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Teenagers

Teenagers



Today, girls are entering puberty earlier than a generation ago. Data shows that girls get their first periods today, on average, a few months earlier than girls did 40 years ago, and they develop breasts one to two years earlier.^[1] This trend may be due to exposure to endocrine-disrupting compounds such as BPA

(<https://www.bcpp.org/resource/bisphenol-a/>) and phthalates

(<https://www.safecosmetics.org/chemicals/phthalates/>).^{[2],[3]} before and during puberty, when the reproductive system, including breast tissue, is extremely sensitive to low levels of estrogens.^[4] The younger girls are when they enter puberty, the greater their risk of breast cancer later in life.

Endocrine disrupting chemicals including phthalates, parabens

(<https://www.safecosmetics.org/chemicals/parabens/>) and other phenols are used in personal care products such as makeup

(<https://www.safecosmetics.org/products/makeup/>), sunscreen

(<https://www.safecosmetics.org/products/sunscreens/>), and soaps. Adolescent girls may be particularly exposed; according to one small study, the average teenage girl uses 17 products daily, compared to 12 daily products for the average adult woman.^[5] A 2019 study showed that personal care product use by teens was associated with higher levels of certain phthalates, parabens, and other phenols in their urine.^[6] Adolescence may be a particularly critical window of exposure to endocrine disruptors as girls and boys are undergoing reproductive and pubertal development.

The \$100 billion cosmetics industry should ensure that cosmetic products marketed to teens are made with safe ingredients. In the meantime, the good news is that by making informed choices on the products teens use, they can decrease their body burden of these concerning chemicals. One study of high school aged youth in California's Salinas Valley found that after just 3 days of replacing their personal care products with low chemical alternatives, levels of four endocrine disrupting chemicals (phthalates

(<https://www.safecosmetics.org/chemicals/phthalates/>), parabens

(<https://www.safecosmetics.org/chemicals/parabens/>), benzophenone 3

(<https://www.safecosmetics.org/chemicals/benzophenone/>) and triclosan

(<https://www.safecosmetics.org/chemicals/triclosan/>)) in their urine dropped by 25-45%.

^[7]

Products of Concern

- Color cosmetics
- Shampoo
- Lipstick
- Conditioner
- Fragrance
- Nail polish
- Lotion
- Sunscreen

Chemicals of Concern

[1,4-DIOXANE \(https://www.safecosmetics.org/chemicals/14-dioxane/\)](https://www.safecosmetics.org/chemicals/14-dioxane/)

[Benzophenone & Related Compounds
\(https://www.safecosmetics.org/chemicals/benzophenone/\)](https://www.safecosmetics.org/chemicals/benzophenone/)

[Carbon Black \(https://www.safecosmetics.org/chemicals/carbon-black/\)](https://www.safecosmetics.org/chemicals/carbon-black/)

[Carcinogens in Cosmetics \(https://www.safecosmetics.org/chemicals/known-carcinogens/\)](https://www.safecosmetics.org/chemicals/known-carcinogens/)

[Coal Tar \(https://www.safecosmetics.org/chemicals/coal-tar/\)](https://www.safecosmetics.org/chemicals/coal-tar/)

[Formaldehyde And Formaldehyde-Releasing Preservatives
\(https://www.safecosmetics.org/chemicals/formaldehyde/\)](https://www.safecosmetics.org/chemicals/formaldehyde/)

[Lead And Other Heavy Metals \(https://www.safecosmetics.org/chemicals/lead-and-other-heavy-metals/\)](https://www.safecosmetics.org/chemicals/lead-and-other-heavy-metals/)

[Octinoxate \(https://www.safecosmetics.org/chemicals/octinoxate/\)](https://www.safecosmetics.org/chemicals/octinoxate/)

[P-Phenylenediamine \(https://www.safecosmetics.org/chemicals/p-phenylenediamine/\)](https://www.safecosmetics.org/chemicals/p-phenylenediamine/)

[PABA \(https://www.safecosmetics.org/chemicals/paba/\)](https://www.safecosmetics.org/chemicals/paba/)

[Petrolatum, Petroleum Jelly
\(https://www.safecosmetics.org/chemicals/petrolatum/\)](https://www.safecosmetics.org/chemicals/petrolatum/)

[Phthalates \(https://www.safecosmetics.org/chemicals/phthalates/\)](https://www.safecosmetics.org/chemicals/phthalates/)

[Polyacrylamide \(https://www.safecosmetics.org/chemicals/polyacrylamide/\)](https://www.safecosmetics.org/chemicals/polyacrylamide/)

[Polytetrafluoroethylene \(PTFE, Aka Teflon®\)
\(https://www.safecosmetics.org/chemicals/polytetrafluoroethylene/\)](https://www.safecosmetics.org/chemicals/polytetrafluoroethylene-PTFE-Aka-Teflon)

[Resorcinol \(https://www.safecosmetics.org/chemicals/resorcinol/\)](https://www.safecosmetics.org/chemicals/resorcinol/)

[Retinol and Retinol Compounds
\(https://www.safecosmetics.org/chemicals/retinol-and-retinol-compounds/\)](https://www.safecosmetics.org/chemicals/retinol-and-retinol-compounds/)

[Styrene Acrylates Copolymer
\(https://www.safecosmetics.org/chemicals/styrene-acrylates-copolymer/\)](https://www.safecosmetics.org/chemicals/styrene-acrylates-copolymer/)

[Synthetic Musks \(https://www.safecosmetics.org/chemicals/synthetic-musks/\)](https://www.safecosmetics.org/chemicals/synthetic-musks/)

[Titanium Dioxide \(https://www.safecosmetics.org/chemicals/titanium-dioxide/\)](https://www.safecosmetics.org/chemicals/titanium-dioxide/)

[Toluene \(https://www.safecosmetics.org/chemicals/toluene/\)](https://www.safecosmetics.org/chemicals/toluene/)

[Triclosan \(<https://www.safecosmetics.org/chemicals/triclosan/>\)](https://www.safecosmetics.org/chemicals/triclosan/)

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Quick Tips

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1. Simplify your beauty routine by reducing the number of products you use.
2. Avoid or reduce your use of products with the words “fragrance” or “parfum” on product labels. Buy from companies who fully disclose fragrance ingredients instead.
3. Be careful with lipstick or mineral makeup since they may contain traces of heavy metals like lead.
4. Read labels closely and find safer alternatives using tools like the [Clearya](https://www.clearya.com/) (<https://www.clearya.com/>) and [MadeSafe](https://www.madesafe.org/) (<https://www.madesafe.org/>).

Campaign for Safe Cosmetics

Top safe Tips for Teenagers

- 1**
Simplify your beauty routine by reducing the number of products you use.
- 2**
Avoid or reduce your use of products with the words "fragrance" or "parfum" on product labels. Buy from companies who fully disclose fragrance ingredients instead.
- 3**
Read labels closely and find safer alternatives using apps like Clearya and ThinkDirty.
- 4**
Be careful with lipstick or mineral makeup since they may contain traces of heavy metals like lead.

(<https://www.safecosmetics.org/wp-content/uploads/2022/07/CSC-Teenager-Population-Updated.webp>)

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- [3] Steingraber, S. (2007). The Falling Age of Puberty in U.S. Girls: What We Know, What we Need to Know. San Francisco: Breast Cancer Fund.
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[7] See <https://cerch.berkeley.edu/research-programs/hermosa-study> (<https://cerch.berkeley.edu/research-programs/hermosa-study>).

Explore other populations

- [Babies & Children](https://www.safecosmetics.org/population/babies-children/) (<https://www.safecosmetics.org/population/babies-children/>)
- [Men](https://www.safecosmetics.org/population/men/) (<https://www.safecosmetics.org/population/men/>)
- [Pregnant Women](https://www.safecosmetics.org/population/pregnant-women/) (<https://www.safecosmetics.org/population/pregnant-women/>)
- [Women of Color](https://www.safecosmetics.org/population/women-of-color/) (<https://www.safecosmetics.org/population/women-of-color/>)
- [Workers](https://www.safecosmetics.org/population/workers/) (<https://www.safecosmetics.org/population/workers/>)
- [Teenagers](https://www.safecosmetics.org/population/teenagers/) (<https://www.safecosmetics.org/population/teenagers/>)

Looking for a Safer Alternative?

Use Clearya's app to find non-toxic products! Clearya alerts you to toxics and helps you find safe products.



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