

Health
5.PCH.3.2
Carry out activities that avoid harmful effects of the sun.

Materials Needed:

Appendix 1 – teacher copy of Sun Safety

Appendix 2 – Drawing Conclusions

Statement of Objectives:

Today we are going to talk about preventing skin cancer and taking care of the health of your skin while you are young. By the end of the lesson, you will be able to practice behaviors that prevent the sun from doing harm.

Focus:

We will start with a poem titled Sun Safety. While I read it, I want you to listen for specific practices that are helpful in preventing the harmful effects of the sun. Read the poem Sun Safety (Appendix 1).

Teacher Input:

Say, I will give you five minutes to write down anything you heard that will prevent a person from getting skin cancer.

Call on students to respond to these questions:

- What incorrect idea do some people have about how healthy it is to have a tan? [Having a tan means you are healthy. Reality: a tan is evidence that you have already done damage to your skin.]
- What precautions can be taken related to time of day? [Avoid sun's rays between 10:00 a.m. and 4:00 p.m.]
- What practices should be followed to protect skin if outside? [Wear hats and long-sleeved clothing and/or use a sunscreen that is 30 or higher.]
- What are some kinds of skin cancer? [Write on board: melanoma, basal cell, squamous cell]
- Why is it so important to be concerned about the health of your skin while you are young? [Damage to skin such as sunburn with blisters increases chances of skin cancer later in life.]

Assessment:

Provide each student with the handout Drawing Conclusions (Appendix 2). Give them 10 minutes to write a conclusion about what they have learned about sun safety. Collect their responses and share some of the well-written conclusions.

Closure:

There is a great deal that you can do to prevent skin cancer. You were able to hear a poem about sun safety and draw conclusions about behaviors you can practice now to do all that is possible to prevent damage from overexposure to the sun.

Sun Safety

Some people think it's healthy
To bake in the sun all day,
Not realizing the dangers
Of the sun's ultra violet rays.

Basal cell and squamous cell:
The most common cancers affect the skin.
But skin cancer doesn't have to hurt you.
This is a fight that you can win.

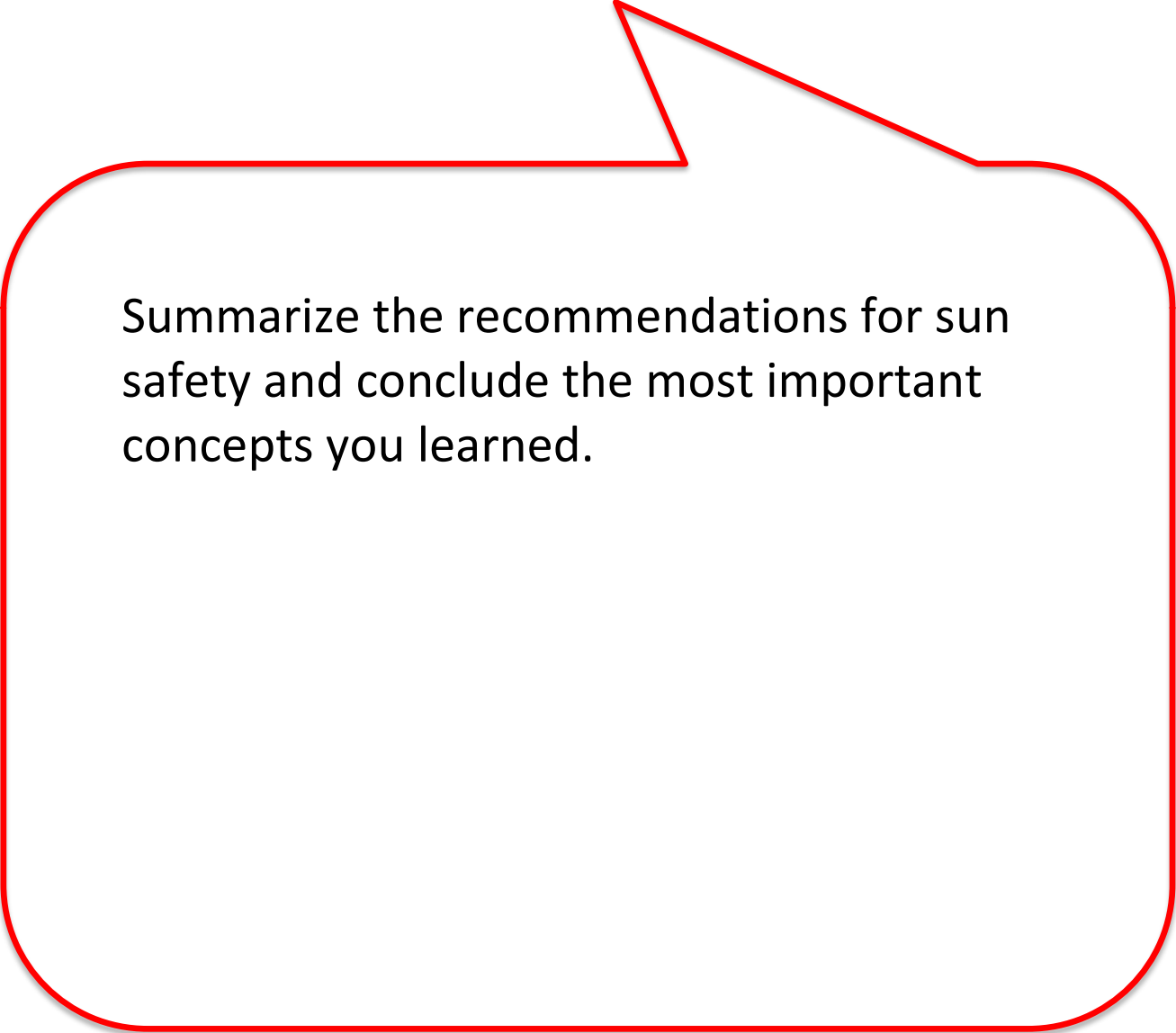
To protect yourself from harmful rays,
Seek shade between ten and four.
But if outside, use sunscreen.
An SPF of 30 or more.

Wearing hats that shade the face and ears
Is a habit that we recommend.
To protect the eyes from serious diseases,
On sunglasses you should depend.

The deadliest type of skin cancer
Is melanoma, there is no doubt.
The damage done in childhood
Is what you can do something about.

Burning and blistering are bad ideas
Because the damage cannot be "undone."
There's no such thing as a "healthy" tan,
So take care of your skin while you're young.

Name:



Summarize the recommendations for sun safety and conclude the most important concepts you learned.