

Middle School Sun Safety Lesson Option #4 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:

Winter, Spring, Summer or Fall, you should respect your body's largest organ: your skin. Did you know that your skin is an organ? In fact, the average person has twenty square feet of skin on his/ her body. Your skin keeps the icky elements out of your body and helps to regulate your body temperature. Having healthy skin is important and having healthy skin starts now.

Before you head outside to enjoy warmer temperatures, make sure you are protecting your skin by keeping it covered by clothing and sunscreen. Everyone who has skin can get a sunburn! It doesn't matter if you have light or dark skin—it can all burn when it isn't protected from the sun's UV rays. Also remember to wear your shades to protect your eyes.

Did you know that one bad sunburn as a child can increase your chances of getting skin cancer by 50%? Wow, is right! People think getting a tan makes them look healthy, but it only damages the skin. If you have a tan, it signals skin damage. Tanning beds also can significantly increase your chances of developing skin cancer, especially melanoma, which is the most deadly form of skin cancer. Melanoma is the second most common type of cancer in people ages 15 to 25.

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.