

SUN SAFE SCHOOLS ASSEMBLY





SUPER STAR!

- The only star in our solar system
- About 1.3 million Earths could fit inside
- is about 4.6 billion years old
- Light from the Sun takes 8 minutes to reach Earth

BENEFITS OF THE SUN

The sun gives us **L**_____

The sun makes things **G**_____

The sun keeps us **W**_____

It makes us feel **H**_____

It helps us produce **vitamin ?**





INVISIBLE UV RAYS!

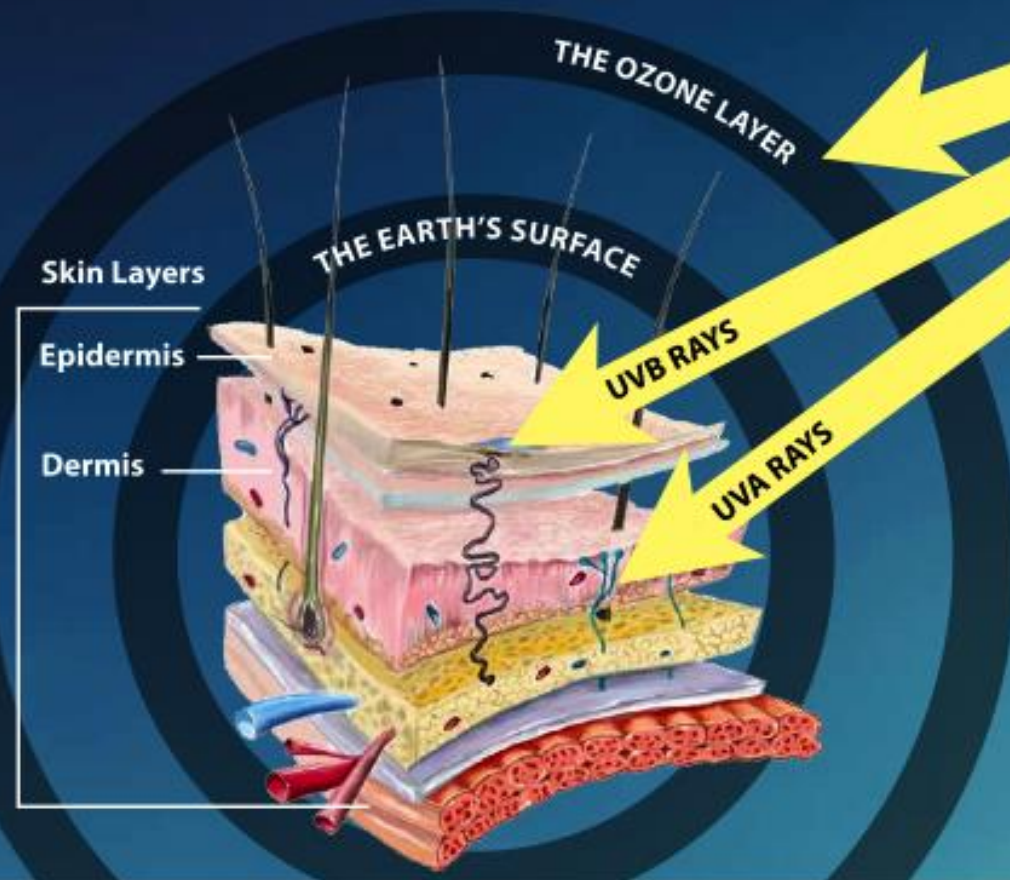


**SPRING &
SUMMER**



ULTRAVIOLET (UV) LIGHT

One of the INVISIBLE lights the sun emits is called Ultraviolet (UV).
The sun produces three types of UV light: UVA, UVB and UVC.



UVC light is absorbed by the ozone layer, but UVA and UVB light both reach the earth's surface and penetrate our skin.

5 FACTS ABOUT ULTRAVIOLET LIGHT

UV light, also known as UV Radiation (UVR):

- Cannot be seen or felt.
- Is not related to temperature.
- Can pass through cloud cover.
- Can bounce off reflective surfaces like sand, water and snow - almost doubling the strength of UV!





**WARNING
SIGNS!**

NEGATIVE EFFECTS OF THE SUN'S HEAT

The sun can make us feel **H** _ _ _

It can make us feel **T** _ _ _ _ _

It can make us feel **S** _ _ _ _ _

It can make us feel **TH** _ _ _ _ _



PROTECTING OURSELVES FROM THE SUN





1. SLIP



2. SLOP



3. SLAP



4. SLIDE



5. SHADE



1. SLP on clothing -
your first line of defence!





20 minutes
before going
in the sun



2. SLOP on sunscreen
to protect exposed skin



SUNSCREEN

SPF

20

SUN PROTECTION CREAM

UVB + UVA

SUNSCREEN

SPF

30

SUN PROTECTION CREAM

UVB + UVA

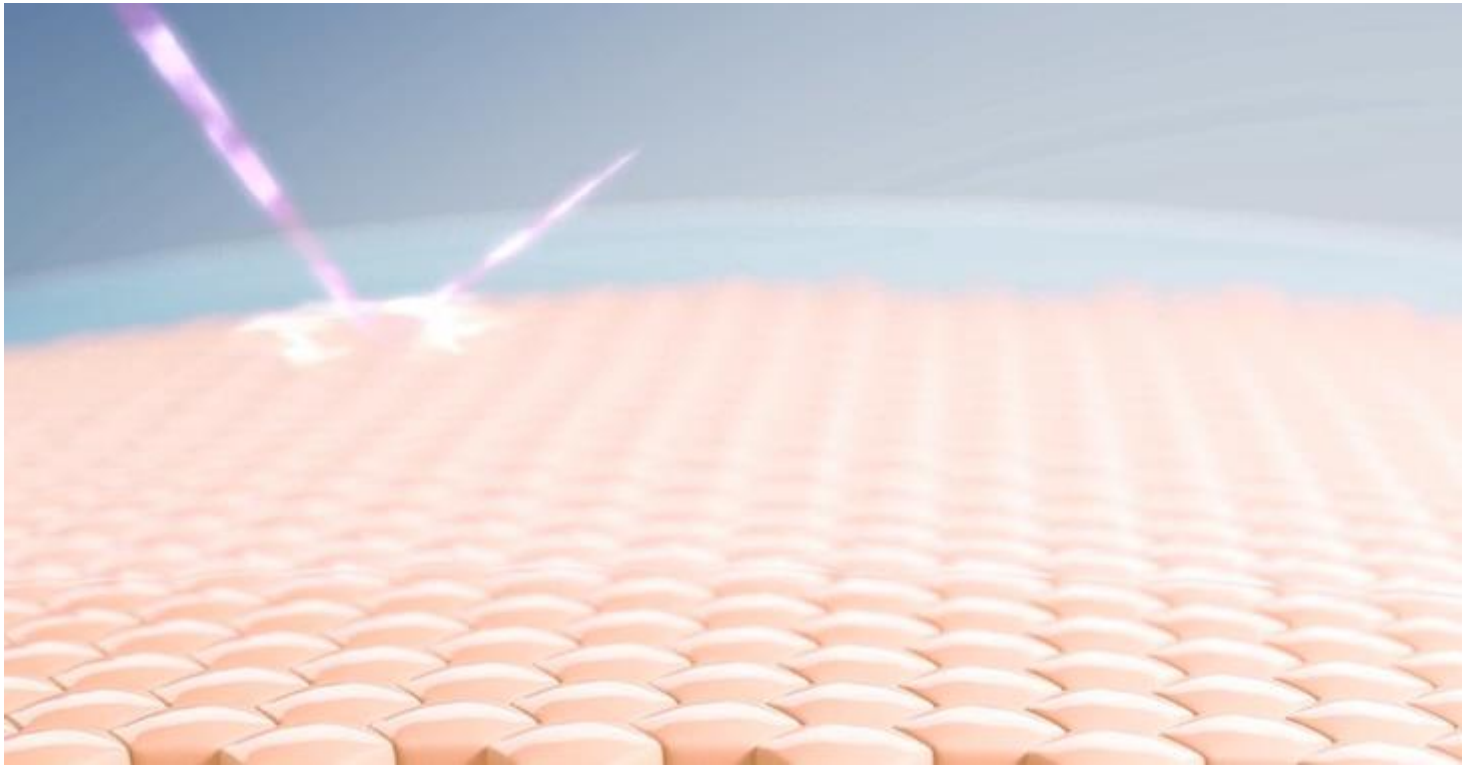
SUNSCREEN

SPF

50

SUN PROTECTION CREAM

UVB + UVA



4 COMMON MISTAKES

1. Not applying enough
2. Not rubbing it in properly
3. Missing spots
4. Not reapplying often enough





How much suncream to apply

$\frac{1}{2}$

Teaspoon



Face
Ears
Neck
Each arm

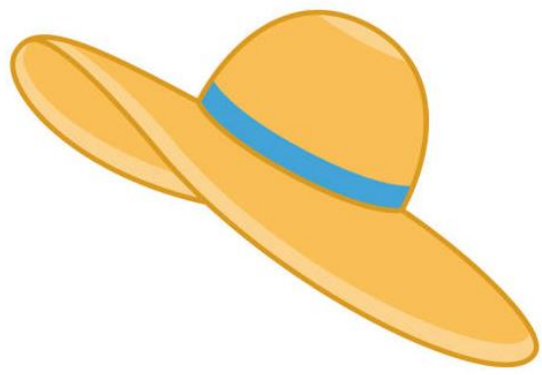


1

Teaspoon



Back
Chest/abdomen
Each leg



3. SLAP on a sun hat
to shade your head



4. SLIDE on sunglasses
to protect your eyes





5. SHADE from the sun
especially around midday



Nonso is excited to go on a hiking trip. As he has naturally dark skin, he thinks sunscreen isn't necessary, but he still wants your advice. What do you recommend?



Yasmin has been napping in the sun for a few hours, but she's not worried because she applied sunscreen this morning. Why should Jasmine wake up?

11am



It's 11am and Yasmin is still having fun in the sun. What should she do if she wants to protect herself?



Nina wants to go swimming in the water. What should she do before she goes for a dip to protect herself

Sasha is excited to spend a day outside playing football. She checks the weather before heading outside and asks you if she should wear sunscreen. In what weather should Sasha wear sunscreen?

Select all the answers that you think are correct.



