

Extension activities for the 'Protect yourself in five ways when the UV is 3 and above' poster.

To use the poster, download the SunSmart App and select your location. Use the App to check the ultraviolet (UV) radiation level and fill in the poster daily.

Extension ideas for using the poster and App

1. Complete the poster every morning as part of your class morning routine. You may allocate students or have a roster for students to do this.
2. Incorporate UV radiation into a discussion about weather. Some key facts include:
 - UV radiation cannot be seen or felt; it is different to temperature. For example, a cool or overcast day can have similar UV radiation levels to a warm, sunny day.
 - In SA UV radiation levels are high enough to do damage to unprotected skin most months of the year.
 - Good sun protection (slip, slop, slap, seek, slide) as part of a regular routine is the most effective way to reduce skin damage from UV radiation.
 - The best way to know if sun protection is needed is to look it up. Check the level and times every day using the SunSmart App.
 - By practicing good sun protection and reducing your exposure to UV radiation, you can reduce your skin cancer risk.
3. Check in with students about SunSmart behaviours, for example ask:
 - Who brought their 'SunSmart' hat today?
 - Who knows when and where to wear their hat?
 - Who knows what to do if they forget their hat?
 - Who put on sunscreen this morning before school?

