



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:  
[nasbe.org/HealthySchools/States/State\\_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)

It's a cloudy day and you're planning on being outside for just a few minutes. Is it safe to go out without sunscreen? The following discussion questions and activities will help your students learn about the skin, what happens when the skin is exposed to the sun, and what they can do to protect their skin from the sun.

## Related KidsHealth Links

### Articles for Kids:

#### Taking Care of Your Skin

[KidsHealth.org/kid/stay\\_healthy/body/skin\\_care.html](http://KidsHealth.org/kid/stay_healthy/body/skin_care.html)

#### How to Be Safe When You're in the Sun

[KidsHealth.org/kid/watch/out/summer\\_safety.html](http://KidsHealth.org/kid/watch/out/summer_safety.html)

#### The Whole Story on Skin

[KidsHealth.org/kid/body/skin\\_noSW.html](http://KidsHealth.org/kid/body/skin_noSW.html)

#### What Is Cancer?

[KidsHealth.org/kid/health\\_problems/cancer/cancer.html](http://KidsHealth.org/kid/health_problems/cancer/cancer.html)

### Articles for Teens:

#### The Tanning Taboo

[KidsHealth.org/teen/safety/safebasics/tanning.html](http://KidsHealth.org/teen/safety/safebasics/tanning.html)

#### Tips for Taking Care of Your Skin

[KidsHealth.org/teen/your\\_body/take\\_care/skin\\_tips.html](http://KidsHealth.org/teen/your_body/take_care/skin_tips.html)

#### Skin, Hair, and Nails

[KidsHealth.org/teen/your\\_body/body\\_basics/skin\\_hair\\_nails.html](http://KidsHealth.org/teen/your_body/body_basics/skin_hair_nails.html)

#### Cancer Basics

[KidsHealth.org/teen/diseases\\_conditions/cancer/cancer.html](http://KidsHealth.org/teen/diseases_conditions/cancer/cancer.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. You're only going to be outside for a minute, so you don't really need sunscreen - right or wrong? List the pros and cons of using sunscreen. Which argument is more convincing? Why?
2. The skin is the largest organ in the body, but it doesn't always get the credit it deserves. Describe the important role that skin plays in the body.
3. What is skin cancer? What causes it?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### UV Warning for U

#### Objectives:

Students will:

- Describe the effects of the sun on the skin
- Learn about the long-term effects of tanning
- Explore alternatives to tanning beds

#### Materials:

- Computer with Internet access
- Pen and paper, or computer word processing program and printer
- Art supplies (colored pencils, markers, crayons)

#### Class Time:

1 hour

#### Activity:

Dr. Dermis is a new dermatologist in your community, and she's concerned about the safety of her patients. She would like to create a pamphlet to caution her patients about the potential risks of ultraviolet light when tanning. To help Dr. Dermis design her pamphlet, you'll need to do some research. Check out articles on KidsHealth to get the basics about skin, ultraviolet light, and the dangers of tanning. Dr. Dermis wants to have the following points included in the pamphlet:

- How tanning affects the skin (including the role of melanin)
- How the skin can be damaged by exposure to ultraviolet light
- How to find healthier alternatives to tanning beds

#### Extensions:

1. Now that you've written a pamphlet warning of the risks involved in tanning, it's time to assess your own skin risk. What behaviors do you have now that could be damaging to your skin? Set a goal for improving the care you take of your skin while you're in the sun. What strategies could you use to help you reach that goal?
2. A pamphlet that warns of the dangers of tanning is helpful, but some people might need a little more convincing. Role-play a discussion in which you convince a friend of the dangers of the sun. In your conversation, make sure to include specific information about the short- and long-term effects of sun exposure on the skin.



## To Tan or Not to Tan?

### Objectives:

Students will:

- Learn about ways to protect the skin from the sun
- Discover the risks of skin cancer

### Materials:

- Computer with Internet access
- Pen and paper for taking notes

### Class Time:

1 hour

### Activity:

*Welcome to the Mel Anin Show! We have a great show today for you, folks! We're talking about the dangerous effects of the sun, and the people who risk everything in the quest for a golden tan. So don't touch that remote, because after this break, we'll get to the bottom of the age-old dilemma: to tan or not to tan?*

In groups of five, act out this episode of the Mel Anin talk show. Each person in the group should select one of the following roles: host Mel Anin; a devoted tanner; a skin cancer survivor; a spokesperson for a sunscreen manufacturer; or a dermatologist. Before acting out the talk show, conduct some research on KidsHealth to determine what position each person would take. What information could each person use to support his or her position?

### Extensions:

1. Skin is the largest organ in the body, but it doesn't often get the chance for speak up for itself! What if you could have skin as a guest on Mel Anin's talk show? What might skin say about sun exposure? Write a transcript of an episode of Mel Anin's talk show in which skin is interviewed.
2. Let's face it - applying sunscreen every couple of hours can be a real hassle. Design a commercial for sunscreen aimed at teens. How could you make sunscreen more appealing to young people?

## Reproducible Materials

### Quiz: Skin Cancer

[KidsHealth.org/classroom/6to8/problems/conditions/skin\\_cancer\\_quiz.pdf](http://KidsHealth.org/classroom/6to8/problems/conditions/skin_cancer_quiz.pdf)

### Answer Key: Skin Cancer

[KidsHealth.org/classroom/6to8/problems/conditions/skin\\_cancer\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/6to8/problems/conditions/skin_cancer_quiz_answers.pdf)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

- Which of the following is a chemical in the skin that protects the skin by reflecting and absorbing UV rays?
  - vitamin D
  - melanin
  - ultraviolet
  - SPF
- When are the sun's rays the strongest?
  - between noon and 3 PM
  - between noon and 4 PM
  - between 10 AM and 2 PM
  - between 10 AM and 4 PM
- What do the letters SPF stand for? \_\_\_\_\_
- Why can you get sunburned more easily when you're boating or swimming?  
\_\_\_\_\_  
\_\_\_\_\_
- Explain the link between the sun and skin cancer.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- The upper layers of your skin are called the \_\_\_\_\_.
  - epidermis
  - dermis
  - melanin
  - pigment
- What is the largest organ in your body? \_\_\_\_\_
- True or false: You don't need sunscreen on a cloudy day. \_\_\_\_\_
- Which of the following types of ultraviolet radiation cause sunburns?
  - UVA
  - UVB
  - UVC
- List three of the skin's jobs.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## Quiz Answer Key

1. Which of the following is a chemical in the skin that protects the skin by reflecting and absorbing UV rays?

- a. vitamin D
- b. melanin
- c. ultraviolet
- d. SPF

2. When are the sun's rays the strongest?

- a. between noon and 3 PM
- b. between noon and 4 PM
- c. between 10 AM and 2 PM
- d. between 10 AM and 4 PM

3. What do the letters SPF stand for? sun protection factor

4. Why can you get sunburned more easily when you're boating or swimming?

You can get sunburned more quickly when swimming or boating because the reflection from the water intensifies the sun's rays.

5. Explain the link between the sun and skin cancer.

Too much exposure to the sun can increase the risk of skin cancer.

6. The upper layers of your skin are called the \_\_\_\_\_.

- a. epidermis
- b. dermis
- c. melanin
- d. pigment

7. What is the largest organ in your body? the skin

8. True or false: You don't need sunscreen on a cloudy day. false

9. Which of the following types of ultraviolet radiation cause sunburns?

- a. UVA
- b. UVB
- c. UVC

10. List three of the skin's jobs.

any three of the following: holds together our body parts, prevents harmful substances from entering the body, protects our body tissues from injury, protects our bodies from ultraviolet rays, controls loss of fluids like blood and water, helps keep our bodies at the right temperature, allows us to have the sense of touch