Lesson 3: SunSmart Global UV App

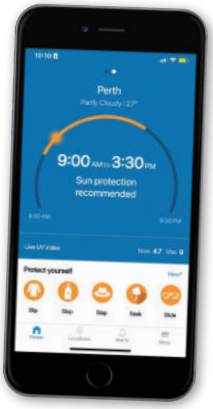
Background

This activity is designed to consolidate student's understanding about the difference between UV and heat. It introduces the SunSmart Global UV app and the useful information it provides to support students' decision making around healthy lifestyle choices. By recording the UV Index and weather forecast over 2 weeks (10 days), it differentiates temperature and the UV Index and provides an opportunity to compare the results: temperature vs UV rating.

The free SunSmart Global UV app tells you when sun protection is recommended for your location using live UV data from ARPANSA.

Key messages

- We often check the weather forecast, but it is also important to check the daily UV Index to protect our skin from UV radiation.
- Checking the UV Index forecast helps us determine when the UV Index is 3 or above and sun protection is required.
- UV radiation is invisible, you cannot see or feel it.
- UV and heat are different. We do not only need to use sun protection when it is hot.
- UV radiation can bounce and reflect off surfaces, so it is important to use a combination of sun protection.
- When UV levels are at their peak, minimise time outdoors during these times.



Resources

- MyUV website
- Free SunSmart Global UV app, displayed on school device or interactive board
- Activity sheet: SunSmart Daily UV Record

Instructions

1. Display SunSmart Global UV app or students access app on their own device.
2. Explore and discuss how the SunSmart Global UV app works, its functions and key questions.
3. Distribute SunSmart Daily UV Record activity sheet.
4. Using the SunSmart Global UV app , students record the UV reading at each day, at the same time for two weeks.
5. Class discussion, summarise activity, findings and key questions.

Extension

- Repeat the activity again at a different time of the year such as winter and summer. Compare the results.
- Add the SunSmart widget to your school website.

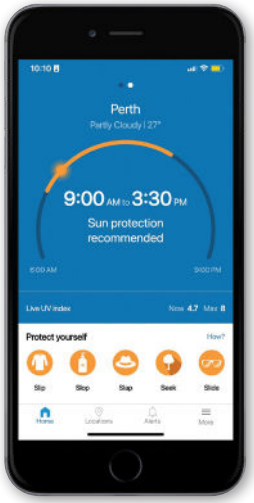
Key questions

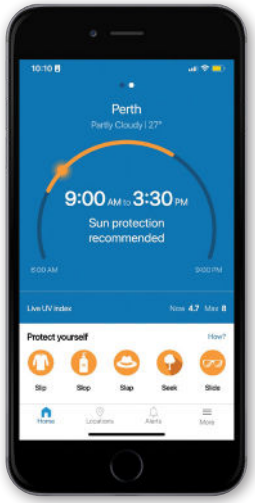
- What is UV radiation?
- What are some ways we can protect our skin?
- Why is it important to protect our skin?
- What does the UV Index tell us?
- How can we incorporate and use the free SunSmart Global UV app in our daily routines?
- What did you notice over two weeks of recording the UV Index?
- What was the weather like on these days? Was it clear skies or cloudy?

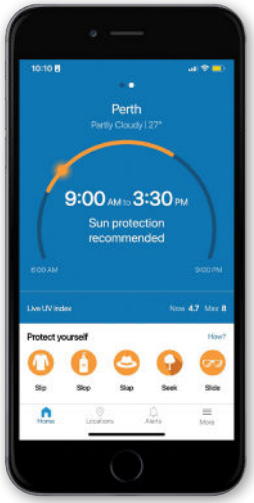
SunSmart Daily UV Record

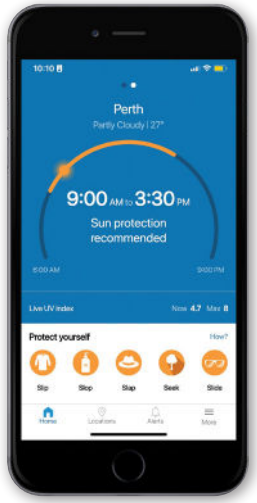
Week 1: _____

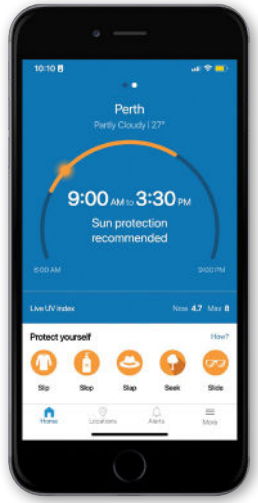
Date: _____





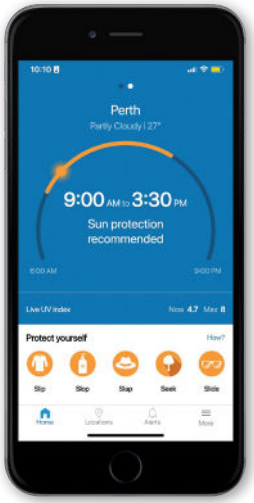


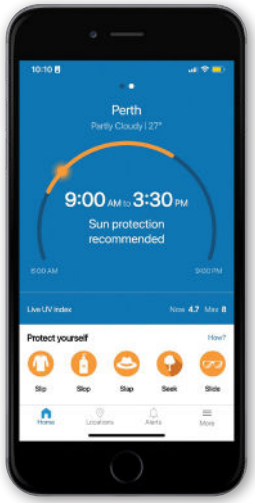


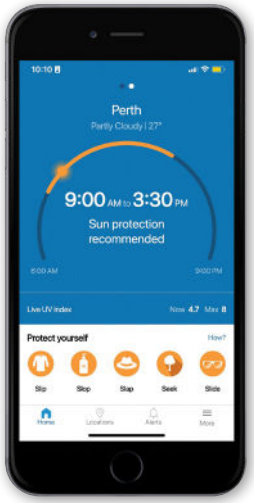


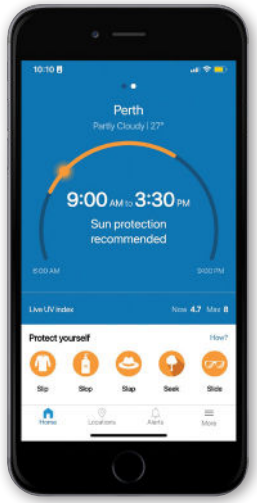
Week 2: _____

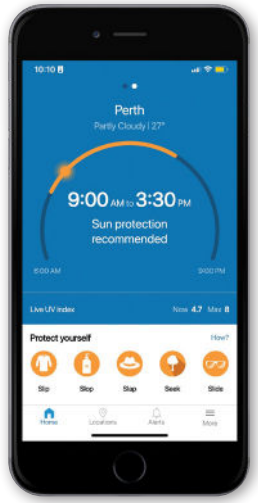
Date: _____











Cancer Council WA | SunSmart