

Sun's Out, Talk It Out:



Classroom discussion prompts to help raise awareness about sun safety and reinforce positive habits by talking with your students.

Ask:

> **Why do we need to protect ourselves from the sun?**

Some of the sun's energy enters Earth's atmosphere as harmful, invisible ultraviolet (UV) rays. These UV rays can cause sunburn and harm our eyes. Even when it's cloudy, some UV rays get through.

> **How can we protect ourselves from the sun's harmful UV rays?**

Share the following:

- o **Wear sunscreen.** Use broad spectrum SPF 30 or higher every day.
- o **Seek shade,** especially between 10 AM and 4 PM when UV rays are strongest.
- o **Cover up** with protective clothing including long-sleeved, breathable shirts, skirts, or pants, a wide-brimmed hat, and UV-blocking sunglasses. If possible, choose sun-protective clothing with an ultraviolet protection factor (UPF) of 50

> **Who should wear sunscreen?**

Everyone, no matter your skin color.

> **When do we need to protect ourselves from the sun?**

Emphasize the importance of wearing sunscreen every day by asking students to give you a thumbs up if they think we should wear sunscreen for each scenario below. Sunscreen should be worn in **all** situations. Ask - **Do we need to wear sunscreen when:**

- o Playing in the yard?
- o At the beach or on a lake?
- o Playing in the snow?
- o Raking leaves in the fall?
- o Playing soccer or baseball in the spring?
- o At school (indoors and outdoors)?
- o Every day?

Wrap up the discussion by having students create mini posters for their lockers or refrigerators at home to remind them to wear and reapply sunscreen.

