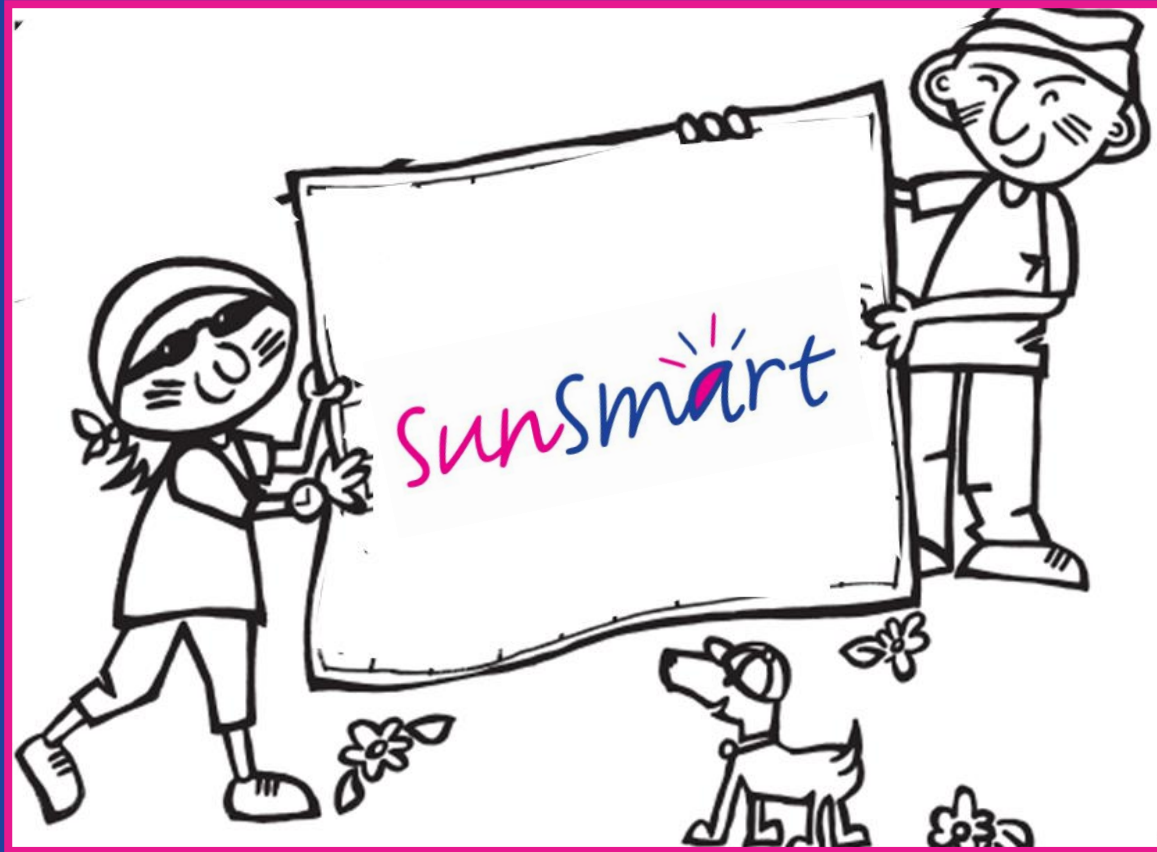
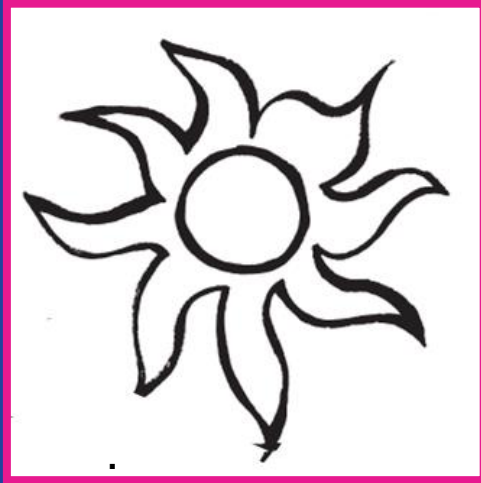


# Learn how to be...



# The Sun



The sun gives off different types of energy

Do you know what types of energy the sun gives off?

visible light which we can see

invisible infrared radiation which makes us feel warm

And  
ultraviolet radiation which we can't see or feel on our skin



This type of radiation, which people often call UV, can damage our skin if we get too much of it.



# Your Skin and UV Rays

Being outside in the sunshine can be great fun, but because of the damage UV rays can do, we need to make sure that we look after our skin when we're out in the sun.

What kind of skin do you have?

If you've got fair skin, or lots of moles and freckles, you'll need to take extra care to look after your skin.

But spending too much time in the sun is harmful so we should all follow a special code that shows us how to enjoy the sun while making sure we stay safe.....



# The SunSmart Code

The SunSmart code helps you to make sure you protect yourself from the sun.

There are **five** parts to remember...



1. **S**pend time in the shade between 11 and 3
2. **M**ake sure you never burn
3. **A**im to cover up with a hat, t-shirt and sunglasses
4. **R**emember children need to take extra care
5. **T**hen use at least factor 15 sunscreen

# Spend time in the shade between 11 and 3

You can help to look after your skin by spending time in the shade when the sun is at its strongest - between 11am and 3pm.

Where can you find shade?

You can find shade under trees, canopies, umbrellas, or indoors.

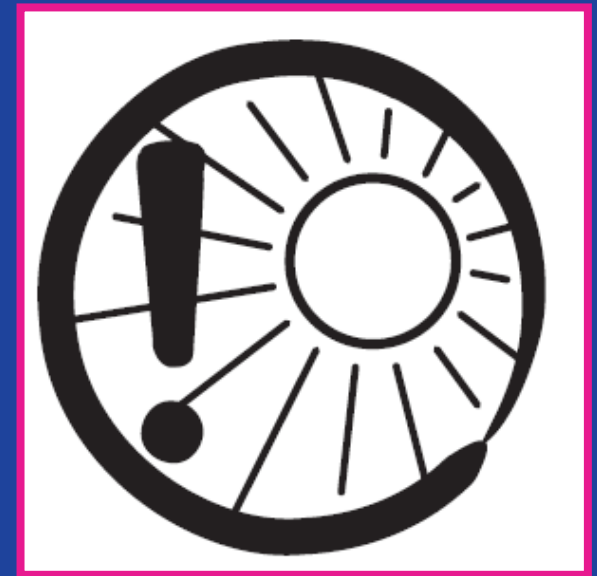


# Make sure you never burn

It's easy to get sunburnt, even when you're not expecting to.

But it's really important that you don't.

Because you can't feel UV rays its easy forget that they are there but remember that you can still burn on a cloudy day.

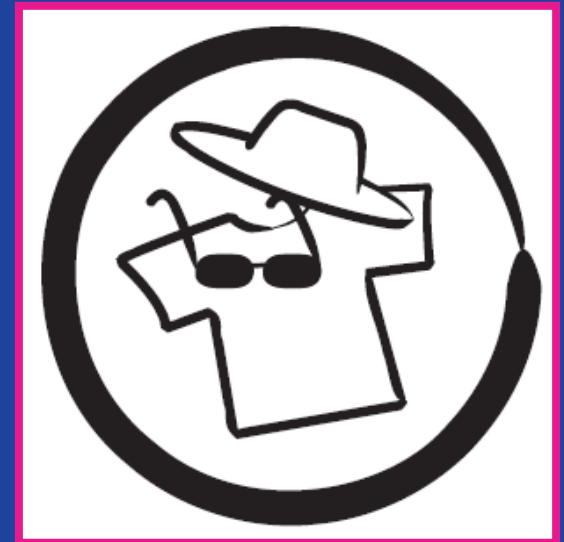


# Aim to cover up with a t-shirt, hat and sunglasses

Covering up with a t-shirt is a good way to protect your shoulders and upper arms.

A hat with a wide brim will shade your face and neck.

Sunglasses can help to protect your eyes from UV rays





# Remember children need to take extra care

Young skin is very delicate and easily damaged by the sun.

So, make sure you take extra care to protect yourself

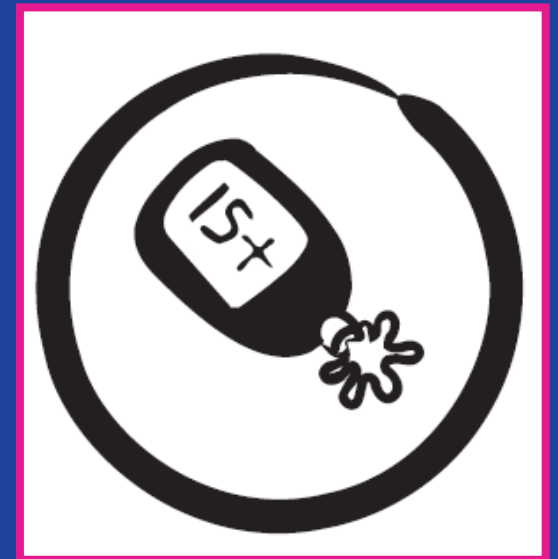
If you have any young brothers or sisters, make sure that they are being SunSmart as well.



# Then use at least factor 15 sunscreen

Sometimes you'll be out and there won't be enough shade or clothing covering you up.

This is when factor 15 sunscreen, or stronger, is useful for protecting parts of your skin that the sun can reach.



# Quiz time!

## Fill in the blanks

Spend time in the s---- between 11 and 3

Make sure you never b---

aim to cover up with a hat, t----- and sunglasses

Remember to take extra care with c-----

Then use factor 15+ suns-----

Remember that you need to follow all five points of the code to make sure you enjoy the sun safely

