



Examining health messages

Levels 3-6

Learning intention

To understand SunSmart's health messages and their impact on our health.

Victorian F-10 Curriculum Links Content descriptions

Health and Physical Education

Level 3 – 4: Discuss and interpret health information and messages in the media.

Level 5 -6: Recognise how media and important people in the community influence personal attitudes, beliefs, decisions and behaviours.

Introduction

What does the media teach us about being SunSmart and safe in the sun?

Do a brainstorm with students on what information they have seen or heard in the media about sun safety. Ask them to identify the different modes the media uses to convey these messages.

Activity

Guide students to investigate the health information and messages in the media around sun safety, looking at what key organisation and websites are the easiest to find.

Ask students to take notes about:

- key sun protection information
- which organisations focus on sun protection
- which websites have the most reliable and useful information
- why sun protection information is important for them to learn about

Brainstorm with the students any further information they may need to know or would like to explore.

Note To scaffold students, give them a list of 2-3 websites and organisations to view. e.g. [SunSmart](#), [Cancer Council Australia](#), [Better Health Channel](#), [School Policy and Advisory Guide](#)

Reflection

Ask students to answer the following questions:

1. What key messages did you find about sun safety?
2. Which organisations did you find had the most information?
3. What drives the sun safety messages? Why do they want people to know this message?
4. What mode of communication did you find was most common?
5. Which mode did you find the most effective?
6. Where there any gaps in information? If yes, what were they?

