

## ARE YOU

## SUN SMART?

### Model

It's so much fun being outdoors that you may not think about protecting your skin and eyes from the sun. This is especially true on cloudy or cold days. It's important to plan ahead in order to protect yourself from UV rays every day you are outdoors. Read about Ken and list the steps he takes to protect himself from the sun's rays.

*Ken's friends are going to the lake for the afternoon. Ken knows that too much sun can damage his skin. Before leaving his house, Ken applies a broad-spectrum sunscreen with an SPF of 30. When his friends arrive, Ken puts on his hat and sunglasses. At the lake, Ken spreads his towel out in the shade before he takes a swim. After swimming, he reapplies sunscreen and offers some to his friends. Around 4:00 p.m., Ken enjoys a game of volleyball and another swim. He has a great time and stays safe in the sun.*



## Practice

Increase your sun care basics by learning what other people know about UV protection. Interview three classmates. Ask them this question: “How do you protect yourself from the sun’s damaging rays?” Record their answers on notebook paper.

1. How many different responses did you get to your question?
2. Which responses are good ways to protect the skin and eyes from UV rays?
3. Can you add to this list?

## Apply/Assess

Here’s your chance to spread the word about sun safety. Compose a poem or song about the importance of protecting skin and eyes from the sun. In your composition, name at least four ways people can protect themselves from UV rays. Focus on the importance of developing good sun safety habits early in life. Explain how the decisions you make now about sun protection affect your health throughout your life.



## Practicing Healthful Behaviors

To protect yourself from the sun:

- stay out of direct sunlight between 10:00 a.m. and 4:00 p.m. in the summertime.
- use broad-spectrum sunscreens with an SPF of at least 15.
- wear protective clothing and a hat.
- wear sunglasses.

## Self-Check

- Did my poem or song focus on sun protection?
- Did it include at least four ways to protect skin and eyes?
- Did it explain the lifelong importance of good sun safety habits?

