

Slop on sunscreen!



VELS Levels 3 and 4

VELS Domains

- Health & Physical Education
- Personal Learning
- Communication
- Design Creativity and Technology
- Information and Communications technology
- Thinking Processes
- English
- The Arts
- Science
- Mathematics

SUNSCREEN LABELS

What you will need:

- A sunscreen bottle

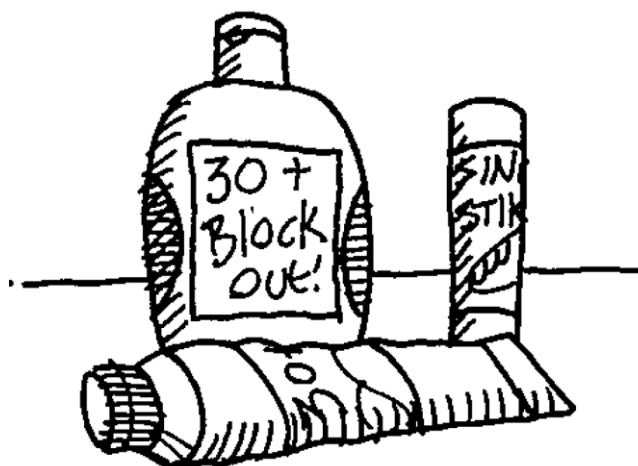
All sunscreen labels should include these 9 points:

- SPF 30+
- Water resistant
- Broad spectrum
- Apply 20 minutes before going outside
- Reapply every two hours
- A current use-by date
- Store below 30 degrees Celsius
- Ingredients list
- Complies with AS/NZS 2604:1998 (this means it meets Australian requirements)

1. Look at the sunscreens other people have brought in.
 - Do they all include the 9 pieces of information?
 - Design a table to record which information is included on each of the sunscreens you look at.
 - Which sunscreens have all of the necessary information?
 - Which sunscreen would you be most likely to use? Why?
2. Design your own sunscreen label.

Think about:

 - What important messages need to be on the bottle?
 - What information should be included?
 - The design
3. Create your own sunscreen label
4. Compare the labels everyone has made.
 - Do they all include the necessary information?
 - Do they make you want to buy that sunscreen?



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SUNSCREEN SURVEY

Some people think that if they apply their sunscreen in the morning, they will be protected all day.
Right?
Wrong!

From September to the end of April in Victoria, the sun can damage the skin and eyes. You can check the SunSmart UV Alert at sunsmart.com.au to find out when you need to use sun protection. During the sun protection times apply a generous amount of sunscreen at least 20 minutes before you go outside (if possible). It will usually only last for about 2 hours.

So if you apply sunscreen at home at 8am before coming to school, will it still be ok for recess time at 11am? Yes?
No!

Sunscreen needs to be reapplied every two hours. When you grab your hat and play lunch, grab your sunscreen too. Make sure you slop it on all parts of your skin not covered with clothing. Don't forget to still wear your hat and play in shady spots when you can. Sunscreen can't be the only thing protecting you!

1. Conduct a survey to see how many people use sunscreen each day.
 - Make a list of the questions you will ask each person.
 - Think about when people apply and then reapply their sunscreen?
 - Do they read the label?
 - What type of sunscreen do they use?
 - When do they use sunscreen?
 - Is sunscreen the only form of sun protection they use? Yikes!
 - Will your survey be a written survey (where people fill in the answers) or a spoken survey (where you ask the questions and they tell you their answer)?
 - Who will you survey?
 - The same age group?
 - Compare different age groups?
 - Only boys?
 - Only girls?
 - Create a table so you can compile each person's answers.
2. Write a report about your results.
 - What have you discovered?
 - Are people using sunscreen each day?
 - Do they apply it correctly?
 - Do people only use sunscreen? (Another yikes!)
 - How can you help people understand more about sunscreen and how they should use it?
 - How can you help people understand they should never just use sunscreen to protect their skin? They also need a good hat, covering clothing and shade.

