

# SunSmart Schools Sun Safety

## Sun Safety

We have all heard about sun safety, but what exactly does it mean and why is it so important? Sun safety is about protecting ourselves from too much of the sun's ultraviolet (UV) radiation. There are 5 simple steps for sun safety that should be used together to provide the best protection. The five steps for sun safety are:

1. **Slip** into shade.
2. **Slip** on sun protective clothing.
3. **Slop** on SPF30 or above broad-spectrum, water-resistant sunscreen.
4. **Slap** on a hat.
5. **Wrap** on sunglasses.



## Sunburn and Skin Damage

Sun safety is important because too much exposure to the sun's UV radiation can cause skin damage which can potentially lead to skin cancer. Too much UV exposure over time adds to a person's skin damage and skin cancer risk so it's important for all age groups to use sun protection. Skin damage at an early age increases the risk of skin cancer in later life.

## UV Radiation

Over 90% of skin cancers in Aotearoa New Zealand are caused by too much UV radiation. UV radiation comes directly from the sun and is reflected off surfaces like concrete, sand, water, and snow. Unlike heat and sunlight, UV radiation cannot be felt or seen. Despite what many people believe, UV radiation can be just as harmful on cloudy days as clear sunny days.




## Slap on a Hat

Not all hats provide good sun protection. Hats need to have a wide brim. A cap does not provide protection of the ears, cheeks and neck.

## UV Index

The UV Index rating system measures the amount of UV radiation that reaches the Earth's surface at a given time. Radiation levels change throughout the day, over seasons and across locations. The higher the index number, the greater the potential for harmful skin damage. The UV Index has five categories. Sun protection is recommended when the Index level reaches three or above, or when outdoors for extended periods, or near reflective surfaces such as snow or water. Sun protection is still needed on cloudy days from September to April.

SUN PROTECTION and the UV INDEX										
Low		Moderate			High		Very High		Extreme	
UV INDEX 1	UV INDEX 2	UV INDEX 3	UV INDEX 4	UV INDEX 5	UV INDEX 6	UV INDEX 7	UV INDEX 8	UV INDEX 9	UV INDEX 10	UV INDEX 11+
SUN PROTECTION NOT REQUIRED		SUN PROTECTION REQUIRED								
Unless outdoors for extended periods, or near reflective surfaces such as snow or water.		Wear sun-protective clothing, a hat with a brim and sunglasses. Apply SPF30 + sunscreen to any unprotected skin. Slip into shade.								



# SunSmart Schools Sun Safety

1. What are the five steps for sun safety?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

2. Fill in the gaps.

Sun safety is important because \_\_\_\_\_ to the sun's UV radiation can cause skin \_\_\_\_\_ which can lead to skin cancer.

3. Draw a line between each word and its meaning.

UV
reflective
index
potentially

capable of reflecting UV radiation and light.
a measure of something
ultraviolet
has the ability to cause

4. Why is sun safety important for children and adolescents?

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# SunSmart Schools Sun Safety

5. List four surfaces that can reflect UV radiation.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

6. True or false?

Do you still need sun protection on cloudy days from September to April?

true

false

7. When do UV radiation levels change?

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8. At what Index level is sun protection recommended?

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# SunSmart Schools Sun Safety Answers

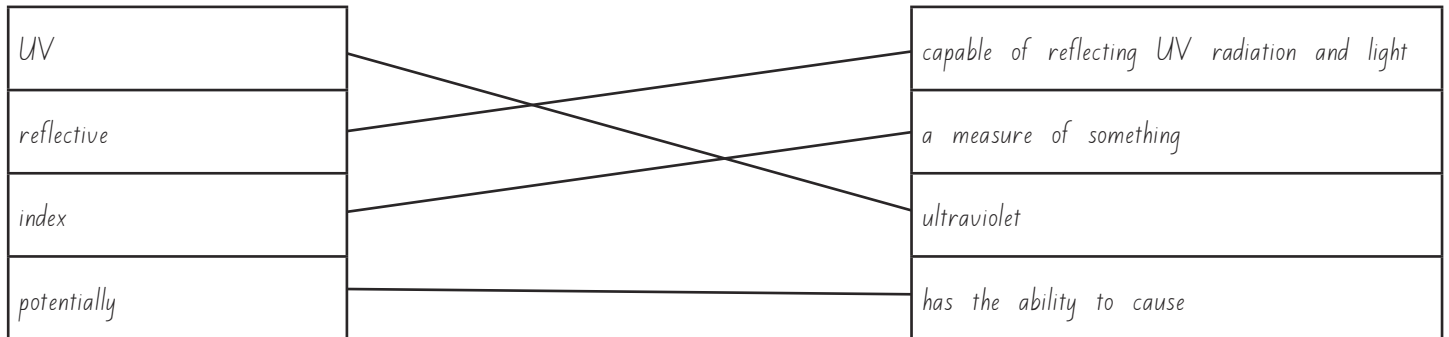
1. What are the five steps for sun safety?

1. Slip into shade.
2. Slip on sun protective clothing.
3. Slop on SPF30 or above broad-spectrum, water-resistant sunscreen.
4. Slap on a hat.
5. Wrap on sunglasses.

2. Fill in the gaps.

Sun safety is important because **too much exposure** to the sun's UV radiation can cause skin **damage** which can lead to skin cancer.

3. Draw a line between each word and its meaning.



4. Why is sun safety important for children and adolescents?

Too much UV exposure over time adds to a person's skin damage and skin cancer risk. Skin damage at an early age increases the risk of skin cancer in later life.

# SunSmart Schools Sun Safety Answers

5. List four surfaces that can reflect UV radiation.

1. *concrete*
2. *sand*
3. *water*
4. *snow*

6. True or false?

Do you still need sun protection on cloudy days from September to April?



*Yes because UVR (ultraviolet radiation) can get through cloud and UVR has nothing to do with temperature.*

7. When do UV radiation levels change?

*Throughout the day, over seasons and across locations.*

8. At what Index level is sun protection recommended?

*Moderate, at three or above.*

# SunSmart Schools Sun Safety

We have all heard about sun safety, but what exactly does it mean and why is it so important? Being sun safe is about protecting ourselves from the sun. There are five easy steps for sun safety that should be used together to provide the best protection. The five steps for sun safety are:

1. **Slip** into shade.
2. **Slip** on sun protective clothing.
3. **Slop** on SPF30 or above broad-spectrum, water-resistant sunscreen.
4. **Slap** on a hat.
5. **Wrap** on sunglasses.



Sun safety is important because too much exposure to the sun's ultraviolet (UV) radiation can cause skin damage which can potentially lead to skin cancer. Too much UV exposure over time adds to a person's skin damage and skin cancer risk. Skin damage at an early age increases the risk of skin cancer later in life.

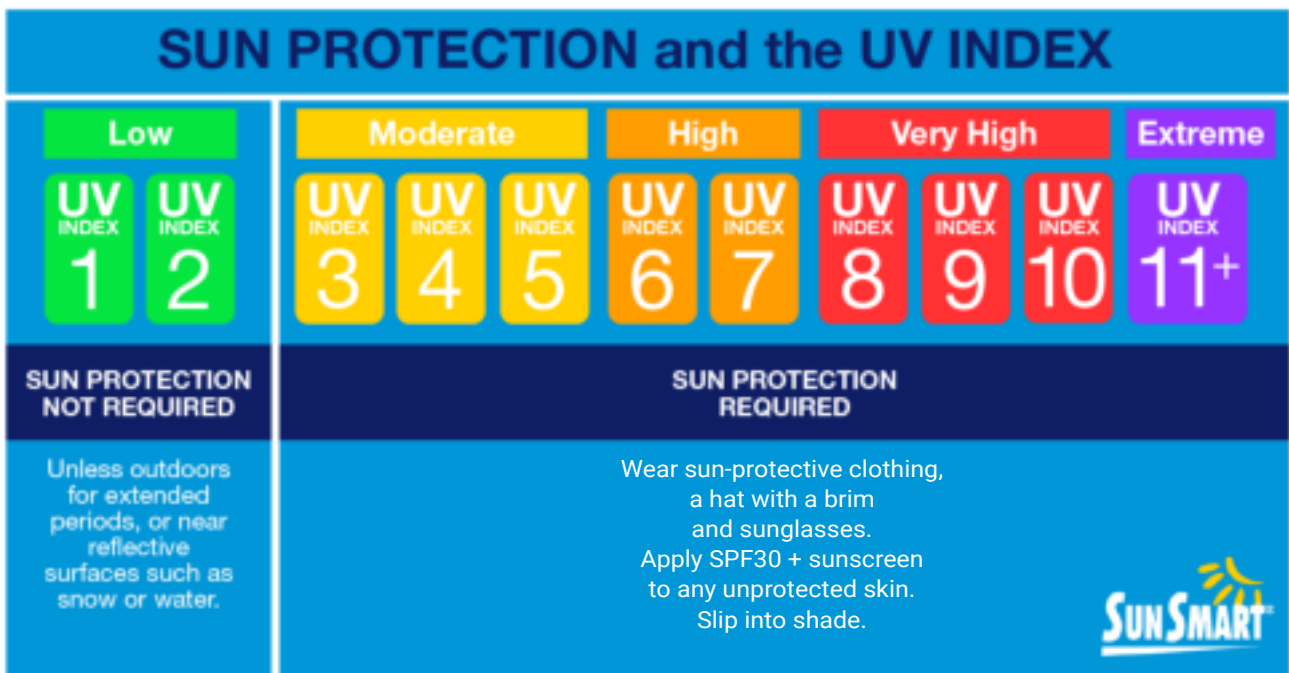


In Aotearoa New Zealand, 90% of skin cancers are caused by too much UV radiation. UV radiation comes directly from the sun and indirectly via reflective surfaces like concrete, sand, water, and snow, and is scattered by particles in the air. Exposure to UV radiation cannot be felt or seen. Despite what many people believe, UV radiation can be just as harmful on cloudy days as clear sunny days.





The UV Index rating system measures the amount of UV radiation that reaches the Earth's surface at a given time. Radiation levels change throughout the day, with the highest levels in the middle of the day. They also change over the seasons and across locations. The higher the index number, the greater the potential for harmful skin damage. The UV Index has five categories: low, moderate, high, very high and extreme. Sun protection is recommended when the UV Index level reaches moderate, at number three or above. Sun protection is still needed on cloudy days from September to April.



### Slap on a Hat

Not all hats provide good sun protection. Hats need to have a wide brim. A cap is not adequate protection from the sun because it leaves the ears, cheeks and neck exposed.



# SunSmart Schools Sun Safety

1. What are the five steps for sun safety?

1. \_\_\_\_\_
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2. Fill in the gaps.

Sun safety is important because \_\_\_\_\_ to the sun's ultraviolet (UV) radiation can cause skin \_\_\_\_\_ which can lead to skin cancer.

3. Draw a line between each word and its meaning.

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4. Why is sun safety important for children and adolescents?

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5. What is the cause of 90% of skin cancers in Aotearoa New Zealand?

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# SunSmart Schools Sun Safety

6. Provide a synonym for each of the words below.

harmful \_\_\_\_\_

occurs \_\_\_\_\_

additionally \_\_\_\_\_

locations \_\_\_\_\_

7. How does UV radiation exposure occur?

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8. Explain the common misunderstanding about UV radiation and heat.

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9. What time of the day are UV radiation levels highest?

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10. At what Index level is sun protection recommended?

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# SunSmart Schools Sun Safety Answers

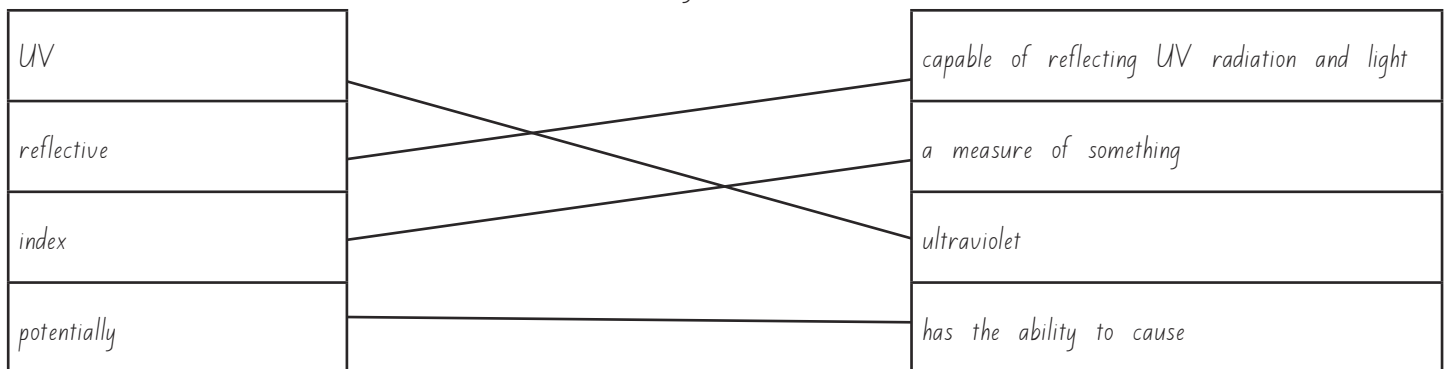
1. What are the five steps for sun safety?

1. Slip into shade.
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4. Slap on a hat.
5. Wrap on sunglasses.

2. Fill in the gaps.

Sun safety is important because **too much exposure** to the sun's ultraviolet (UV) radiation can cause skin **damage** which can lead to skin cancer.

3. Draw a line between each word and its meaning.



4. Why is sun safety important for children and adolescents?

Too much UV exposure over time adds to a person's skin damage and skin cancer risk. Skin damage at an early age increases the risk of skin cancer in later life.

5. What is the cause of 90% of skin cancers in Aotearoa New Zealand?

90% of skin cancers in Aotearoa New Zealand are caused by too much UV radiation.

# SunSmart Schools Sun Safety Answers

6. Provide a synonym for each of the words below.

harmful *damaging, hurtful, dangerous, unhealthy*

occurs *happens, takes places, transpires, comes about, arises*

additionally *also, as well, too, plus, moreover, furthermore*

locations *places, sites, situations, spots, points, locales, settings*

7. How does UV radiation exposure occur?

UV radiation occurs from direct exposure to sun or via reflective surfaces like concrete, sand, water, and snow.

8. Explain the common misunderstanding about UV radiation and heat.

Many people believe that UV radiation is determined by heat, but this is incorrect. UV radiation can be just as harmful on cloudy days as clear sunny days.

9. What time of the day are UV radiation levels highest?

Radiation levels are highest in the middle of the day.

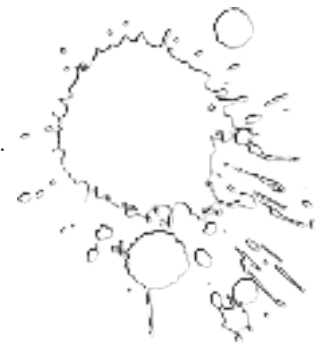
10. At what Index level is sun protection recommended?

Moderate, at three or above.

# SunSmart Schools Sun Safety

We have all heard about sun safety, but what exactly does it mean and why is it so important? Being sun safe is about protecting ourselves from the sun. There are five important steps for sun safety that should be used together to provide the best protection. The five steps for sun safety are:

1. **Slip** into shade.
2. **Slip** on sun protective clothing.
3. **Slop** on SPF30 or above broad-spectrum, water-resistant sunscreen.
4. **Slap** on a hat.
5. **Wrap** on sunglasses.



Sun safety is important because exposure to the sun can cause damage to the DNA in skin cells, which potentially leads to skin cancer. Too much ultraviolet (UV) exposure over time adds to a person's skin damage and skin cancer risk so it's important for all age groups to use sun protection. Skin damage at an early age increases the risk of skin cancer later in life.



In Aotearoa New Zealand, 90% of skin cancers are caused by too much UV radiation. UV radiation comes directly from the sun or via reflective surfaces like concrete, sand, water, and snow. Exposure to UV radiation cannot be felt or seen, making it difficult to know where the UV radiation is. Additionally, despite what many people believe, UV radiation is not determined by heat and can be just as harmful on cloudy days as clear sunny days.



The UV Index rating system measures the amount of UV radiation reaching the earth's surface at a given time. Radiation levels change throughout the day, with the highest levels in the middle of the day. They also change over the seasons and across locations. The higher the index number, the greater the potential for harmful skin damage. The UV Index has five categories: low, moderate, high, very high and extreme. Sun protection is recommended when the UV Index level reaches moderate, at number 3 or above.


Melanin is the pigment that gives your skin, hair and eyes their colour. Some people make more melanin so they have dark coloured skin, eyes and hair.

People who make less melanin usually have light coloured skin, eyes and hair. More melanin

means people with darker skin

usually have more protection from UV radiation and less chance of developing skin cancer than people with light skin. People with light skin need to be very careful in the sun. However, all

skin types should be protected from the sun when UV levels are three or more. It is important to choose the right hat; a hat with a wide brim is more effective at protecting the face. A cap leaves skin on the ears, cheeks and neck exposed to UV radiation.

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SUN PROTECTION NOT REQUIRED		SUN PROTECTION REQUIRED								
Unless outdoors for extended periods, or near reflective surfaces such as snow or water.		Wear sun-protective clothing, a hat with a brim and sunglasses. Apply SPF30+ sunscreen to any unprotected skin. Slip into shade.								
										

While too much UV exposure can be harmful, a bit of UV exposure is important for health. UV is the best natural source of vitamin D, an essential hormone for maintaining good health. As such, it is important to ensure some UV radiation exposure without causing lasting damage.

### Fast Facts

- Aotearoa New Zealand has one of the highest rates of skin cancer in the world, with around 500 New Zealanders dying from skin cancer every year.
- Every day more than 250 New Zealanders are diagnosed with skin cancer, and each week about ten die as a result.

# SunSmart Schools Sun Safety

1. What are the five steps for sun safety?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

2. Why is sun safety important?

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5. What is the cause of 90% of skin cancers in Aotearoa New Zealand?

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# SunSmart Schools Sun Safety

6. How does UV radiation exposure occur?

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7. Explain the common misunderstanding about UV radiation and heat.

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8. What time of the day are UV radiation levels highest?

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9. Do all skin types need sun protection?

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10. Why is it important to ensure some exposure to UV radiation?

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# SunSmart Schools Sun Safety Answers

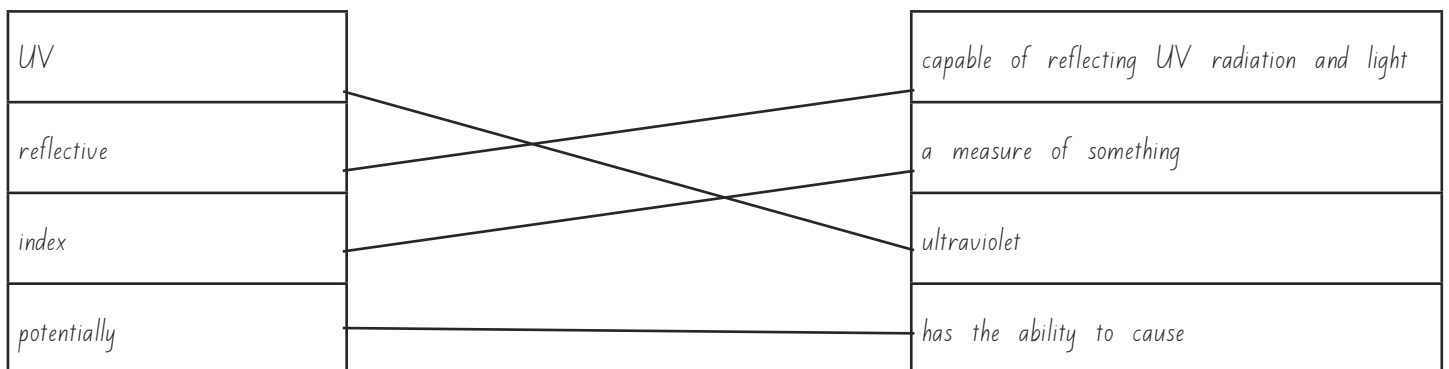
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2. Slip on sun protective clothing.
3. Slap on SPF30 or above broad-spectrum, water-resistant sunscreen.
4. Slap on a hat.
5. Wrap on sunglasses.

2. Why is sun safety important?

Sun safety is important because too much exposure to the sun's UV radiation can cause skin damage which can potentially lead to skin cancer.

3. Draw a line between each word and its meaning.



4. Why is sun safety important for children and adolescents?

Too much UV exposure over time adds to a person's skin damage and skin cancer risk. Skin damage at an early age increases the risk of skin cancer in later life.

5. What is the cause of 90% of skin cancers in Aotearoa New Zealand?

UV radiation is the leading cause of skin cancers.

# SunSmart Schools Sun Safety Answers

6. How does UV radiation exposure occur?

UV radiation occurs from direct exposure to sun or via reflective surfaces like concrete, sand, water, and snow.

7. Explain the common misunderstanding about UV radiation and heat.

Many people believe that UV radiation is determined by heat, but this is incorrect. UV radiation can be just as harmful on cloudy days as clear sunny days.

8. What time of the day are UV radiation levels highest?

Radiation levels are highest in the middle of the day.

9. Do all skin types need sun protection?

Yes. People with light skin have a higher risk of UV damage and skin cancer, but all skin types need protection from UV radiation.

10. Why is it important to ensure a certain amount of exposure to UV radiation?

UV radiation is one of the best natural sources of vitamin D, an essential hormone for maintaining good health.