

Design a Sunscreen Label.

Background

The aim of this activity is to raise student awareness and knowledge around the use of sunscreen. There are two parts to this activity: research and analyse health information around sunscreen; and design the front and back labels to communicate why sunscreen is recommended, how to apply it and other important information.

Key messages

- Sunscreen reduces the risk of skin cancer, sunburn, and the ageing effects of UV radiation from the sun.
- Broad spectrum sunscreen protects the skin from both UVA and UVB radiation.
- SPF stands for Sun Protection Factor. Water resistant sunscreen with a SPF 30 or higher is recommended.
- It is recommended that sunscreen is applied 20 minutes before going into the sun. This allows the sunscreen time to bond properly to the skin.
- Apply sunscreen generously, layer it and do not rub it in.
- Reapply sunscreen every 2 hours or more often if swimming, sweating, or towelling off.
- When the UV Index is 3 or above, protect your skin in five ways (Slip, Slop, Slap, Seek and Slide). Sunscreen is not a suit of armour and needs to be used in conjunction with other sun protection.

Resources

- Samples of different sunscreen bottles/tubes and brands
- Activity sheet: design a sunscreen label plan (two options)
- [Correct sunscreen application poster](#) (free to download)
- [How to Apply Sunscreen video](#) - Cancer Council
- Optional: [How the sun sees you - YouTube](#) - Thomas Leveritt
- Recycled bottles, tubes etc. (extension)
- [Background reading for teachers](#) - How sunscreen works?

Instructions

1. Research links available under 'resources' heading and answer key questions.
2. Take notes into your exercise book.
3. Look at different sample sunscreen bottles and their ingredients. Do you notice any similarities or differences?
4. Explore the information that is on a sunscreen bottle - SPF 30 or 50, broad spectrum, instructions on how to apply, water resistant?
5. Using the 'design a sunscreen label' template, plan and draw your own design of the front and back of a sunscreen label. Use written text, images, and/or step-by-step instructions to communicate why sunscreen is recommended, how to apply it and other important information.

Extension

Students glue and wrap their sunscreen label onto a recycled bottle or tube.

Key questions

- What do you know about sunscreen?
- Why do we need sunscreen?
- Do you know how sunscreen helps us?
- How often should you apply sunscreen?
- What does it mean by broad spectrum?
- What does SPF stand for? What does it mean?
- What is the correct way to apply sunscreen?
- What are the SunSmart recommendations?

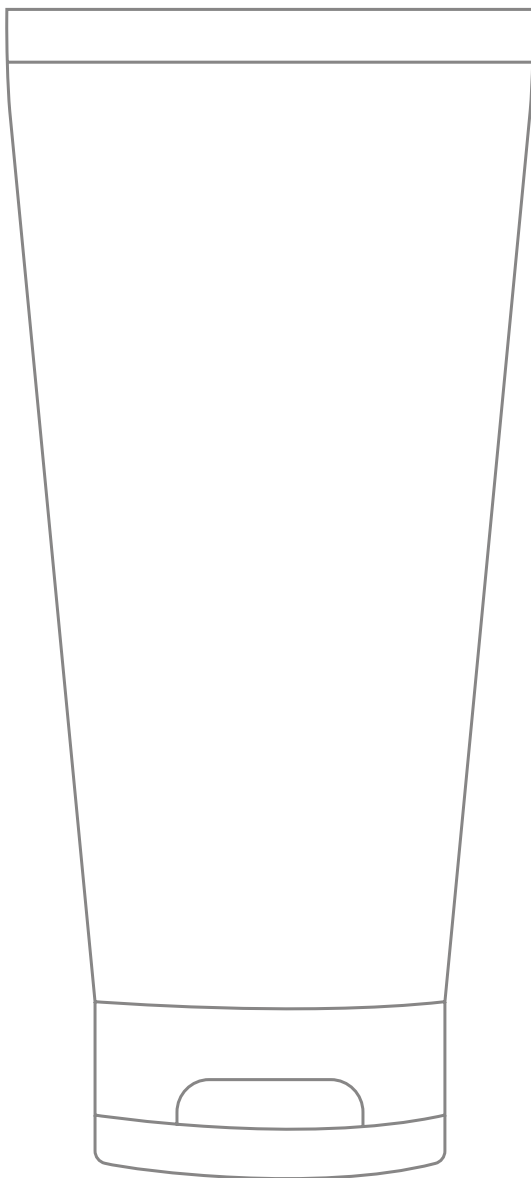


Design a Sunscreen Label Plan.

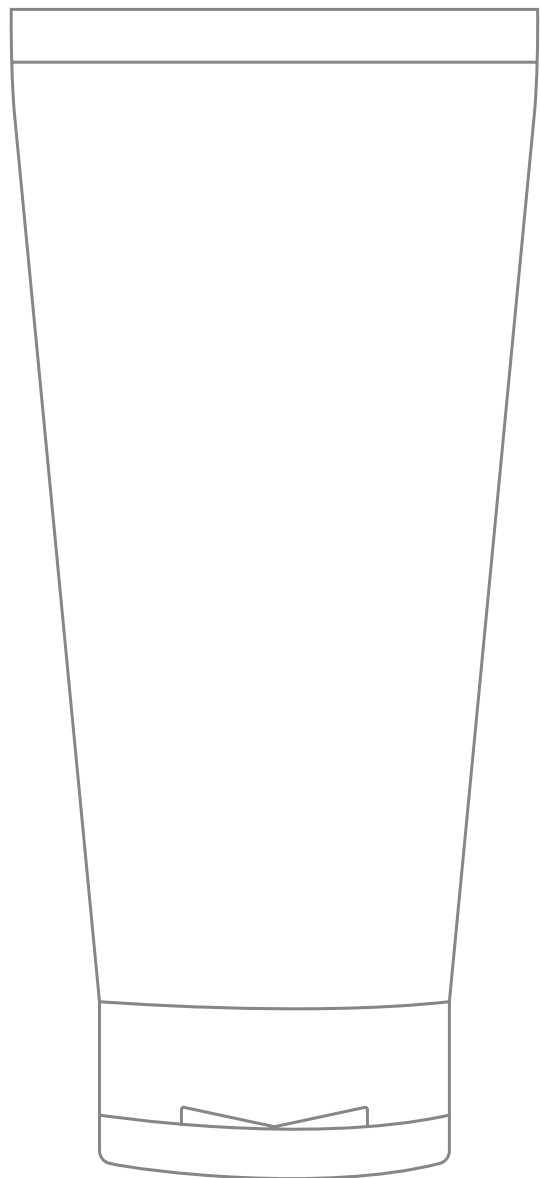
Use your creative skills to design the front and back sunscreen labels on the outline provided. You can use written text, images or step-by-step instructions to communicate why sunscreen is recommended, how to apply and the amount you need.

Your design must include:

- A sunscreen brand name.
- Choose between SPF (Sun Protection Factor) 30 and SPF 50 rating.
- Target audience or category of sunscreen, e.g. water sports, snow, outdoor workers, school children, etc.
- Attractive front label, including a SunSmart slogan.
- Make sure the back label includes SunSmart's recommendations for sunscreen type, application instructions, use-by-date and storage details.



FRONT



BACK

Protect yourself in **five ways** from skin cancer



SLIP



SLOP



SLAP



SEEK



SLIDE



Cancer
Council

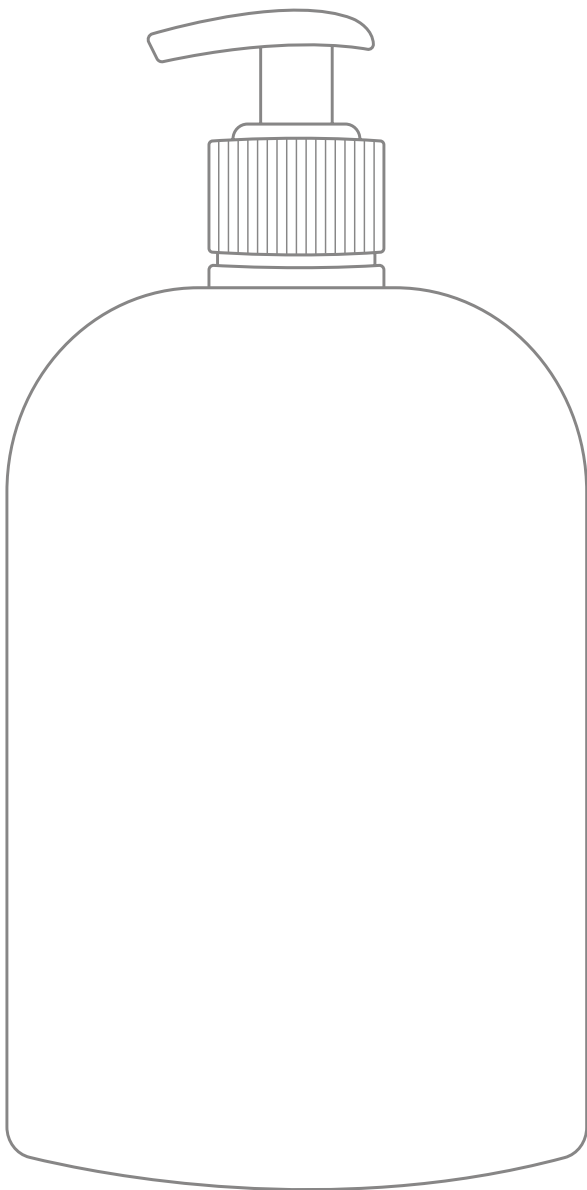


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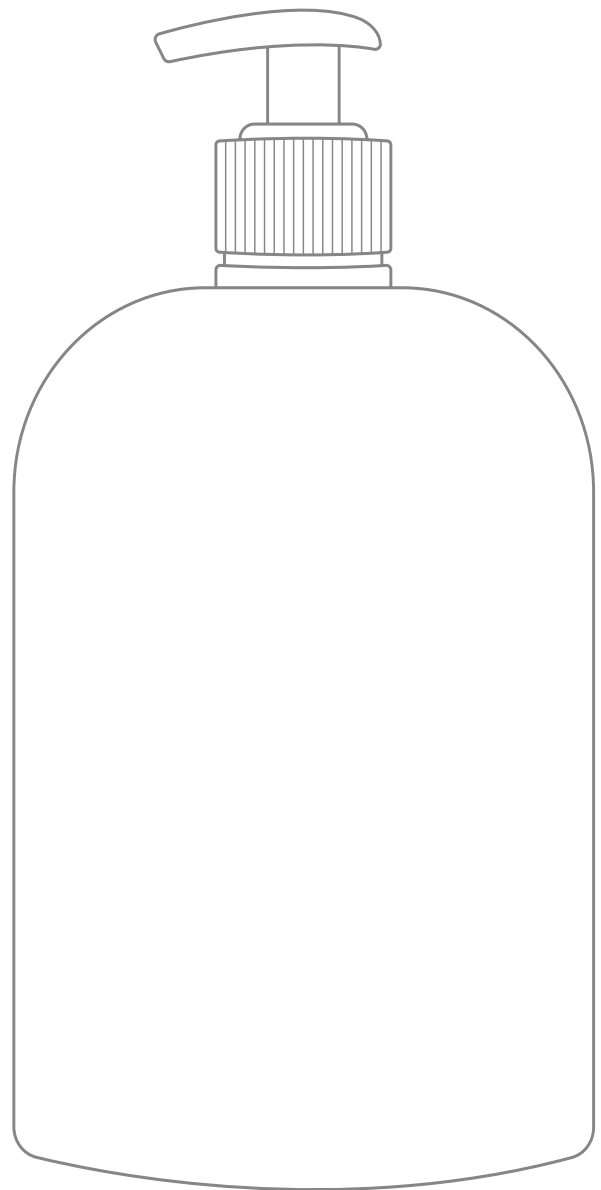
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