

Podcast Questions - Why does hair turn gray?

Vocabulary you can preview

dermatology	hair spray	genetics
hormones	follicle	blondish
pigment	frame	concentrated
geriatrician	multi-factorial	exposure

Questions for the podcast

1. The male host at the beginning of the podcast talks about Halloween. How is that relevant to gray hair?
2. In the podcast the hosts talk about a myth about plucking gray hair. What is the myth?
3. Why do the podcast hosts say that hair doesn't "turn gray?" What does it do?
4. What are some of the causes of gray hair?
5. What do melanocytes do?
6. Is there any proof that stress causes gray hair?
7. The hosts discuss how gray hair can be viewed negatively in society, specifically from a cosmetic viewpoint, but they discuss a more positive way to view gray hair. What is it?
8. One of the hosts describes how in India gray hair is viewed as a sign of age. Is that positive or negative according to the host?

Discussion Questions

1. Do you have gray hair?
2. How do you feel about gray hair?
3. Do you think you will dye your gray hair (now or in the future)?
4. What are some positive aspects of having gray hair?
5. How is gray hair viewed in society and in your culture?
6. Do you think hair is important? Why or why not?
7. Is there a difference in how men and women view gray hair?
8. How do you feel about models and actors/actresses with gray hair? Is it common to see gray hair represented in the media?