



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:  
<http://www.cdc.gov/healthyschools/sher/standards/index.htm>

These activities will help your students learn about the skin, what happens when the skin is exposed to the sun, and what they can do to protect their skin from the sun.

## Related KidsHealth Links

### Articles for Kids:

#### How to Be Safe When You're in the Sun

[KidsHealth.org/en/kids/summer-safety.html](http://KidsHealth.org/en/kids/summer-safety.html)

#### What Is Cancer?

[KidsHealth.org/en/kids/cancer.html](http://KidsHealth.org/en/kids/cancer.html)

#### Your Skin

[KidsHealth.org/en/kids/skin.html](http://KidsHealth.org/en/kids/skin.html)

#### Taking Care of Your Skin

[KidsHealth.org/en/kids/skin-care.html](http://KidsHealth.org/en/kids/skin-care.html)

### Articles for Teens:

#### Melanoma

[TeensHealth.org/en/teens/melanoma.html](http://TeensHealth.org/en/teens/melanoma.html)

#### Tanning

[TeensHealth.org/en/teens/tanning.html](http://TeensHealth.org/en/teens/tanning.html)

#### Indoor Tanning

[TeensHealth.org/en/teens/indoor-tans.html](http://TeensHealth.org/en/teens/indoor-tans.html)

#### I Got Blisters From a Sunburn. What Should I Do?

[TeensHealth.org/en/teens/sunburn.html](http://TeensHealth.org/en/teens/sunburn.html)

#### Skin, Hair, and Nails

[TeensHealth.org/en/teens/skin-hair-nails.html](http://TeensHealth.org/en/teens/skin-hair-nails.html)

#### Tips for Taking Care of Your Skin

[TeensHealth.org/en/teens/skin-tips.html](http://TeensHealth.org/en/teens/skin-tips.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. You're only going to be outside for a few minutes, so you don't really need sunscreen - right or wrong? List the pros and cons of using sunscreen. Which argument is more convincing? Why?
2. The skin is the largest organ in the body, but it doesn't always get the credit it deserves. Describe the important role that skin plays in the body.
3. What is skin cancer? What causes it?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Shining a Light on Tanning Myths

#### Objectives:

Students will:

- Learn the facts about tanning and skin cancer
- Help dispel myths about tanning and skin cancer among peers

#### Materials:

- "Shining a Light on Tanning Myths" handout ("Survey")
  - Pens or pencils
  - Computer with Internet access
- Optional: video or audio recording equipment (or smartphones); graphics arts software; and/or paper for posters, infographics or brochures and art supplies

#### Class Time:

2 hours

#### Activity:

To find out how widespread tanning and skin cancer myths are at our school, we're going to conduct an informal survey. After reading up on tanning at KidsHealth.org, we're going to use the "Shining a Light on Tanning Myths" handout (titled "Survey") to anonymously survey other students. During the school day, we'll each read the survey's 10 "true or false" statements to other students and record their responses. "False" is the correct answer to all 10 questions, by the way. Then we'll compile the data as a class and identify the top myth or myths among students in our school. With that information, we can create public service announcements debunking the myth or myths via:

- videos for school assemblies or for sharing on social media
- podcasts or audio clips for school-wide PA announcements
- posters, infographics, or brochures for classrooms and hallways



## Sun Safety, By the Numbers

### Objectives:

Students will:

- Share tips about sunscreen and sun safety with their peers

### Materials:

- Computer with Internet access
- Paper and art supplies or graphics arts software

### Class Time:

1 hour

### Activity:

It can seem like there are a lot of confusing numbers, floating in an alphabet soup of terms, related to using sunscreen the right way: "30 SPF or higher," "UVA and UVB protection," "DHA," "FDA," "reapply every 1½ to 2 hours," "melanoma vs. melanin vs. melanocytes," "the sun is strongest 10 a.m. to 4 p.m.," etc. To help students wade through all this information, read the KidsHealth.org articles and then create an infographic that gives some simple, clear, and memorable tips about using sunscreen and staying safe in the sun.

### Extension:

Let's face it - applying sunscreen every 1½ to 2 hours might seem like a bit of a hassle. Design a commercial for sunscreen aimed at kids and teens. How could you make sunscreen more appealing to young people?

## Reproducible Materials

### Handout: Shining a Light on Tanning Myths (Survey)

[KidsHealth.org/classroom/6to8/problems/conditions/skin\\_cancer\\_quiz.pdf](http://KidsHealth.org/classroom/6to8/problems/conditions/skin_cancer_quiz.pdf)

### Quiz: Skin Cancer

[KidsHealth.org/classroom/6to8/problems/conditions/skin\\_cancer\\_quiz.pdf](http://KidsHealth.org/classroom/6to8/problems/conditions/skin_cancer_quiz.pdf)

### Answer Key: Skin Cancer

[KidsHealth.org/classroom/6to8/problems/conditions/skin\\_cancer\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/6to8/problems/conditions/skin_cancer_quiz_answers.pdf)



## Survey

### T F

1.   Some types of ultraviolet (UV) rays are safe for your skin.
2.   Getting a base tan is a healthy way to protect skin from sun damage.
3.   It's smarter to tan indoors using a tanning bed.
4.   Sunscreen with a sun protection factor (SPF) 30 provides twice the protection as an SPF 15.
5.   You only need to put on sunscreen once a day.
6.   You can't get sunburned on cloudy days.
7.   If it's cold outside, you don't need to wear sunscreen.
8.   Ultraviolet (UV) radiation can't go through glass.
9.   People with darker skin color can't get skin cancer.
10.   Kids and teens can't get skin cancer.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

- Which of the following is a chemical in the skin that protects the skin by reflecting and absorbing UV rays?
  - vitamin D
  - melanin
  - ultraviolet
  - SPF
- When are the sun's rays the strongest?
  - between noon and 3 p.m.
  - between noon and 4 p.m.
  - between 10 a.m. and 2 p.m.
  - between 10 a.m. and 4 p.m.
- What do the letters SPF stand for? \_\_\_\_\_
- Why can you get sunburned more easily when you're swimming or skiing?  
\_\_\_\_\_  
\_\_\_\_\_
- Explain the link between the sun and skin cancer.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- The upper layers of your skin are called the \_\_\_\_\_.
  - epidermis
  - dermis
  - melanin
  - pigment
- What is the largest organ in your body? \_\_\_\_\_
- True or false: You don't need sunscreen on a cloudy day. \_\_\_\_\_
- Which of the following types of ultraviolet radiation cause sunburns?
  - UVA
  - UVB
  - UVC
- List three of the skin's jobs.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## Quiz Answer Key

1. Which of the following is a chemical in the skin that protects the skin by reflecting and absorbing UV rays?

- a. vitamin D
- b. melanin
- c. ultraviolet
- d. SPF

2. When are the sun's rays the strongest?

- a. between noon and 3 p.m.
- b. between noon and 4 p.m.
- c. between 10 a.m. and 2 p.m.
- d. between 10 a.m. and 4 p.m.

3. What do the letters SPF stand for? sun protection factor

4. Why can you get sunburned more easily when you're swimming or skiing?

Because the water or snow reflects more of the sun's rays onto your skin

5. Explain the link between the sun and skin cancer.

Too much exposure to the sun can increase the risk of skin cancer.

6. The upper layers of your skin are called the \_\_\_\_\_.

- a. epidermis
- b. dermis
- c. melanin
- d. pigment

7. What is the largest organ in your body? the skin

8. True or false: You don't need sunscreen on a cloudy day. false

9. Which of the following types of ultraviolet radiation cause sunburns?

- a. UVA
- b. UVB
- c. UVC

10. List three of the skin's jobs.

any three of the following: holds together our body parts, prevents harmful substances from entering the body, protects our body tissues from injury, protects our bodies from ultraviolet rays, controls loss of fluids like blood and water, helps keep our bodies at the right temperature, allows us to have the sense of touch