

Middle School Sun Safety Lesson Option #3 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:

Even in colder weather we need to be reminded that sun safety is still a priority! Did you know that you can get a sunburn while playing outside in the snow? It's true. Eighty-eight percent of the sun's rays are reflected off of snow. That means you almost double your exposure of ultraviolet (UV) rays. You need to wear sunscreen in the winter especially if you are skiing or snowboarding. The higher the altitude, the more exposure you have from the sun's rays. Usually we are pretty covered up when we enjoy outdoor activities in the winter, but do not forget to protect your eyes by wearing sunglasses and protect your lips by wearing a lip balm containing an SPF of 15 or higher. People usually associate the winter with frostbite and hypothermia, but protecting your skin and eyes from the winter sun needs to be a priority.

As the winter days grow shorter, darker, and colder, many people turn to tanning beds to provide warmth and comfort or to add color to their natural skin tones. Don't make this mistake! Research proves that tanning bed use results in an increased risk for developing skin cancer, including melanoma. Using a tanning bed can increase a person's chance of developing skin cancer by up to 75%. Don't beat the winter blues by using an indoor tanning bed. Instead, try exercising, eating healthier, or volunteering for a local charity. 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.