

Outrun the Sun

ONE-WEEK Middle School Sun Safety Program

Time: Five days- 20 Minutes per day

Objective:

Students will be able to

- Explain the ***HIGH FIVE OF SUN SAFETY***
- Learn the importance of daily sun protection
- Understand that all types and colors of skin can burn

Day One:

Materials:

1. Pencils
2. Blank paper-paper plates

Lesson Opening:

1. Raise your hand if you have ever had a sunburn.
2. How did that sunburn make you feel?
3. What can you do to prevent sunburns?
4. "Blind draw" of person being sun safe
 - ✓ Have students place paper plate on the top of their heads.
 - ✓ Ask them to draw without looking at their plates; plates must stay on the top of their heads.
 - ✓ Draw a stick person in the middle of the plate.
 - ✓ Draw an umbrella next to the person.
 - ✓ Draw sunglasses on the stick person's face.
 - ✓ Draw a hat on the stick person's head.
 - ✓ Draw a bottle of sunscreen in the right hand of the stick person.
 - ✓ Draw a shirt on the stick person.
 - ✓ Have the students look and laugh at their drawings.

Introduction to New Material:

1. Talk about the FIVE sun safe practices.
 - One: always wear sunscreen with an SPF of 30 or higher.
 - Two: wear a hat with a brim to protect your face, ears, and neck.
 - Three: wear a shirt with sleeves.
 - Four: wear sunglasses to protect your eyes.
 - Five: seek shade during the hours of 10am to 4pm.

2. Ask students how each sun-safe practice helps prevent sunburns.

Practice:

Have students create a song or rap to help them remember the five sun safe practices. This can be completed alone or in groups.

Reinforce:

Have students share their creations as a way to remember the 5 sun-safe practices.

Day Two:

Materials:

1. UV Charts
2. UV Weather Planning Paper
3. Pencils

Lesson Opening:

1. Ask who remembers the list sun-safety items?
2. Review 5 sun safe practices
 - One: always wear sunscreen with an SPF of 30
 - Two: wear a hat with a brim to protect your face, ears, and neck.
 - Three: wear a shirt with sleeves.
 - Four: wear sunglasses to protect your eyes.
 - Five: seek shade in during the hours of 10am to 4pm.

Introduction to New Material:

1. The UV index can be found on www.weather.com and other weather media outlets.
2. Knowing the UV index can help you be sun safe because you can be better prepared for each day's weather.
3. Choose different students to read each UV level.

Practice:

1. Break into groups to complete the sample UV page.
2. Then have each group create a five-day forecast including a UV index number for each day.
3. Trade papers with another group and complete the page.

Reinforce:

3. Have students review the 5 sun-safe practices by sharing songs or raps.

Day Three:

Materials:

Lesson Opening:

1. Review 5 sun-safe practices
 - One: always wear sunscreen with an SPF of 30
 - Two: wear a hat with a brim to protect your face, ears, and neck.
 - Three: wear a shirt with sleeves.
 - Four: wear sunglasses to protect your eyes.
 - Five: seek shade in during the hours of 10am to 4pm.
2. Ask what happens after repeated sun damage occurs...skin cancer can occur.

Introduction to New Material:

1. Talk about tanning-tanning beds
 - Your skin is your largest organ.
 - In fact, the average person has twenty, yes, 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 a big deal, and being healthy starts now.
 - Have you ever heard of a dermatologist? A dermatologist is a skin doctor. A dermatologist treats skin problems like acne and diseases like skin cancer.
 - Have you ever looked at certain people (who weren't so old) and thought that they looked really old? Maybe they had HUGE wrinkles or skin that looked like leather. Do you know why these people looked so old?
 - It could be that they spent a lot of time in the sun without practicing sun safety when they were young.
 - Perhaps they didn't use sunscreen, sunglasses or hats to protect their skin. Not only does the sun cause wrinkles, it can cause skin cancer.
 - Tanning beds can also cause wrinkles and skin cancer.
 - Using tanning beds when you are a teenager or in your 20s can increase your risk of getting melanoma by more than 75%.
 - Melanoma is the most dangerous type of skin cancer because it can spread beneath your skin and throughout your body.
 - People can die of melanoma, so you want to do all that you can to protect yourself.

Reinforce:

1. Ask students how many of them have changed their minds about tanning.
2. Challenge them to go home and share what they learned about tanning.

Day Four:

Materials:

1. Pencils
2. Crossword puzzle
3. Blank paper

Lesson Opening/Introduction to New Material:

1. Today's activity will be a review of this week's information.
2. Students may be exposed to some new information.

Practice:

1. Students need to work in pairs to complete the crossword puzzle.
2. The first group to finish-correctly- wins.

Reinforce:

1. Have students sit in a read the questions and answers.
2. Work your way around the group until all sun-safe facts are read.

Day Five:

Materials:

1. Pencils
2. Sun Safety IQ Quiz

Lesson Opening:

1. Share with the students that today's sun-safety lesson will measure what they have learned.

Introduction to New Material:

Take the IQ quiz independently.

Practice:

Share answers.

Reinforce:

Recognize students who scored at each level.

Enrichment Activities:

- Create poster promoting sun safety to be hung in your school.
- Create a poem.
- Don't' Get Burned Dice Game:
 - Put students into groups of 4.
 - Give each group a die, scoresheet, and a pencil.
 - The first person in the group to reach a score of 25 wins.
 - A roll of 1- subtract one point from your score.
 - A roll of 2- add two points to your score.
 - A roll of 3- add three points to EVERYONE's score.
 - A roll of 4- add four points to your score.
 - A roll of 5- add five points to your score.
 - A roll of 6- EVERYONE's score goes to ZERO; you just got burned.