

### **Introducing shaving:**

Using graded exposure for a new task offers the learner a chance to feel comfortable with and make sense of what is required, before having to do the task itself. Graded exposure/desensitisation may take minutes, days, or weeks, depending on the learner's apprehension in relation to the task. If you have adapted your methods and the process remains difficult, it may be that the learner is not yet ready to achieve this goal.

Try to engage the learner in graded exposure tasks daily where possible. It is important to only move onto the next stage when each stage has been mastered and the learner is comfortable with each stage. The following are suggestions for graded exposure to shaving:

### **Stage 1 (keep short – just a quick introduction, gauge the learner's interest and tolerance levels in this first session)**

Ask Learner to read the 'Shaving' story

Show Learner the shaver

Watch a shaving video.

For example:

Wet shave video – <https://www.youtube.com/watch?v=wXgmMp2ZFtE>

Dry shave video - [https://www.youtube.com/watch?v=pKbPmRVE\\_lw](https://www.youtube.com/watch?v=pKbPmRVE_lw)

### **Stage 2 :**

Show Learner the on/off switch on his shaver

Turn shaver on and off

See if he would like to try turning on and off (but do not insist)

Explore the shaver – charging point/ how to hold/ place that connects to face

**WHEN LEARNER IS INDEPENDENT AT TURNING SHAVER ON AND OFF AND HOLDING/TOUCH  
VARIOUS PARTS MOVE TO NEXT STAGE**

**Stage 3:**

Watch shaving video

Talk about videos:

- refer to how to hold shaver (90 degree angle)
- refer to different areas of the face

Model holding shaver at 90 degree angle to your arm/hand **(SWITCHED OFF)**

Learner to practice holding shaver at 90 degree angle to arm/ hand **(SWITCHED OFF)**

**Stage 4:**

Model holding shaver at 90 degree angle to your arm/hand **(SWITCHED ON)**

Learner to practice holding shaver at 90 degree angle to arm/ hand **(SWITCHED ON)**

**Stage 5:**

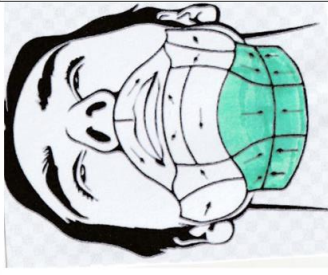
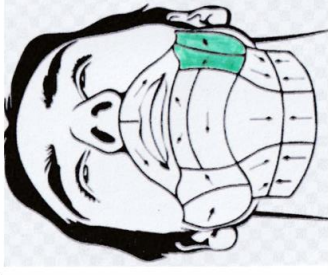
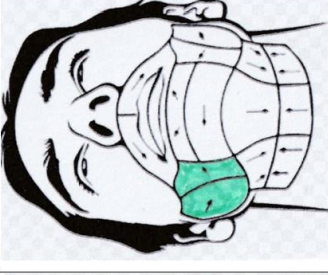
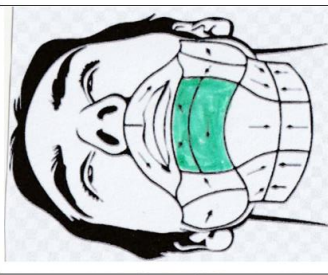
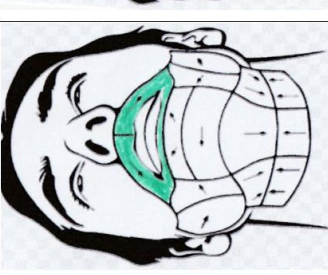
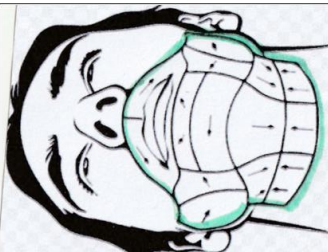
Model holding shaver at 90 degree angle to your face **(SWITCHED OFF)**. Model up/down movements

Practice holding shaver **(SWITCHED OFF)** at 90 degree angle to face. Practice up down movements on different areas of the face.

**Stage 6:**

Consider supporting the learner to shave.

## Shaving face map

1		Shave neck area
2		Shave side face
3		Shave side face
4		Shave chin
5		Shave moustache / above lip
6		Check for any missed hairs

With thanks to [www.manlystuff.ie](http://www.manlystuff.ie) for allowing us to adapt their image.

