

Slop on sunscreen!



SUNSCREEN LABELS

You will need a sunscreen bottle for this activity.

All sunscreen labels should include nine pieces of information:

1. SPF 30+ **OR** SPF 50
2. Water resistant
3. Broad spectrum
4. Apply 20 minutes before going outside
5. Reapply every TWO hours
6. A current use-by date
7. Store below 30 degrees Celsius
8. Ingredients list
9. Complies with AS/NZS 2604:1998 (this means it meets the Australian Standard)



A. Look at the sunscreens other students have brought in.

- Does each label include all nine 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?

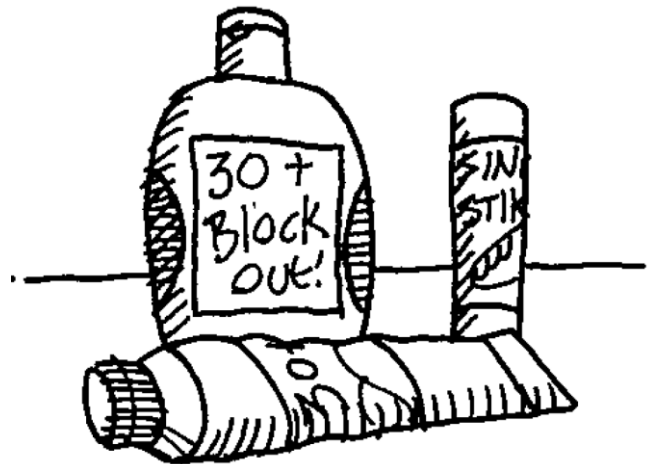
B. Design and create your own sunscreen label.

Think about:

- What important health messages could be on the bottle?
- What information should be included?
- The design

C. Compare the labels everyone has made.

- Do they all include the necessary information?
- Do they make you want to buy that sunscreen?
- Do they make you want to apply that sunscreen?



SUNSCREEN SURVEY

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

To be sure you use sun protection when you need to, check the daily sun protection times on the free SunSmart app, at sunsmart.com.au or in the weather section of the newspaper. Ask your school to add the SunSmart widget to your school website so you can find the sun protection times easily. In Victoria you usually need to use sun protection from mid-August to the end of April so it's not just terms one and four any more.

During the sun protection times remember to wear your hat and try to apply sunscreen at least 20 minutes before you go outside. Apply a generous amount and re-apply every two hours, or more often if you are swimming or sweating.

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 shouldn't be the only way you protect your skin.

1. Create 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 do people apply and then reapply their sunscreen?
 - Do they read the label?
 - What type of sunscreen do they use?
 - When do they use sunscreen?
 - If sunscreen is the only form of sun protection they use?
- 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 collect and compare 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?
- 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.

