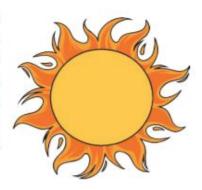
Sun Safety

It is important for us all to be in the sun sometimes because the sun provides us with vitamin D. Vitamin D helps our bodies to absorb calcium which makes our bones strong and healthy. However, being in the sun too much can cause skin damage, eye damage and even skin cancer. Parents need to teach their children how to stay safe in the sun and how to protect their skin from ultraviolet (UV) rays.



Dangers of the Sun

The light from the sun has invisible UV rays. These rays are what make our skin tan and burn. There are three types of ultraviolet rays: UVA, UVB and UVC.

UVA rays

UVA rays break through the protective layer of the atmosphere (the ozone layer). These cause skin aging and contribute to skin cancer.

UVB rays

These are also dangerous and can cause sunburn and eye damage. They can also cause skin cancer. UVB rays do not pass through the ozone layer as easily as UVA rays. However, enough get through to cause serious damage.

UVC rays

These are the most dangerous but they cannot break through the ozone layer and therefore don't reach earth.



Sun Safety

Melanin

Our skin has melanin in it and its job is to soak up dangerous UV rays before they cause skin damage. If you have lighter skin, you have less melanin. If you have darker skin, you have more melanin. People with lighter skin need to do more to protect their skin from the sun.

Our skin tans in the sun as more melanin is produced to protect it. If our skin is exposed to too much sun, the melanin can no longer protect it and we begin to burn.



How to Protect Your Skin

There are some simple ways to protect your skin and prevent sun damage:

- Stay out of the sun between 10 a.m. and 4 p.m. as this is when it is at its hottest.
- Apply sunscreen regularly, especially if you are in and out of water.
- Wear a hat to protect your head and face from the sun's UV rays. Remember that your scalp can burn too!
- Wear sunglasses to protect your eyes. Buy sunglasses that provide 100% UV protection.



Remember...

Use a sunscreen that has an SPF of 30 or higher and make sure that it protects against UVA and UVB rays.



Sun Safety Questions

1.	Who	at vitamin do we get fro	m the sun? Tick one.
		vitamin B	
		vitamin D	
		vitamin C	
		vitamin E	
2.	Who	at does UV stand for?	
	_		
3.	Whi	ch UV ray cannot break	through the earth's ozone layer? Tick one.
		UVA	
		UVB	
		UVC	
		all of them	
4.	Who	at is in our skin that pro	tects us from the sun?
5.	Evn	lain why people with lia	hter skin burn more easily than people with darker skin.
٥.	LAP	tatit witg people with tig	itter skilt burit more easity than people with aarker skilt.
6.	Draw	lines to show how you	can protect different parts of your body.
	Wear	a hat	to protect your eyes.
	Wear	sunscreen	to protect you scalp.
	Wear	sunglasses	to protect your skin.
7.	What	is the minimum factor	sunscreen you should wear? Tick one.
		factor 15	
		factor 50	
		factor 20	
		factor 30	

Sun Safety **Answers**

1.	wna	What vitamin do we get from the sun? Tick one.		
		vitamin B		
	\square	vitamin D		
		vitamin C		
		vitamin E		
2.	What does UV stand for?			
		ultraviolet		
3.	Which UV ray cannot break through the earth's ozone layer? Tick one.			
		UVA		
		UVB		
	\triangleleft	UVC		
		all of them		
4.	Wha	What is in our skin that protects us from the sun?		
		melanin		
5.	Explain why people with lighter skin burn more easily than people with darker s			
	Pu	pil's own responses, such as: People with lighter skin burn more easily than		
	people with darker skin because they have less melanin. Melanin protects the			
	ski	in from the sun's UV rays.		
6.	Drav	w lines to show how you can protect different parts of your body.		
		r a hat		
		r sunscreento protect you scalp.		
_		r sunglasses to protect your skin.		
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