

Middle School Sun Safety Lesson Option #1 with writing and game



-Setting the Stage: Introducing the Lesson

1. Can everyone get a sunburn? **(YES)**
2. Why do you need to wear sunscreen? **(so you don't get a sunburn)**
3. Can you get a sunburn on a cloudy day? **(YES)**

-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:

Being sun safe this SUMMER is easy! You just need to know how to protect yourself from the sun's ultraviolet rays. Everyone can get a sunburn. It doesn't matter if you have a light or dark skin tone.

You just need to remember this: **Sunscreen Covers Me!!**

Sunscreen is the first step to being sun safe. You should wear sunscreen every time you go outside to play, swim, or to attend an outdoor event- even when it's cloudy. You can get a sunburn when it's cloudy, so sunscreen is always important.

Here are three things to remember about sunscreen.

1. Use a sunscreen with an SPF of 30 or higher.
2. Apply 20 minutes before going outside so that it can absorb into your skin.
3. Reapply every two hours.

Covers is the next step in being sun safe. The sun is the most powerful between 10AM and 4PM. This is when the sun's UV rays are the highest and can lead to a sunburn. During these hours, you need to take cover to protect your skin. This includes your scalp because the sun can penetrate through your hair. That can mean staying in the shade or covering yourself with sunscreen, a hat, long-sleeve shirt, and sunglasses.

Me is the last step of sun safety. Your job is to respect and to take care of yourself and your skin!

There isn't a test to determine if you might get skin cancer or wrinkles, but now you have all the answers needed to be sun safe today and forever. Just remember **SUNSCREEN COVERS ME!!!**

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.