

Buyer's choice

TEACHERS' NOTES

Suggested level

Years 9 and 10

Victorian F–10 Curriculum links

Health and Physical Education

Content descriptions

- Evaluate health information from a range of sources and apply to health decisions and situations (VCHPEP148).
- Plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities (VCHPEP149).

Achievement standards

- Students access, synthesise and apply health information from credible sources to propose and justify responses to situations in the home, in the school and the community.
- They compare and contrast a range of actions that could be undertaken to enhance their own and others' health, safety and wellbeing.

Focus area

Safety (S)

Learning intentions

- To evaluate health information and use this to make healthy choices.
- Critique sunscreen options that can be used to enhance the health, safety and wellbeing of communities.

Prepare yourself

- Carry out some background research into sunscreen terminology. Make sure you have an understanding of:
 - ▶ SPF
 - ▶ UVA
 - ▶ UVB
 - ▶ UVC
 - ▶ broad-spectrum
 - ▶ water-resistant
 - ▶ chemical sunscreens
 - ▶ physical sunscreens.

Class resources

- Ensure students each have a copy of the different sunscreen examples.

Buyer's choice (cont)

TEACHERS' NOTES

Think about it!

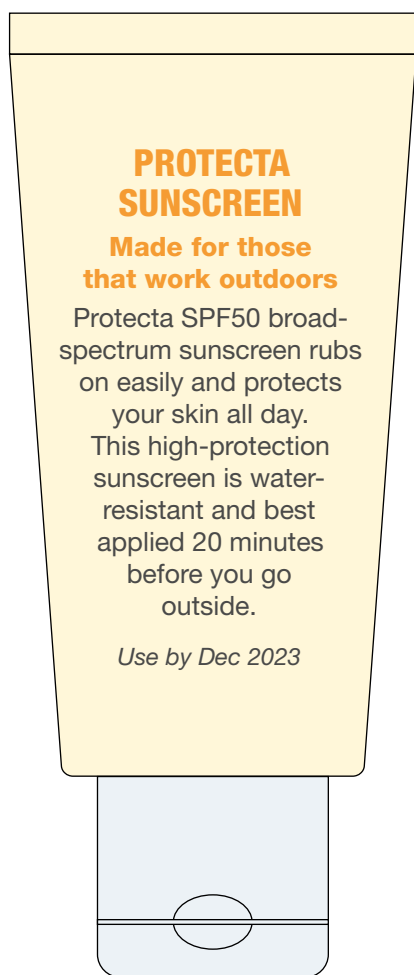
As a class, discuss what the terms below mean and how they help consumers with decision-making.

- SPF – Sun Protection Factor provides a guide to a sunscreen's protection properties.
- UVA – Ultraviolet A radiation from the sun, responsible for sunburn, DNA (cell) damage in the skin and skin cancer.
- UVB – Ultraviolet B radiation causes skin damage and skin cancer. Ozone stops most UVB from reaching the Earth's surface.
- UVC – Ultraviolet C radiation is the most dangerous type of UV. Ozone in the atmosphere absorbs all UVC so none reaches the Earth's surface.
- Broad-spectrum – filters both UVA and UVB radiation.
- Water-resistant – helps prevent formula from washing off while swimming or sweating.
- Chemical sunscreens act by absorbing UV radiation before it damages the skin.
- Physical sunscreens physically reflect and scatter UV away from the skin.

Main activity

Ask students to look at the examples of sunscreens provided to complete the following decision-making questions.

1. If you were to purchase a bottle of sunscreen for your daily activities, which would be the most suitable product for you?
2. Explain the reasons why you made this choice and the information you used to make this decision.
3. Outline why it is sometimes difficult for people to make the correct choice when purchasing sunscreen.
4. For each of the sunscreens listed, describe the type of customer you think the manufacturers are targeting.
5. Rank the sunscreens listed in order of most protective to least protective. In a short paragraph, justify your rankings.
6. What should people look for when purchasing a sunscreen?
7. Would it be okay to just use sunscreen as the only form of sun protection? Why or why not?



PROTECTA SUNSCREEN

Made for those that work outdoors

Protecta SPF50 broad-spectrum sunscreen rubs on easily and protects your skin all day. This high-protection sunscreen is water-resistant and best applied 20 minutes before you go outside.

Use by Dec 2023



ALERT! SUNSCREEN SPF30

Using Alert! broad-spectrum, water-resistant sunscreen in the correct way will give your skin top protection. Rub Alert! on to your exposed skin (be careful near your eyes) 20 minutes before you go outside. Reapply every two hours. Don't forget to wear your hat, protective clothing and look for some shade.

Use by Dec 2023



CLEARSKIN SUNSCREEN

Acne treatment + sunscreen in one!

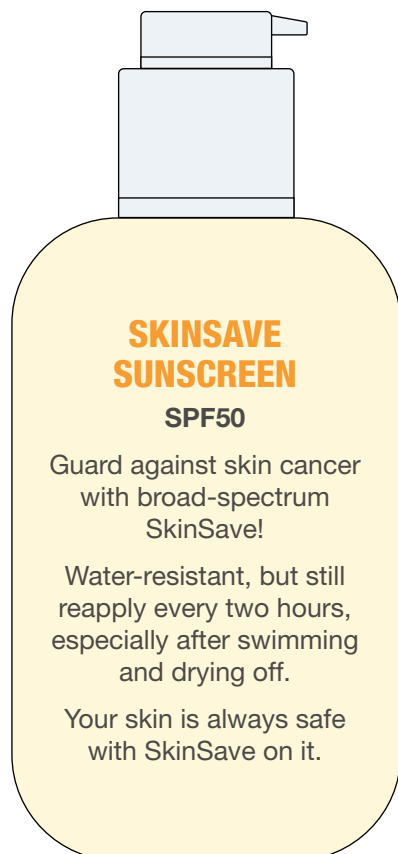
Protect your skin when outside in the sun with SPF30 Clearskin.

This water-resistant sunscreen gives best protection when you are in the water.

Rub it onto all your exposed skin (be careful near your eyes) 20 minutes before you go outside.

Reapply Clearskin every four hours.

Use by Dec 2023



SKINSAVE SUNSCREEN

SPF50

Guard against skin cancer with broad-spectrum SkinSave!

Water-resistant, but still reapply every two hours, especially after swimming and drying off.

Your skin is always safe with SkinSave on it.



UltraTan Sun Oil SPF4

Want a deep, dark tan? UltraTan Sun Oil will allow the sun's UV rays to gently bake your skin, giving you a golden glow.

Directions: Apply liberally and evenly to all areas. Reapply as necessary. Discontinue if rash or irritation occurs.

Safety instructions: For best results use in middle of the day, during peak UV times. Avoid contact with eyes.

Use by Dec 2023.



OPAL TINTED MOISTURISER with SPF15

A daily moisturiser that protects skin from wrinkles and ageing caused by harmful UV rays.

Directions: For best results, use daily as part of your skin care routine. Can be worn alone or under make-up. Discontinue if irritation occurs.

Safety instructions: Combine with a broad-brimmed hat for ultimate protection. Store below 30°C.

Expires Dec 2023