

# SUN SAFETY



## ACTIVITY 1

### UNDERSTANDING WHAT YOU READ

Read the content for this topic then answer the following questions to see how much you understand about what you read.

1. What increases the risk of skin cancer?
2. Match:-  
slip, slop, slide, seek, hat, shade, shirt, sunglasses, sunscreen
3. Where in the newspaper can you find the UV alert?
4. How many teaspoons of sunscreen should you apply to your two legs, two arms, face, neck and ears?
5. By not applying enough sunscreen what percentage range are you NOT protecting yourself against?
6. Sun\_\_\_\_\_ may lead to sun \_\_\_\_\_
7. What is an early sign of skin damage?
8. True or False  
One third of Australians are not diagnosed with skin cancer by the time they are 70
9. What vitamin does the sun provide?
10. What is the age range of Australians affected the most by melanoma?

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## ACTIVITY 2

Find the sun safety words in the grid below using the clues given.

### CLUES:

- five S's of sun safety
- should wear to make sure our shoulders don't burn
- should rub on to exposed skin to help protect it from the sun's rays
- a broad brimmed item shades face, neck and ears
- protects our eyes from the sun
- the sun's harmful rays
- the minimum SPF you should use
- try to never let your skin ....
- the sand, sea and swimming pools can increase our risk of burning because they \_\_\_\_\_the sun's rays.
- Sunscreen should always be reapplied every \_\_\_\_\_hours.
- the sun's harmful rays can still reach our skin even when \_\_\_\_\_
- provides shade

S	S	N	E	E	R	C	S	N	U	S	S
S	S	S	S	S	S	S	S	S	M	S	S
T	S	S	L	I	P	S	S	S	B		S
C	S	U	S	S	S	S	B	U	R	N	S
E	S	N	S	S	S	S	K	E	E	S	S
L	S	G	S	S	Y	D	U	O	L	C	S
F	U	L	T	R	A	V	I	O	L	E	T
E	S	A	R	S	S	P	T	S	A	S	H
R	S	S	I	S	S	A	W	S	S	S	I
S	S	S	H	S	S	L	O	P	S	S	R
S	S	E	S	S	S	S	S	S	H	A	T
S	S	S	L	I	D	E	S	S	S	S	Y

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## ACTIVITY 3 ALERT

The graph below produced by the Bureau of Meteorology shows the variation of the UV Index during the day in a particular area. Label the diagram to explain what each part of the graph shows.



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## ACTIVITY 4 WORDS AT WORK

In Wordy News this week we defined the word PLEA which was used in the following way:



SKIN CANCER ACTION WEEK

# Protect kids from sun

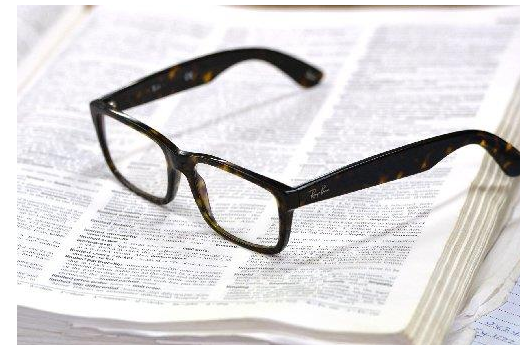
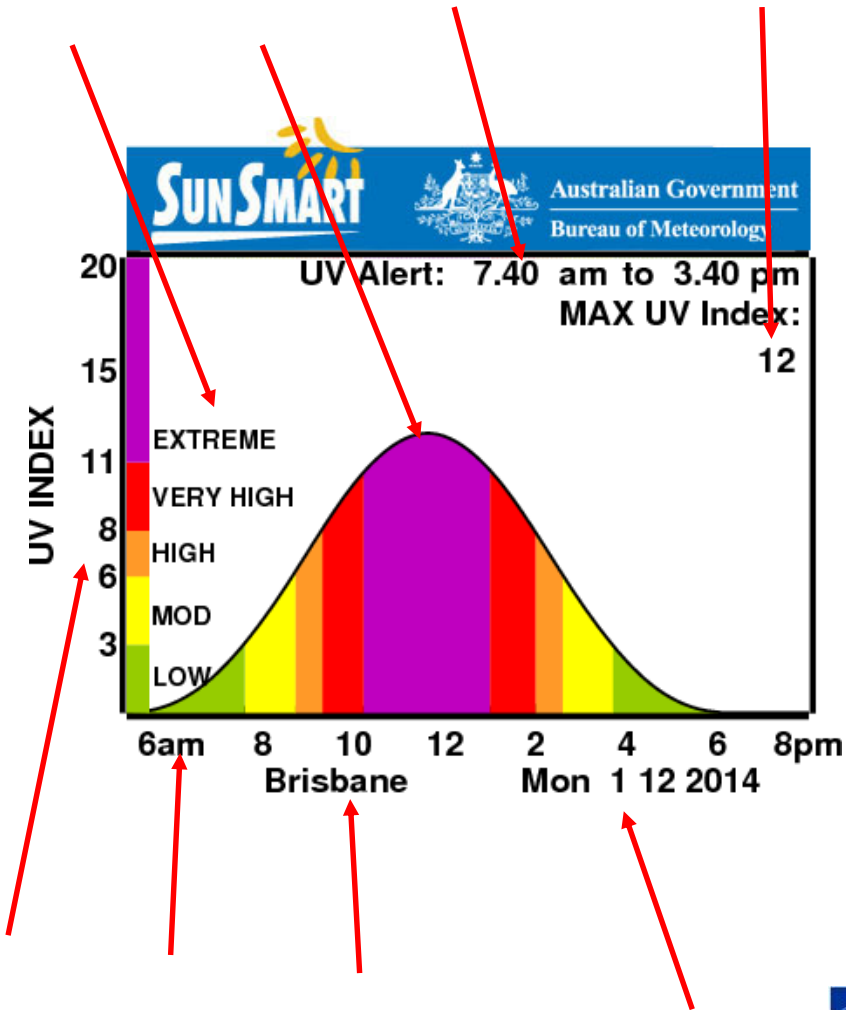
Sun Smart plea for nippers



A number of words in the English language begin with the letters PLEA.

**Complete the word builder using the definition clues given.**  
(use a dictionary to help)

- |      |         |   |
|------|---------|---|
| PLEA |         |   |
| PLEA | _       | a request or appeal eg for help               |
| PLEA | _       | offers of excuse                              |
| PLEA | _       | a fold or gather in cloth                     |
| PLEA | _ _     | weave into a braid                            |
| PLEA | _ _     | give pleasure to                              |
| PLEA | _ _ _   | enjoyable, gives pleasure                     |
| PLEA | _ _ _   | enjoyment of satisfaction from what one likes |
| PLEA | _ _ _   | synthetic leather made from polyurethane      |
| PLEA | _ _ _ _ | humorous or polite remarks                    |



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## ACTIVITY 5

### CHECK IT OUT

**Alexander and the Terrible, Horrible, No Good, Very Bad Day**  
by Judith Viorst

From the moment Alexander woke up, he knew he was going to have a terrible, horrible, no good, very bad day. Things just got worse as he went through his day. He had problems with his friends at school, the dentist found that Alexander had a cavity, he got in trouble with his parents for various reasons, and the store was out of the new shoes he wanted. From the time he woke up to the time he went to bed, nothing seemed to go right for Alexander. He decided he should probably just move to Australia. Then his mom explained that everyone has bad days...even in Australia.

**Everybody has bad days sometimes. Write about a day would consider to be horrible or terrible.**

**Where in the world would you want to move to? Why?  
Show on the world map which country you would go to.**



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## ACTIVITY 6

### NEWS IN THE SPOTLIGHT

#### WHAT'S DOING?

**The following article appeared in the newspaper.  
Read the information and identify:**

- the proper nouns
- A word that means 'a substance in the tissues or cells of animals or plants that colours them'.
- what the abbreviation DNA stands for
- what type of doctor John Pagliaro is
- the number of 'ing' words used
- a word that relates to numerical facts or data
- the number of times the word 'skin' is used

## The sun, your skin and cancer

HERE are some examples of what happens to skin from sun exposure.

### Sunburn

Sunburn changes our DNA cells. Queensland dermatologist Dr John Pagliaro said sunburn caused the skin to change and that it was just a question of whether those changes were enough to cause cancer.

He said once skin had been sunburnt several

times, the DNA cells would start taking on a different form, becoming either a pre-cancerous cell or a cancerous cell.

### Tanning

Dr Pagliaro said tanning was a cell responding to an injury.

"(It) is your cells picking up pigment which helps act as a barrier for the next time you get exposed to the sun," he said.

"It may be that it's not

as bad, but it is still bad."

### Any sun exposure

Meanwhile, Queensland University of Technology Professor Michael Kimlin said it did not matter whether you were sunburnt or tanned; any exposure to the sun was dangerous.

Cancer Council Queensland statistics show 370 people a day in Queensland are told they have skin cancer.