

Intended Outcomes

By the end of the session the pupils:

- will be able to identify risks associated with exposure to the sun
- will have developed their knowledge about safer choices in relation to sun safety.

Resources

One set of 16 laminated picture cards.

One set of 16 laminated description cards.

One set of all 32 pictures and descriptions uncut on A4 paper for photocopying.

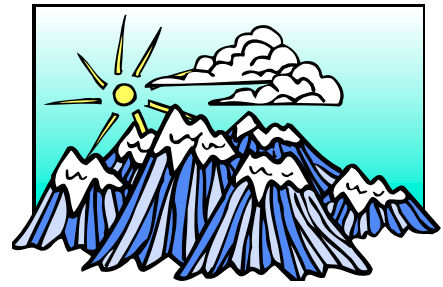
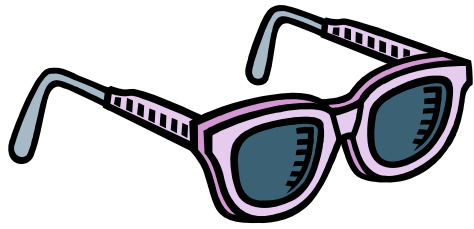
Activity

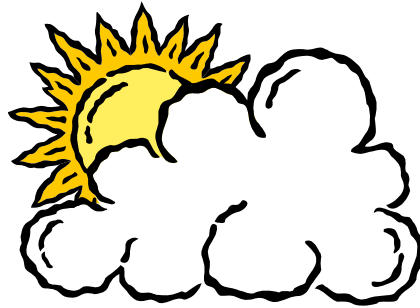
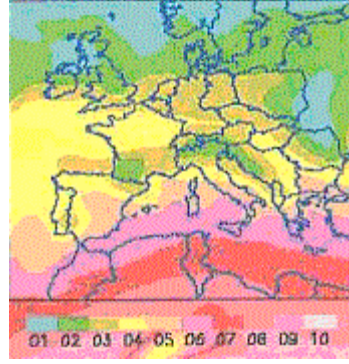
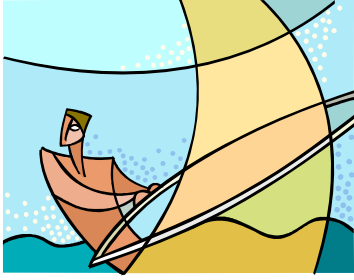
This activity can be used in a variety of ways. It is designed to be used as an introduction to the topic. It could be supported by a box of objects linked with sun safety, eg. Sun cream, sunglasses, T-shirt, hat etc.

1. In an assembly or with the whole class distribute the picture cards or put on chairs at random before the session. Invite pupils to describe their card and explain why it has been included in this piece of work. They could guess the topic themselves as they make the connections.
2. With the pupils sitting in a circle, the cards can be used one between two in a round. Pupils are invited to say something about their card.
3. The description cards can be used alongside the picture cards as a matching activity. Pupils have to find the person with the description to match their picture.
4. If the cards are photocopied pupils could cut them up themselves to make a class set and then they could be used as a group activity.

Answers to the matching activity







1. A Sun safety logo was launched in March 2001. It tells the consumer which clothes help prevent sunburn. It is usually found on T-shirts and swimwear.

2. The weather forecasters now report on the solar UV index in the UK and Europe. This is the strength of the sun's ultraviolet radiation

3. The risk of skin damage caused by the sun depends on skin type. White, fair skin people should take the most care. Wrinkles and premature ageing affects all skin types.

4. UV levels are highest around noon. Sun exposure should be avoided between 11am and 3pm when the sun is at it's hottest.

5. UV levels are highest between May and August. The sun is at it's highest and therefore hottest on Midsummer's day, 21st June

6. Sunglasses protect the eyes from exposure to the sun. The retina can be permanently damaged and this may result in cataracts.

7. Cloud reduces UV levels but it is still possible to get sunburnt under light cloud.

8. Holidays in some parts of the world carry a greater risk of skin damage. The sun's rays are strongest near the equator.

9. Wide brimmed hats protect the face of the skin, neck and shoulders from the sun.

10. UV intensity increases with altitude. High up in the mountains there is less atmosphere to absorb the sun's rays.

11. Skin needs protecting during swimming and water sports because water reflects UV and can add to the overall intensity that reaches the skin.

12. Magazine photographs are starting to promote the image of fair skin and care in the sun.

13. Sun cream, block or lotion with a Sun Protection Factor (SPF) can filter out harmful UV rays. It is recommended that nothing less than SPF15 is effective.

14. It is advisable to seek shade during the hottest part of the day. Beach umbrellas provide protection from the sun.

15. Snow reflects UV and adds to the overall intensity that reaches the skin which means it burns faster. It is easy to burn when you are skiing.

16. Sunbeds use UVA and UVB radiation and so excessive use may lead to skin cancer.