

Middle School Sun Safety Lesson Option #2 with writing and game



-Setting the Stage: Introducing the Lesson

1. Can you get a sunburn in the winter? **(YES)**
2. What are the sun's damaging rays called? **(Ultraviolet or UV)**
3. Is indoor tanning (tanning beds) safe? **(NO)**

-Read the article:

You can read the sun safety information to them or make copies and have the kids volunteer to read.

-Write and Share:

After reading the article, have the students create a story. Students can work together or alone to create a story that uses the sun safety terms. When all students are finished, allow all students to share their stories.

-Don't Get Caught with a Sunburn Game:

This game is a cross between hot potato and musical chairs. You will need an object to pass around. This can be a book, ball, or other object. You will also need music.

INSTRUCTIONS:

1. **Get in a circle.**
2. **Pass the object to the person next to you. You MUST pass the object. If you throw it, you are out.**
3. **When the music stops, the person with the object is out.**
4. **Repeat the process until there is one person left. He/she is the winner.**



ARTICLE TO READ:

Have you ever heard of a dermatologist? A dermatologist is a skin doctor. A dermatologist treats skin problems like acne and diseases including skin cancer. You may be thinking that you are just a kid and that your skin looks pretty good right now. It's true! Most kids don't need to worry about having skin problems or skin cancer at your age. However, practicing healthy skin habits right now can keep your skin always looking its best.

Have you ever looked at people and thought that they looked really old? Maybe they had HUGE wrinkles. Do you know why they looked so old? Perhaps they spent too much time in the sun without practicing sun safety when they were your age. Not only does the sun cause wrinkles, it can cause skin cancer.

Tanning beds should never be used to help give you color or to get a base tan. Using tanning beds can increase your chance of getting melanoma by more than 50%. Melanoma is the most dangerous type of skin cancer because it can spread beneath your skin and into your internal organs and lymph system.

Winter, Spring, Summer or Fall—it's always a good time to be sun safe! Learn more about sun safety and skin cancer prevention at www.outrunthesun.org.