

# Design your own sunscreen

## TEACHERS' NOTES

### Suggested level

Years 7 and 8

### Victorian F–10 Curriculum links

Health and Physical Education

### Content descriptions

- Develop skills to evaluate health information and express health concerns (VCHPEP129).
- Plan and use strategies and resources to enhance the health, safety and wellbeing of their communities (VCHPEP130).

### Achievement standards

- They gather and analyse health information.
- They investigate strategies that enhance their own and others' health, safety and wellbeing.
- They justify actions that promote their own and others' health, safety and wellbeing at home, at school and in the community.

### Focus area

Safety (S)

### Learning intentions

- To develop skills in gathering, analysing and evaluating health information.
- To investigate, plan and use strategies to be SunSmart that enhance health and wellbeing.
- To justify why being SunSmart is important for health and wellbeing.

### Prepare yourself

- Locate and read through the sunscreen information on the SunSmart website ([sunsmart.com.au/protect-your-skin/slop-on-sunscreen](http://sunsmart.com.au/protect-your-skin/slop-on-sunscreen)).
- The focus of this activity is to raise student awareness of the appropriate type and amount of sunscreen required, applying sunscreen 20 minutes before going outside and reapplying every two hours.

### Class resources

- Bottles of sunscreen as examples
- Coloured pencils/markers
- Copies of the *Design your own sunscreen student worksheet* (including the blank sunscreen templates)

# Design your own sunscreen

## STUDENT WORKSHEET

Look at the sample bottles of sunscreen provided by your teacher.

Imagine you are a graphic designer for a sunscreen manufacturer who hopes to market sunscreen to young people. Use your creative skills to design the front and back sunscreen labels on the outline provided. You can use written text, images or step-by-step instructions to communicate why sunscreen is recommended, how to apply and the amount you need.

### Hint!

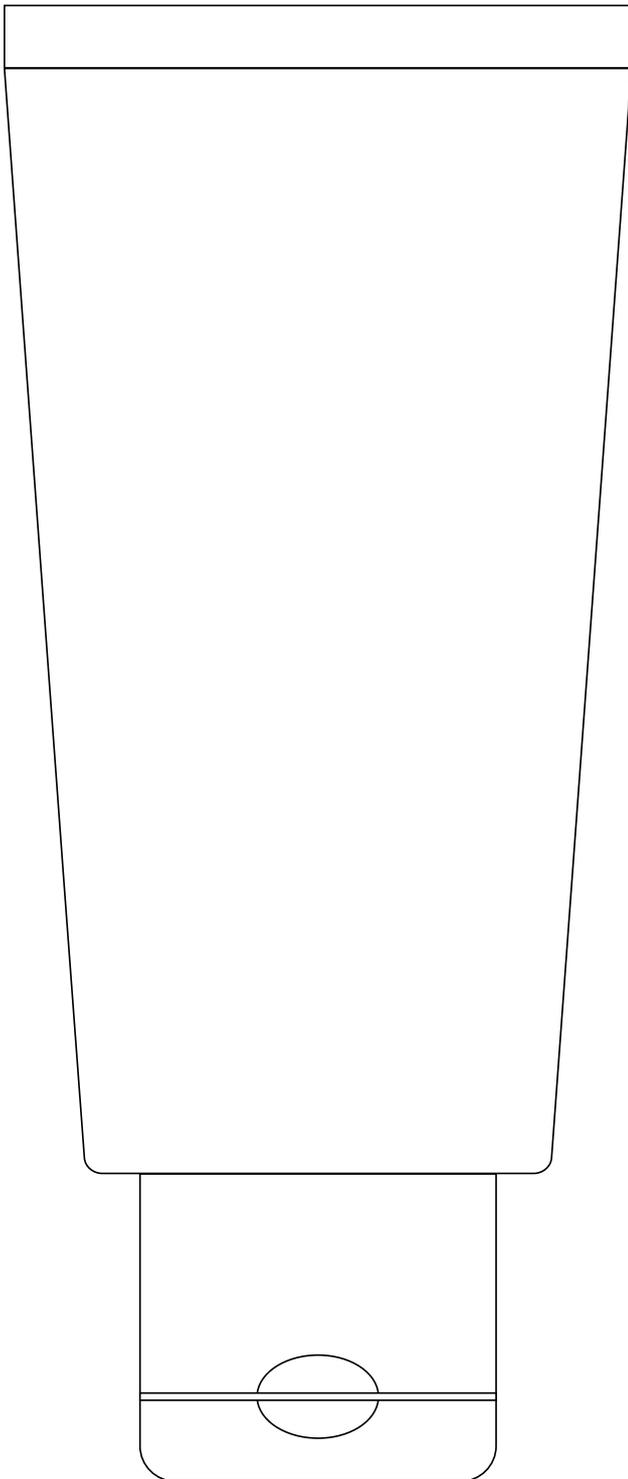
When designing your labels, think about the following:

- A sunscreen brand name.
- A front label which will attract young buyers. Include a SunSmart tagline or catch phrase that will appeal to younger buyers.
- The SPF (Sun Protection Factor) rating you will give your sunscreen.
- The category of sunscreen, e.g. water sports, snow, outdoor workers, kids' formula, etc.
- Make sure the back label includes SunSmart's recommendations for sunscreen type, application instructions, use-by date and storage details.

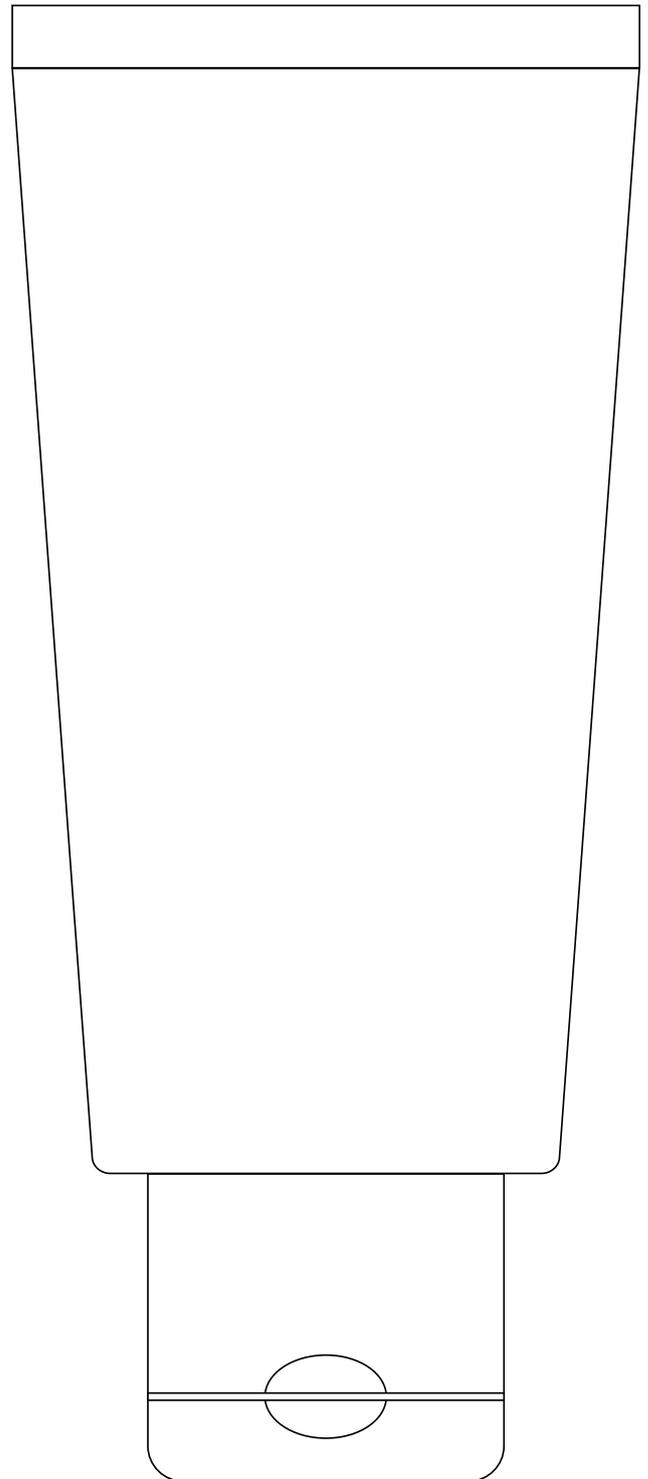
### Extension activity

1. Visit the sunscreen section of the SunSmart website to research the amount of sunscreen required to protect the skin from UV damage. Calculate how many applications are in one 110ml tube of sunscreen.
2. How many 110ml tubes of sunscreen would a family of four need for a three-day weekend at the beach, assuming they spend five hours per day outdoors?

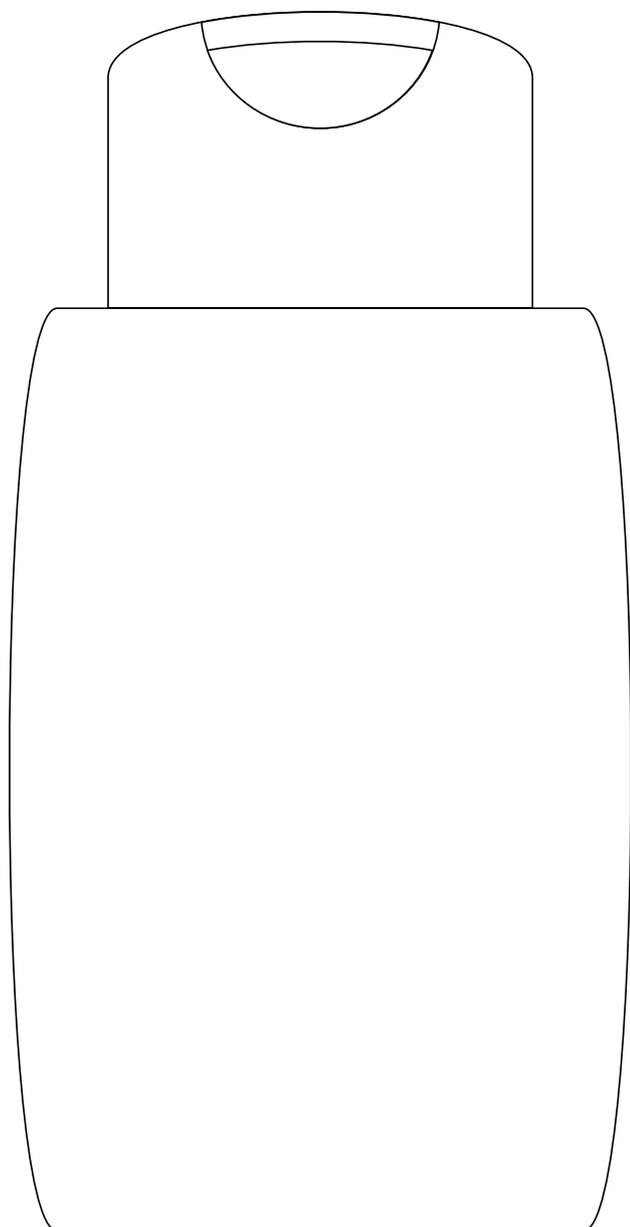




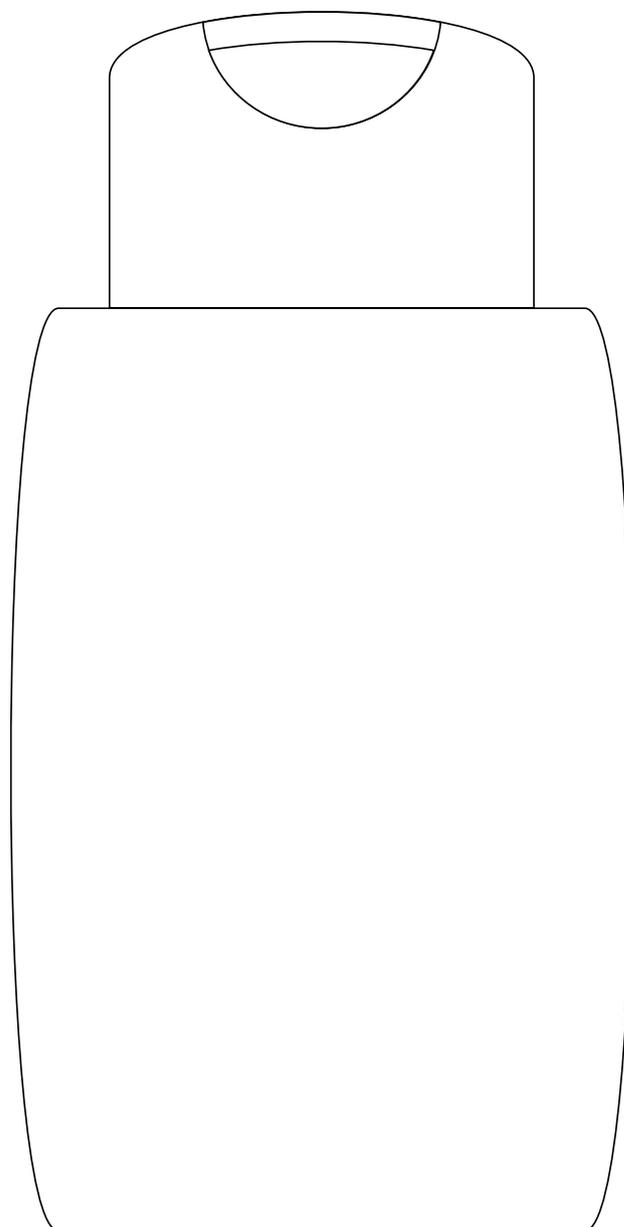
FRONT



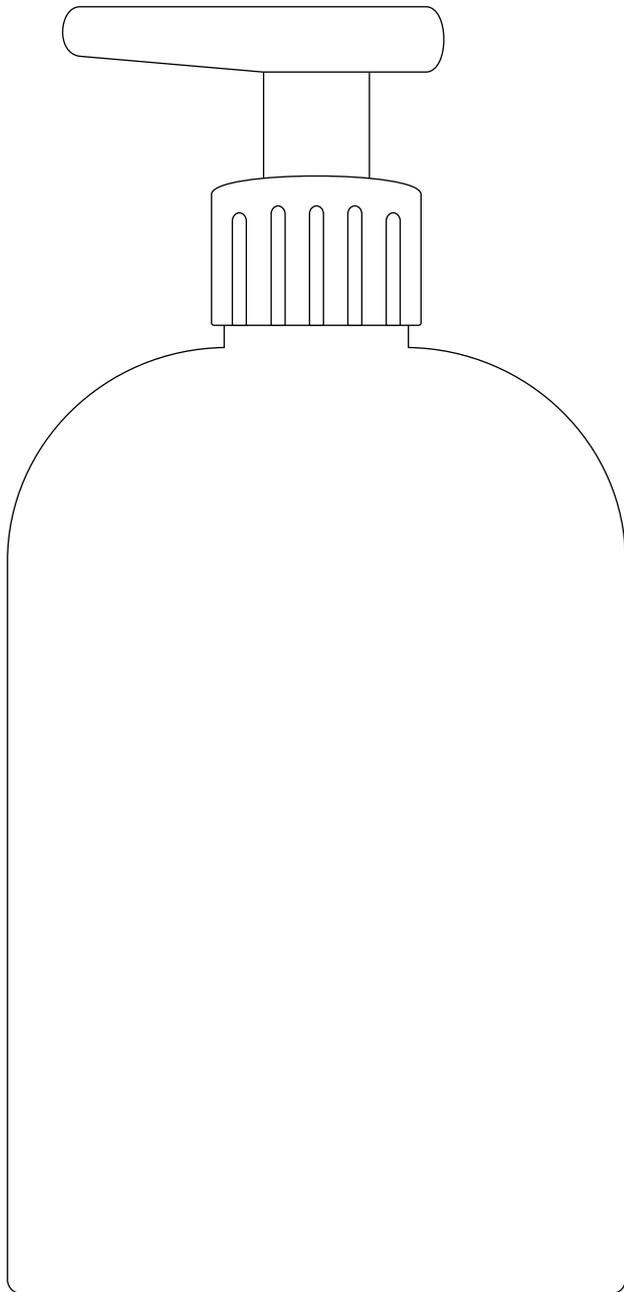
BACK



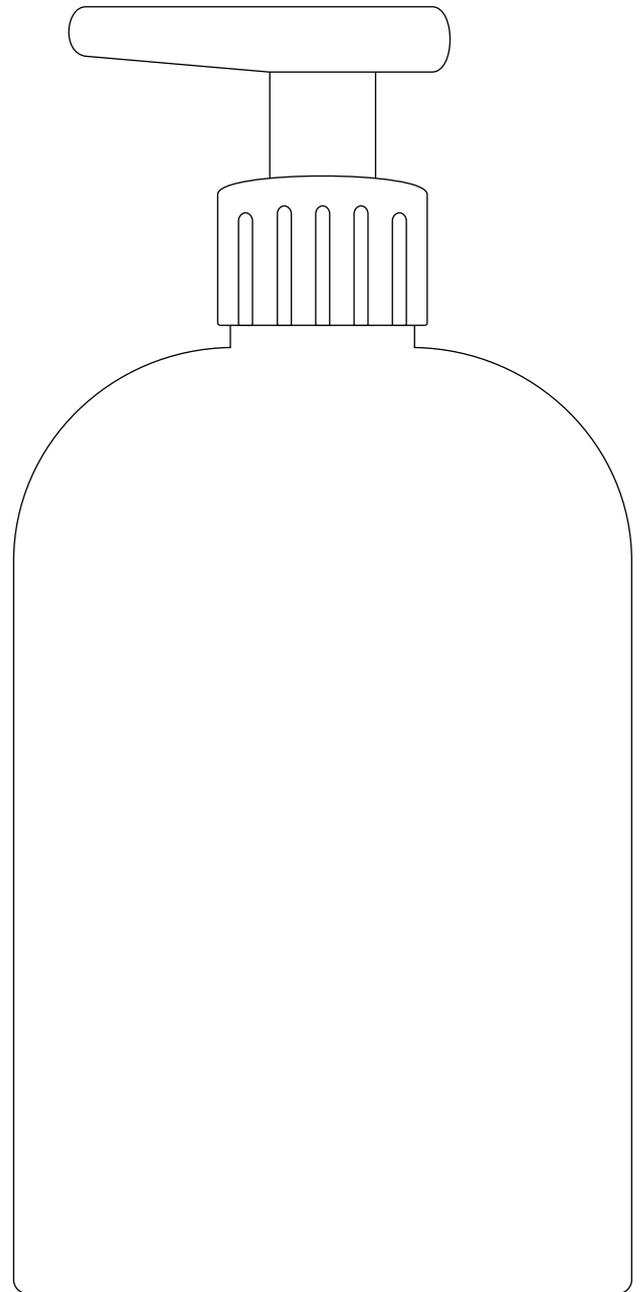
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BACK



FRONT



BACK