

# Quick SunSmart Activities.

## Early stage 1 and stage 1 activities

### Activity one

When its SunSmart time, and I go outside to play, I must remember to:

Slip on a \_\_\_\_\_

Slop on \_\_\_\_\_

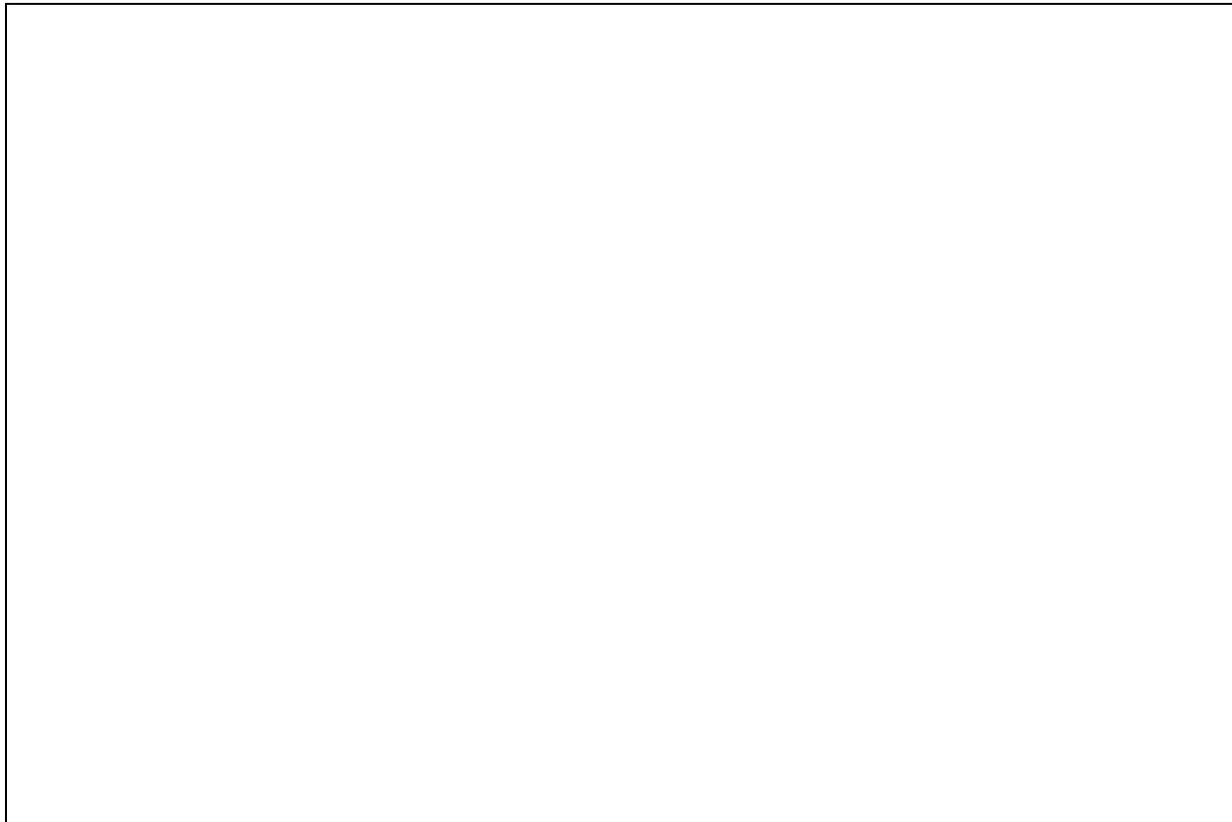
Slap on a \_\_\_\_\_

Seek \_\_\_\_\_

Slide on some \_\_\_\_\_

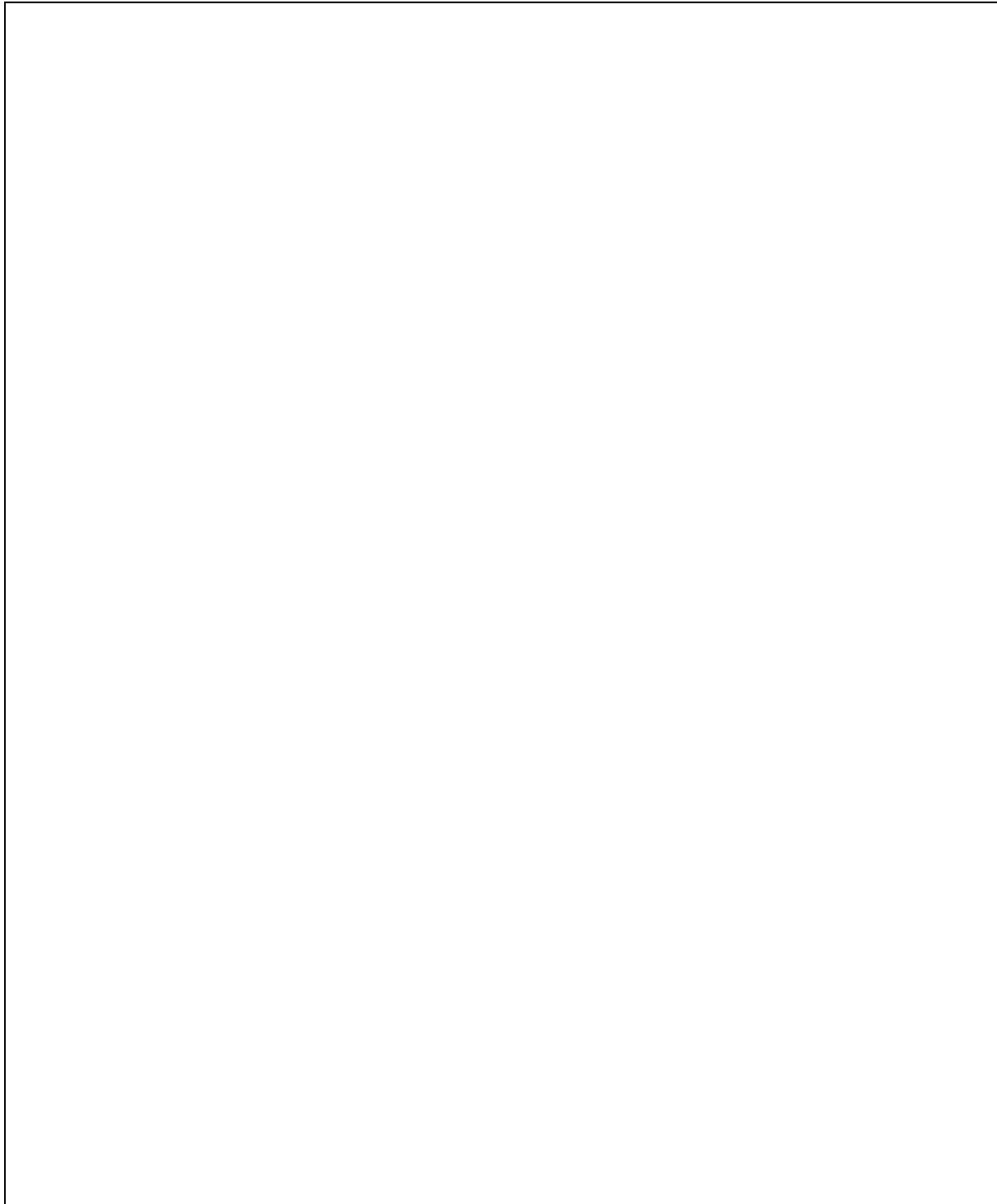
### Activity two

Draw a picture of you wearing your favourite SunSmart hat.



### Activity three

Draw a picture of yourself telling a friend how to be SunSmart and write your words into a speech bubble.



## Stage 2 activities

### Activity one

Go outside and look at the trees and shady places in your school playground, garden or in the park. Then answer the following questions:

What area did you look at? \_\_\_\_\_

How many trees can you see? \_\_\_\_\_

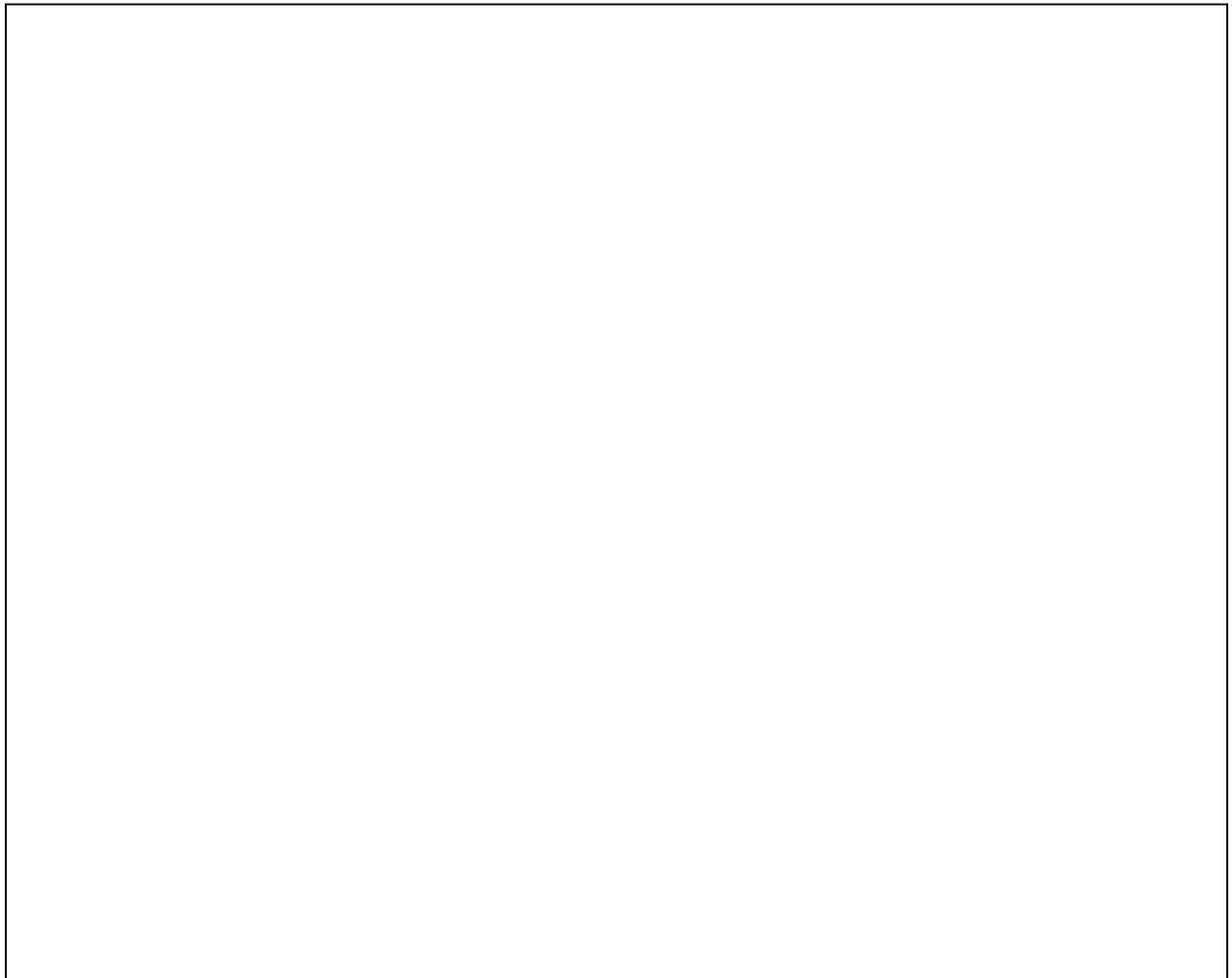
How many shady places can you see? \_\_\_\_\_

What objects create the shade you can see? \_\_\_\_\_

\_\_\_\_\_

When you stand under the shade, does it cover your whole body? \_\_\_\_\_

Draw your family or friends playing in a shady place.



## Activity two

Do this quick quiz with a friend or family member about the last time you were outside during the day for more than 15 minutes. See how SunSmart you were!

Read the questions and then circle the letter that matches your answer.

**1. What time of the day did you go outside?**

- a) Before 10am or after 3pm
- b) Between 10am and 3pm

**2. Where were you?**

- a) A shady place
- b) A place with some shade
- c) A place with very little or no shade

**3. How much of the time were you in the shade?**

- a) All the time
- b) Some of the time
- c) None of the time

**4. How much of the time were you wearing a broad brimmed, legionnaire or bucket hat?**

- a) All the time
- b) Some of the time
- c) None of the time

**5. Did you put on SPF 30+ broad spectrum, water-resistant sunscreen?**

- a) Yes, before going outside
- b) Yes, when I got outside
- c) No, I didn't put any on

**6. What were you wearing at the time?**

- a) Shirt with sleeves and collar
- b) Shirt with sleeves, no collar
- c) Singlet / bather top or no shirt

**7. Did you protect your eyes with sunglasses and/or a hat?**

- a) Yes, all the time
- b) Some of the time
- c) No, none of the time

**8. Do you know about or check the SunSmart App to know when sun protection is required?**

- a) Yes
- b) No\*

\* Encourage them to download the SunSmart App to know when sun protection is required.

### SCORING

a) = 5 points b) = 3 points c) = 1 point

If you scored 15 or more points you were SunSmart! If you scored 14 or less, think through the items where you could have done better and use the SunSmart App to help you know when you need to be SunSmart.

### Activity three

You are invited to review a local park or play area or one that you have visited recently.

Imagine you are a SunSmart Inspector. Look at how the area has been designed and think about how SunSmart this area is by completing the questions below. Don't forget to look out for both natural (e.g. trees) and built shade (e.g. shade sails). When you have finished, give the park a shade rating out of three.

Name of park/play area: \_\_\_\_\_

SunSmart Features	Sun-risk Features

This area could be made more SunSmart by:

How would you rate this park's shade?
1 = No shade – Need to take your own
2 = Recommended, good shade
3 = Highly recommended, great shade

### Activity four

Complete the following SunSmart word search

ALERT	EYES	SHADE
BRIM	HAT	SKIN
BUCKET	LABEL	SLEEVES
CHECK	PREVENT	SLIP
CLOUDY	SAFE	SUN
COLLAR	SEEK	TREE

### Word search grid

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

## Stage 3 activities

### Activity one

Complete the following SunSmart interview activity with an adult. You could interview your grandparents, parents or caregivers to find out how they feel about the following questions.

**Name of person interviewed:**

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**Age of person interviewed:**

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When you were younger, did you ever want to tan or change your natural skin tone in some way? Yes / No

If yes please answer the following questions. If no, please go to question 8.

1. What did you do?

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2. Why did you want to do this?

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3. Did this affect your health? E.g. Were there any negative consequences?

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4. Have your attitudes / ideas changed?

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5. What do you think now?

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6. What advice would you give your younger self?

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7. What would you do differently (if anything) to protect your skin, if you were a teenager again?

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8. Given that any change in skin colour after being outdoors means that some damage has been done to the skin, what do you think kids (and others) today should do to protect their skin?

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9. Do you think attitudes towards having tanned skin are changing? YES/NO  
Why/ why not?

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Reflect on what your interviewee answered and comment on what you think is different about sun protection in Australia today.

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### Activity two

Complete the following interview by talking to an older adult in your family about how sun protection has changed in their lifetime. Write down any additional questions you would like to ask on the back of this page.

'Hello my name is \_\_\_\_\_. I will be interviewing you today about sun protection practices when you were a child. Thank you for joining me today. Let's get started.'

1. Has hat wearing changed in your lifetime? If so, how?

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2. What types of hats did people wear?

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3. How has the availability of shade in public places changed? (Think about children's playgrounds, public swimming pools and other local facilities in your area)

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4. Why do you think some people's sun protection behaviour has changed?

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5. How has the clothing people wear when they plan to spend time outside changed?

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6. Why have schools become more involved in sun safety issues for students? For example, many schools have a 'No Hat – Play in the Shade' policy, as well as shade provision projects.

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7. Has the wearing of sunglasses changed?

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8. How have employers' responsibilities for outdoor workers changed?

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9. How have people's use of sunscreen and the types of sunscreen available changed?

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10. How have the products that provide shade to your home changed?

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### Activity three

Complete the following quiz to test your SunSmart knowledge.

Quiz

1. You can't get sunburnt on cool or cloudy days. True or false?
2. A person is at highest risk of skin damage if they are outside in the middle of the day when the sun is highest, as the sun's rays have less distance to travel through the atmosphere. True or false?
3. You cannot see or feel the UV radiation which damages your skin and causes sunburn. True or false?
4. What type of hat provides the best protection from UV radiation?

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5. What sort of sunglasses provide the best protection for the eyes?

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6. At what time of the day should you take extra care with your sun protection or minimise time outdoors?

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7. What can you do to make sure you don't get too much UV radiation from the sun?

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8. When should you apply sunscreen?

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### Activity 3: Answers

- 1. You can't get sunburnt on cool or cloudy days.**  
False. UV radiation can penetrate clouds especially on overcast days. Even if the sky is clear on a cooler day, UV levels can still be high enough to cause skin damage and sunburn.
- 2. A person is at highest risk of skin damage if they are outside in the middle of the day when the sun is highest, as the sun's rays have less distance to travel through the atmosphere.**  
True.
- 3. You cannot see or feel the UV radiation which gives you sunburn.**  
True.
- 4. What type of hat provides the best protection from UV radiation?**  
Broad brimmed, legionnaire and bucket style hats provide the best protection. Baseball caps & visors are not appropriate for sun protection as they do not cover the ears, cheeks, back of neck or nose adequately.
- 5. What sort of sunglasses provide the best protection for the eyes?**  
Sunglasses that meet the Australian Standard AS 1067, are close fitting and have a wraparound design. Wearing a broad brimmed hat and Australian Standard sunglasses can reduce UV radiation exposure to the eyes by 98 per cent.
- 6. At what time of the day should you take extra care with your sun protection or minimize time outdoors?**  
Between 10 am and 3 pm, as this is the time when UV radiation is strongest. Exposure to UV radiation can be reduced significantly if you are shaded and/or undercover during this time.

**7. What can you do to make sure you don't get too much UV radiation from the sun?**

Stay out of the sun during peak UV radiation times, wear a hat and sunnies, stay in the shade or inside, cover up with clothing and use sunscreen on your remaining unprotected skin, such as parts of your body that are not covered with clothes.

**8. When should you apply sunscreen?**

Sunscreen should be applied 20 minutes before going outside onto clean, dry skin. It should always be used in combination with the other sun protection measures.

**Activity four:**

Complete the following quick quiz to test your SunSmart knowledge.

**1. Does sunscreen need to be reapplied?**

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**2. How long will sunscreen last in the bottle?**

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**3. What do the initials SPF mean?**

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**4. What do the SPF numbers mean?**

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**5. What factors may reduce the effectiveness of sunscreen?**

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**6. How does sunscreen work?**

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**7. UV radiation is weakest at the equator, where the sun is more directly overhead.**

True or false?

**8. During the southern hemisphere's summer, the earth is closer to the sun when compared to the northern hemisphere's summer. True or false?**

9. **The ozone layer cannot absorb ultraviolet radiation (UV radiation).** True or false?
10. **UV radiation cannot be reflected by surfaces around us.** True or false?
11. **There is less atmosphere to absorb UV radiation when at higher altitudes.**  
True or false?
12. **Sitting under a beach umbrella protects you completely from the sun.** True or false?

#### **Activity 4: Answers**

1. **Does sunscreen need to be reapplied?**  
Yes. It needs to be reapplied at least every two hours or straight away after being in the water
2. **How long will sunscreen last in the bottle?**  
About two years, if it has been stored correctly, in a cool dry place. The glove box of the car is not a good place to keep sunscreen. Check the expiry date on the pack.
3. **What does SPF mean?**  
Sun Protection Factor. SPF is the sun protection rating used for sunscreen.
4. **What do the SPF numbers mean?**  
The SPF number is a guide to the amount of UV radiation the sunscreen will block. The higher the number, the more UV radiation is blocked.
5. **What factors may reduce the effectiveness of sunscreen?**  
How well the sunscreen was applied (e.g. even thickness), the activity the person is doing outside (e.g. swimming and perspiring can reduce sunscreen effectiveness), how long ago it was applied (e.g. apply every 2 hours), the time of day, time of the year, the amount of reflected light, cloud cover and the person's skin type.
6. **How does sunscreen work?**  
Sunscreen ingredients work by absorbing or reflecting the sun's UV rays and prevent most of the UV radiation from penetrating the skin and damaging skin cells.
7. **UV radiation is weakest at the equator, where the sun is more directly overhead. True or false?**  
False. It is strongest at the equator.

**8. During the southern hemisphere's summer the Earth is closer to the sun when compared to the northern hemisphere's summer.**

True. Due to the Earth's elliptical orbit around the sun the Earth is closer to the sun in January, during the southern summer, and further away in July – northern summer.

**9. The ozone layer cannot absorb ultraviolet radiation (UV radiation).**

False. Ultraviolet radiation is divided into three groups known as UVA, UVB and UVC. Solar UVC rays are absorbed by the ozone layer, and are therefore not harmful. UVA and UVB rays do reach the earth and are potentially dangerous.

**10. UV radiation cannot be reflected by surfaces around us.**

False. UV radiation can be reflected by both light-coloured and shiny surfaces such as water, snow, sand, glass and metal.

**11. There is less atmosphere to absorb UV radiation when at higher altitudes.**

True.

**12. Sitting under a beach umbrella protects you completely from the sun. True or false?**

False. UV radiation can be reflected from surfaces such as sand, water and concrete near the umbrella.