Too Much Sun, Not Much Fun

**Introduction:** Walking is a great way to stay healthy, but the environment we are walking in must be healthy, too. Too much sun exposure can be unhealthy, and it can be painful as well. In this lesson, students will learn ways to protect themselves from too much sun.

**Grade Level and Subject:** Sixth Grade Health

**TEKS:** 1e, 1f, 4a, 4b

**Materials:** Poster boards, glue, old magazines, scissors

**Resources:** computers with internet access

**Websites:**
- [http://yourskinandsun.com/cancerfacts.html](http://yourskinandsun.com/cancerfacts.html)
- [http://www.teengrowth.com/index.cfm?action=info_article&ID_article=1324](http://www.teengrowth.com/index.cfm?action=info_article&ID_article=1324)

**Activity:** Divide students into groups of two or three. Have students research the dangers of too much sun exposure by using the suggested websites and the questions listed below to help them get started. Students should then create and present posters that include the information, as well as strategies for protecting themselves. Encourage students to use drawings, pictures from magazines, etc., to enhance their message.

- Why is too much sun bad for your skin?
- What is sunscreen, and how does it work?
- What does SPF stand for?
- What is the minimum SPF a person should use?
- Other than using sunscreen, what are some other ways to protect yourself?
- What really happens to your skin cells when you get a tan?
- Explain UVA, UVB, and UVC rays and their effects.
- Why was being tan undesirable until the 20th century?
- Which skin types offer more protection from the sun and why?
- What is the only safe way to get a tan?

**Evaluation:** Evaluate posters for accuracy of information, inclusion of strategies, and creativity. Evaluate presentations for knowledge of information and organization.