



Teaching Shaving Skills

Shaving is a major part of growing up and for a boy, it signals the transition from childhood into manhood. Shaving is a complex task, which requires consideration of safety and sensory challenges.

How can you make this easier?

Get him used to the idea he will be shaving his face one day by:

- telling him routinely he will be shaving when he starts getting whiskers on his face
- getting him to watch someone experienced shave regularly
- getting him used to handling an electric razor in front of the mirror and turning it on and off under supervision
- using mime to pretend he is shaving
- using pictures with simple words for each step of the shaving process
- talking about when shaving will happen in their daily routine eg before or after their shower



We would recommend using an electric razor to start with, as they can be easier and safer to use. However, for some, the noise or vibration may be too much and a razor blade may more successful.

Like all skills, there are a large number of smaller skills or activities used when shaving eg with an electric razor.

1. Go to the bathroom
2. Get razor from drawer
3. Take off safety cap
4. Plug electric cord into razor
5. Plug cord into the wall socket
6. Turn razor on
7. Shave right cheek then the left cheek
8. Shave upper lip
9. Shave chin
10. Shave neck
11. Check in the mirror you haven't missed any hairs
12. Turn the razor off
13. Unplug razor from the wall socket
14. Unplug razor from the electric cord
15. Brush the hair out of the razor into the sink
16. Turn on the cold tap and wash the hair away down the sink
17. Place safety cap on razor
18. Return razor to drawer.



To assist teaching, take photos of each of these steps:

- in the environment the shaving will take place
- with the equipment he will be using
- with the individual doing the activity himself, where possible.

If it is **not** possible, try and locate pictures from the internet showing the shaving steps.

Put the photos or simple pictures in the correct sequence with simple words describing the activity. Use this schedule as a prompt while teaching. Initially you may have to use verbal and physical prompts along with the schedule.




If you are experiencing any problems with the development of these skills our Occupational Therapist may be able to help.

Just contact us at Therapy Professionals

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<https://www.carautismroadmap.org/shaving-for-young-men/>

Steps	Picture	Completed (✓ when done)
1 Take off safety lid.		
2 Place plug in socket.		
3 Place cord in holder.		
4 Turn on radio.		
5 Shave left cheek.		
6 Shave right cheek.		
7 Shave under nose.		

8 Shave chin.		
9 Shave neck.		
10 Check in the mirror for holes and spots and shave them.		
11 Turn radio off.		
12 Unplug cord from wall and from holder.		
13 Put on safety lid.	