

Our changing environment

Suggested level

Years 7 and 8

Prepare yourself (teacher)

Knowledge of the ozone layer, global warming and climate change.

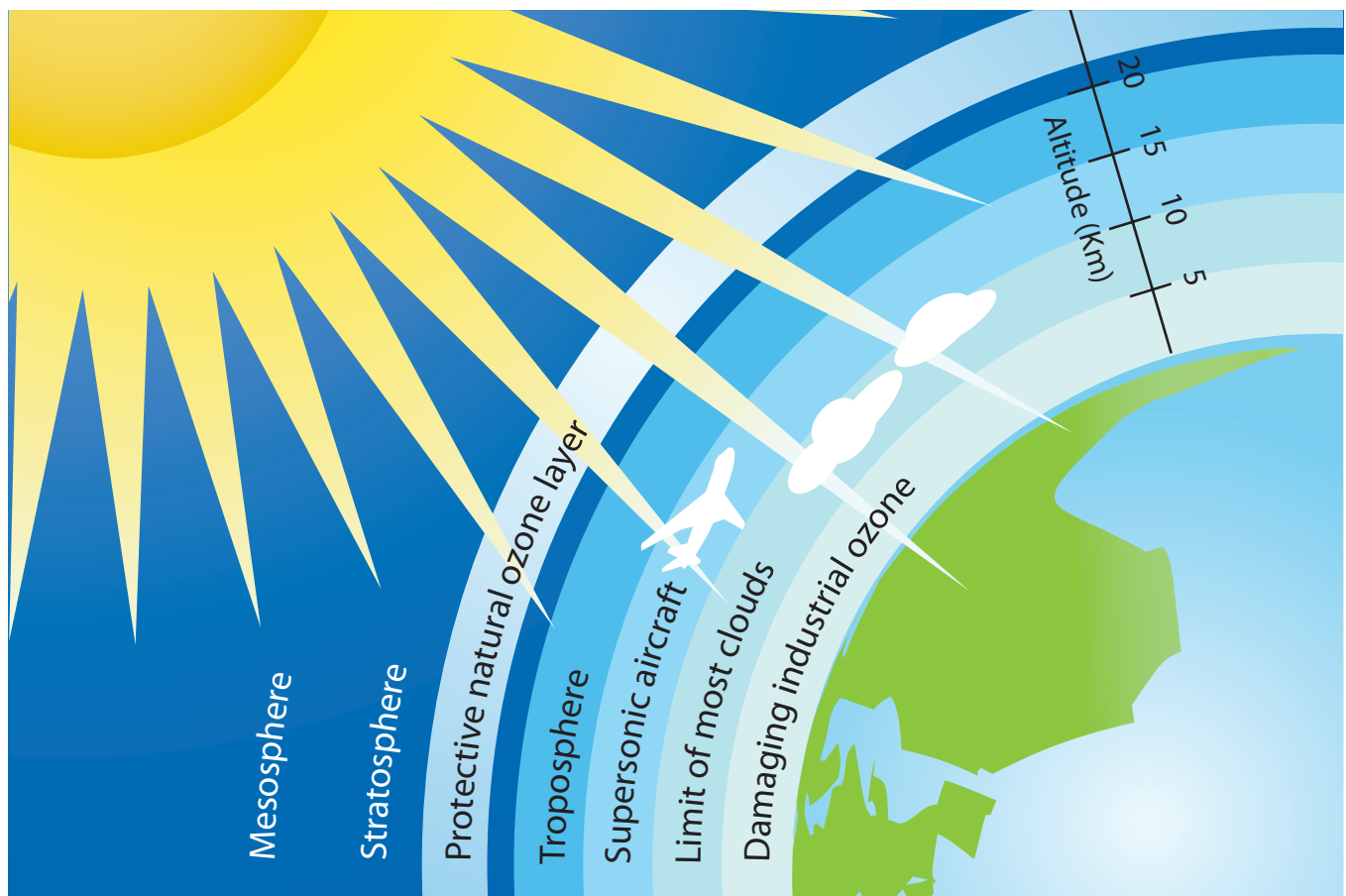
Activity to be completed between September and the end of April.

Class resources

- pens
- workbooks

Think about it!

Think about how weather has changed and what extreme weather events you have experienced. How has this changed your outside activities and the number of hours you spend outdoors?



The activity

Over a one-week period keep a journal of your daily UV exposure.

For each day, keep track of the following information:

- Develop a list of activities you participated in where your skin was exposed to the sun's UV.
- For each activity comment on the type of sun protection used – Slip, Slop, Slap, Seek and Slide. Use the five SunSmart icons to help you.
- Detail any activities that you participated in that increased your risk of UV exposure. What time of day did you participate in these activities? How long were you exposed to the UV? Did the time of day alter your risk of sun damage or sunburn?
- For each activity outline the ways in which you could be more careful to minimise UV exposure. Use the five icons to help you.
- Given the current trend of ozone depletion and climate change, how will you need to alter the outdoor activities you participate in? In your response, think about how your life might be different in 10 years time.
- Explain what you could do to help reduce global warming.

Slip



Slop



Slap



Seek



Slide



Protect yourself in five ways from skin cancer