Lesson 4: Design a SunSmart Sunscreen Station

Background

The Design a SunSmart Sunscreen Station activity provides students with the opportunity to develop healthy habits and make healthy lifestyle choices. It encourages students to increase their knowledge of sun protection strategies such as using sunscreen and how to correctly apply it.

Key messages

- Sunscreen reduces the risk of skin cancer, sunburn and premature aging.
- Broad spectrum sunscreen protects the skin from both UVA and UVB rays.
- 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 toweling off.
- SPF stands for Sun Protective Factor. Water resistant sunscreen SPF50 or SPF50+ is best.
- When the UV forecast is 3 or above, sun protection is required.

Resources

- Sunscreen
- Sun Aware Camp Program's Sun Safety Sing-along
- How to make your own SunSmart sunscreen station
- Correct sunscreen application poster

Instructions

1. Look closely at a bottle or tube of sunscreen. Expiry date, SPF, broad spectrum etc. Ask key questions and discuss.
2. Watch Sun Aware Camp Program's Sun Safety Sing-along. Discuss sunscreen and how we can incorporate it into our day, both at home and school.
3. Watch How to make your own SunSmart sunscreen station
4. Watch the video again and this time look for features that make a great sunscreen station.
5. Design and draw a sunscreen station for use at school. Will it be portable or fixed?
6. Share ideas with a partner or small group.
7. Students continue to draw their designs and make any improvements after sharing ideas.
8. Students label their sunscreen station design.

Key questions

- Why is it important that we use sunscreen?
- What does broad spectrum mean?
- What do you think the SPF stands for?
- What features does a great sunscreen station have?
- What sorts of things could we do to remember to apply and reapply sunscreen?