrate) helps your toothbrush get into all of plaque's favorite hiding spots.

**Narrator:** After you brush, be sure to rinse with water and spit. You don't want to swallow any toothpaste, or you could get a stomach ache.

**Narrator:** Although brushing thoroughly after each meal helps, flossing your teeth before brushing is more effective in removing plaque and food particles from between teeth and at the gumline. Floss correctly by sliding the floss against the side surfaces of the teeth – not just sliding it between the teeth.

**Narrator:** Finally, if you want, you can use mouthwash. Mouthwash with fluoride in it can help make your teeth stronger. Swish the mouthwash for around 30 seconds then make sure you spit it all out. Just like toothpaste, swallowing mouthwash can make you feel sick. Follow these steps, and you're surely on your way to keeping plaque and tartar away! Thanks for taking care of your teeth, and thanks for watching!

## **Dental Hygiene script: 'Toothbrush Saves the Day!' skit**

Target audience: Pediatric, Age 2-7

Number of participants needed: 5

Participants: Narrator, Tooth, Toothbrush, Sugar Bug, Bacteria

Materials needed: giant toothbrush, black felt circles

Duration of skit: 3 minutes

Narrator: "Once upon a time there was a happy tooth"

*Tooth: steps onto stage*

Narrator: "One day a sugar bug came along and made friends with bacteria"

*Sugar bug: steps onto stage*

*Bacteria: steps onto stage*

Sugar Bug: speaking to Bacteria "Want to be friends?"

Bacteria: speaking to Sugar Bug "Yes I do!"

*Sugar Bug and Bacteria high five*

Narrator: "Bacteria and Sugar Bug became best friends and formed a bond called acid. Bacteria and Sugar Bug did not like Tooth so they started to pick on him/her."

*Sugar Bug and Bacteria begin placing black felt circles on Tooth*

Narrator: "Along came toothbrush to save the day!"

*Toothbrush steps onto the stage and begins shooing Sugar Bug and Bacteria off stage with a giant toothbrush. Then Toothbrush begins brushing black felt circles off Tooth.*

Narrator: "Toothbrush and Tooth lived happily ever after."

Toothbrush: speaking to Tooth "Want to be friends?"

Tooth: speaking to Toothbrush "Yes please!"

*Toothbrush and Tooth happily walk off stage together*

Narrator: "A toothbrush is our teeth's best friend because it helps fight away sugar bugs and bacteria who are not very good friends to our teeth. This is why it's so important to brush your teeth every morning and every night!"