

# How Much Do You Know? A Sun Safe Quiz

True or false?

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1. A Suntan might look healthy, - but it's actually a sign of skin damage.
2. You can not get sunburnt on a cloudy day.
3. Wearing a sunlotion with a sunscreen allows you to stay out in the sun as long as you like.
4. Pale surfaces, such as snow and concrete, reflect and intensify the suns rays. Standing near them increases your chance of sunburn.
5. Young skin can make a full recovery from sunburn.

6. Some of the sun's energy reaches us as Ultraviolet Radiation (UV).

There are 3 kinds of UV :  
UVA, UVB and UVC.

UVA and UVB can damage your skin. What damage does each UV type do? Fill in the correct letters below.

UV  doesn't cause sunburn, but scientists think it can trigger skin cancer. It can also 'age' your skin.

UV  causes sunburn, it can also cause skin cancer.

7. One of the best known sun safety slogans is **Slip, Slap, Slop**.

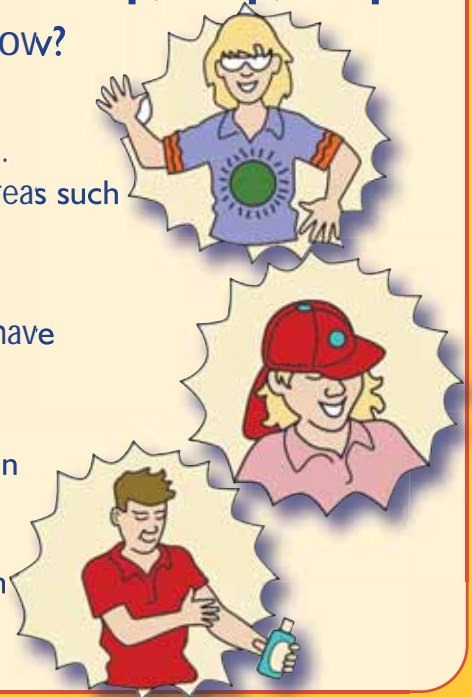
Can you find the words in bold in the wordsearch below?

**Slip** means slip on some **loose**, light clothing and **sunglasses**. T-shirts with sleeves and collars help protect sensitive areas such as your **shoulders** and **neck**.

**Slap** reminds you to slap on a **hat**. The most effective kinds have wide brims to **shade** your face and neck.

**Slop** means get out the sun lotion! In the UK, lotion with a sun protection **factor** of 15 or more is recommended.

Watch out for the star system which tells you how much **protection** against UVA the lotion contains.



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

8. What do the initials SPF stand for and what do they mean?

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9. Research - Star Ratings show how much protection a sun lotion offers against UVA. What are the minimum and maximum star ratings?

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## Quick Questions

(General Knowledge and Research)

10. What is the Sun (planet/star/comet/meteor) ?
11. Which planet is closest to the sun?
12. Which vitamin do our bodies need sunlight to produce?
13. Which was the hottest month of the year in 2006?
14. What are the hottest hours of the day in summer?
15. You should always apply sun lotion **before** you go out in the sun - to allow it to be absorbed. How long before do the manufactureres recommend?
16. Which form of cancer is now the second most common form in the UK?

## Young Children and Babies:

### FACTS

All sun advice tells us that your risk of getting skin cancer when you are older is higher if you get sunburnt when you are young.

Babies under a year old should be kept out of the sun altogether, as their bodies can quickly over heat,



## Drink Plenty of Water

### KEY FACTS:

Our bodies are made up of around 70% water (that's about two thirds).

In hot weather it's important to drink plenty of fluids - in order to stay 'hydrated'.

Remember to take a water bottle to school with you - and drink regularly during the day.

### FACT FINDING...

17. What is our 'normal' internal body temperature ( the one you measure when you use a thermometer)?
18. What is the highest external temperature that a human body can withstand?



## For you to Research

19. What is the Solar UV index?
20. What is the highest factor sun lotion that you can buy?
21. If you are unlucky enough to be sunburnt - what should you do?

Record your treatment instructions in comic strip format.

