

Sun Ready Poster Project



To parents and guardians

The Sun Ready Poster Project helps children to learn about the effect of the sun's UV rays and how to protect themselves against sun damage.

Children are then empowered to spread the word by creating a poster to remind themselves, and others, to stay safe in the sun. Display your poster in a window or in your garden to help remind yourself and your family to stay sun safe!

Using this presentation

Use this resource with your child. Slide notes contain further information to help you explain the concepts and ideas to your child.

Italicised notes indicate where there is differentiation between age groups.

Curriculum links

PSHE Core theme 1 – Health and Wellbeing

- how to manage risks to physical health and wellbeing
- how to make informed choices about health and wellbeing

Literacy

- discussing words and phrases that capture the reader's interest and imagination
- discussing writing similar to that which they are planning to write, in order to understand and learn from its structure, vocabulary and grammar

Learning objectives

Through this resource, children will have the opportunity to learn:

- That the sun gives off UV rays that can be harmful
- Some of the risks associated with sun exposure
- How to protect themselves from sun damage



Tanai's Story

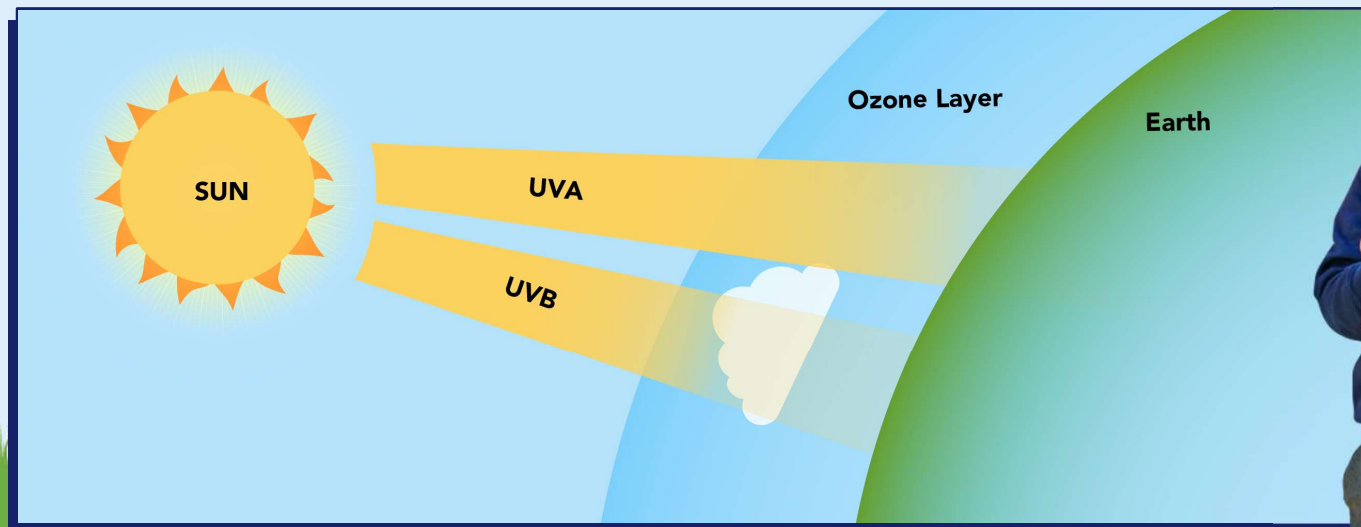


Sun burn can damage your skin



The sun's UV rays

- The sun gives off invisible rays.
- These are called ultraviolet (or UV) rays.
- Some UV rays are stopped by the ozone layer, but UVA and UVB rays can reach us on Earth.
- These rays can cause sun burn and damage our skin.



UVA rays

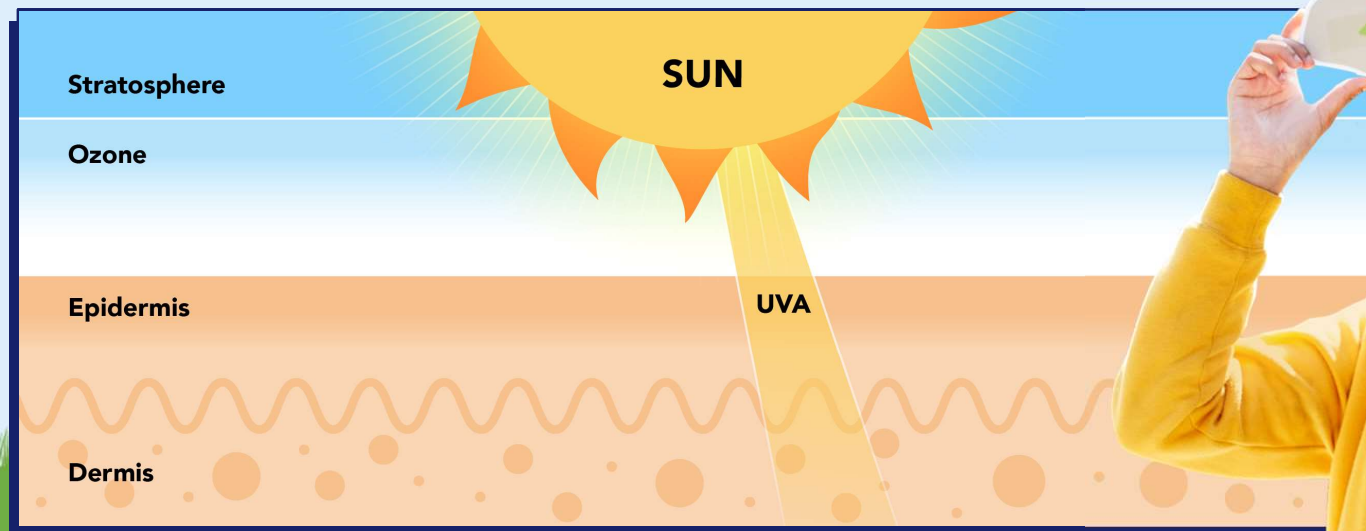
What are they?

- The most common type of UV rays
- Rays that can go very deep into your skin
- Rays that can reach you even on overcast days or through windows

What do they do?

- Damage eyes
- Damage skin and cause dark spots

This damage can be permanent, a bit like a tattoo you can't remove!



UVB rays

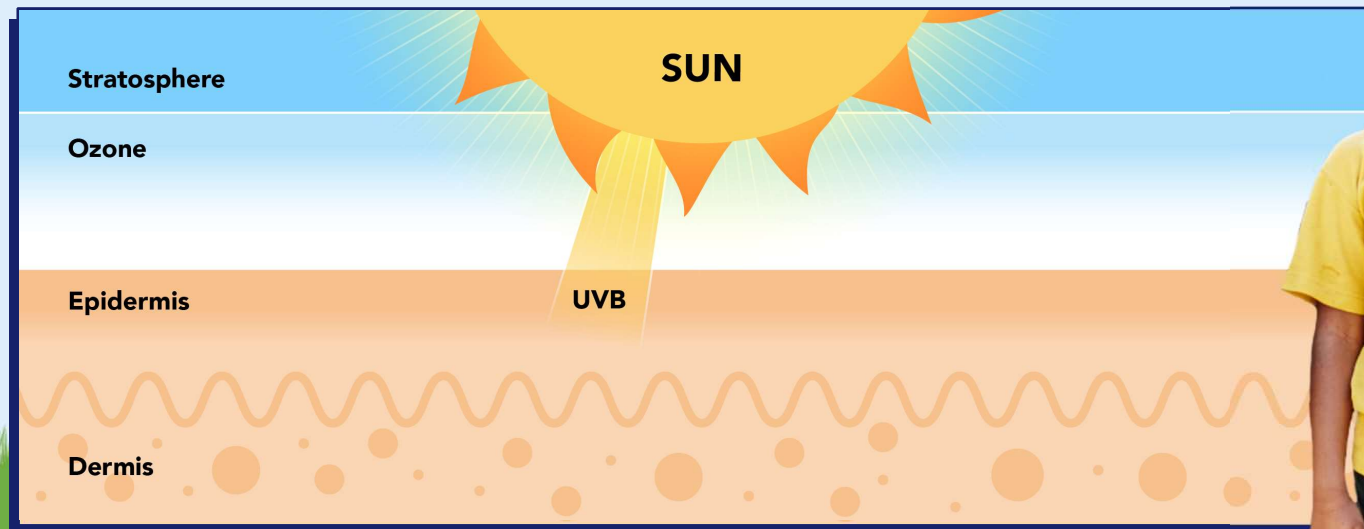
What are they?

- Less common type of UV rays
- Rays that mostly affect the surface of your skin
- Very strong and powerful rays

What do they do?

- Cause sun burn

This can make your skin red and really sore!



Sun protection

Look for sun protection with:

- Five star UVA protection
- A high SPF (at least 30)


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We need to be Sun Ready




Click to find out about our Five Top Tips for staying sun safe!



Seek some shade between 11-3.



Cover up your skin.



Five star UVA rated sun protection (with at least SPF 30).



Wear sunglasses to protect your eyes.



Drink plenty of water.

Quiz time!

Let's find out if you're Sun Ready!

Choose your quiz



4–7 year olds



7–11 year olds

Question 1 / 5

True or False?

The sun makes rays called UVA and UVB.

The sun makes UVA and UVB rays. These can cause sun burn and other damage to your skin. Look out for a sun protection that has a high SPF and a five star UVA rating to protect against both types.

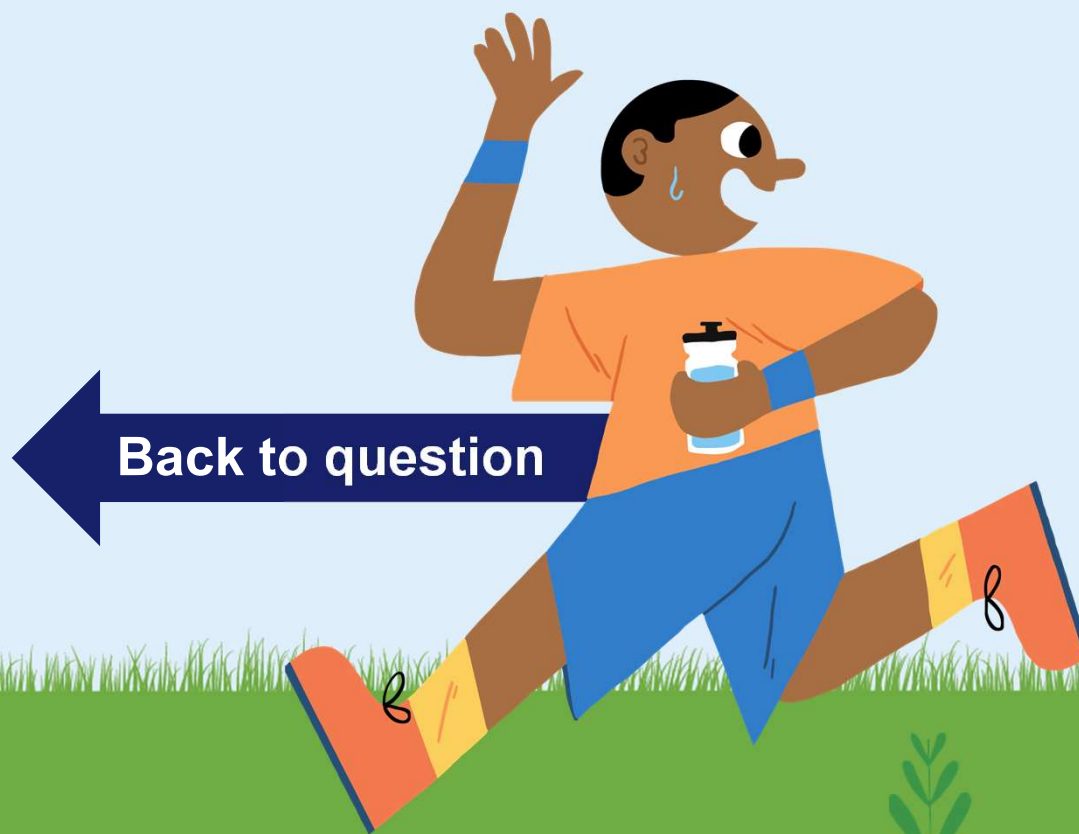


Fa

Next



Oops, try again!



Question 2 / 5

True or False?

Too much sun can give you a sun burn.

Too much sun can cause sun burn, making your skin red and sore. Sun burn is easy to see, but it's not the only kind of damage that the sun can cause. It can also damage your eyes, cause dark spots on your skin or lead to damaged skin in the future.



False

Next 



Oops, try again!



Back to question

Question 3 / 5

True or False?

Sun damage is
never permanent.

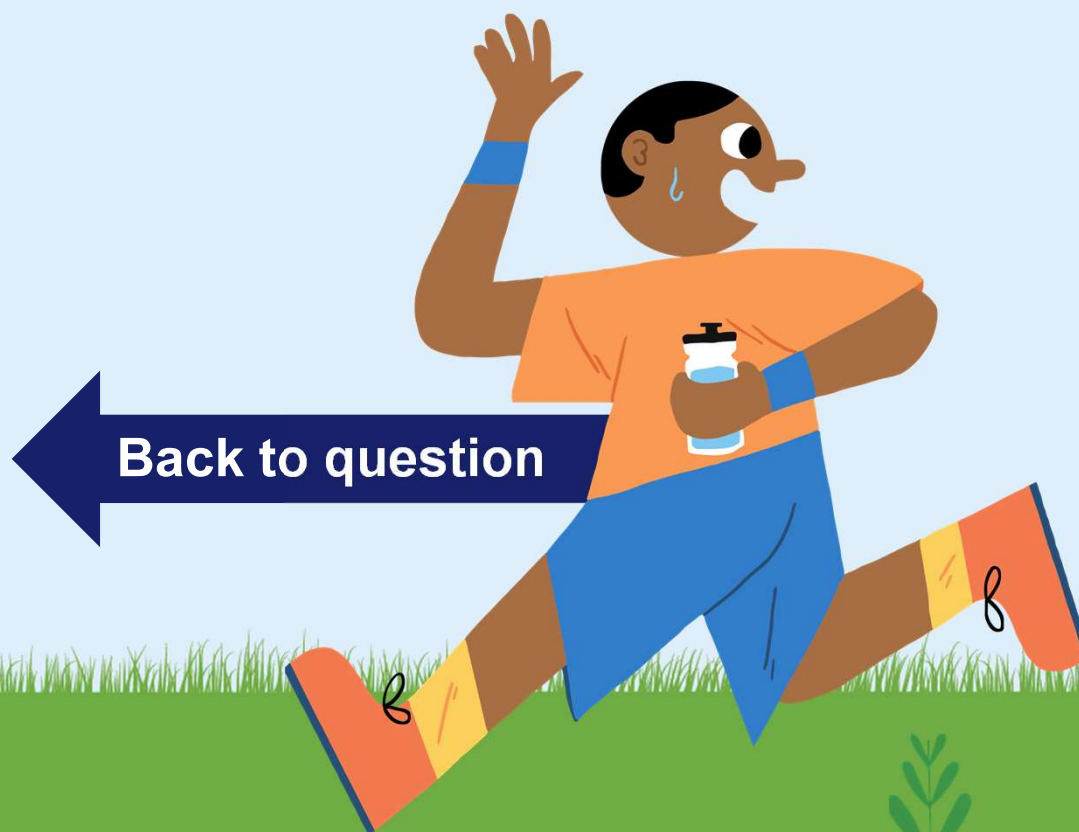
Even if you can't see it right away, some sun damage can be permanent! That's why it's important to protect yourself from harmful rays.



Next



Oops, try again!



Question 4 / 5

True or False?

It's important to look for a high SPF (at least 30) and a five star UVA rating when choosing sun protection.

A five star UVA rating on sun protection means that it gives the maximum protection against UVA rays. Also use sun protection products with SPF 30 or higher.



False



Next 

Oops, try again!



Back to question

Question 5 / 5



Which of these can help you stay safe and get sun ready?

Read each idea and decide if it helps keep you sun safe.



Finish quiz

Wear a hat and clothes that cover your skin



Use five star UVA rated sun protection (and at least SPF 30)



Wear sunglasses to protect your eyes



Eat oranges



Drink water when it's hot out



Seek some shade during the hottest times of day



Stand very still and don't move



Question 1 / 5

What are the rays that the sun gives off?

The sun gives off UVA and UVB rays. These can cause sun burn and other damage to your skin. It's important to use sun protection that protects against both.

Next 

Type 1
a
Type



Oops, try again!



Back to question

Question 2 / 5

Which rays can penetrate deeper into your skin?

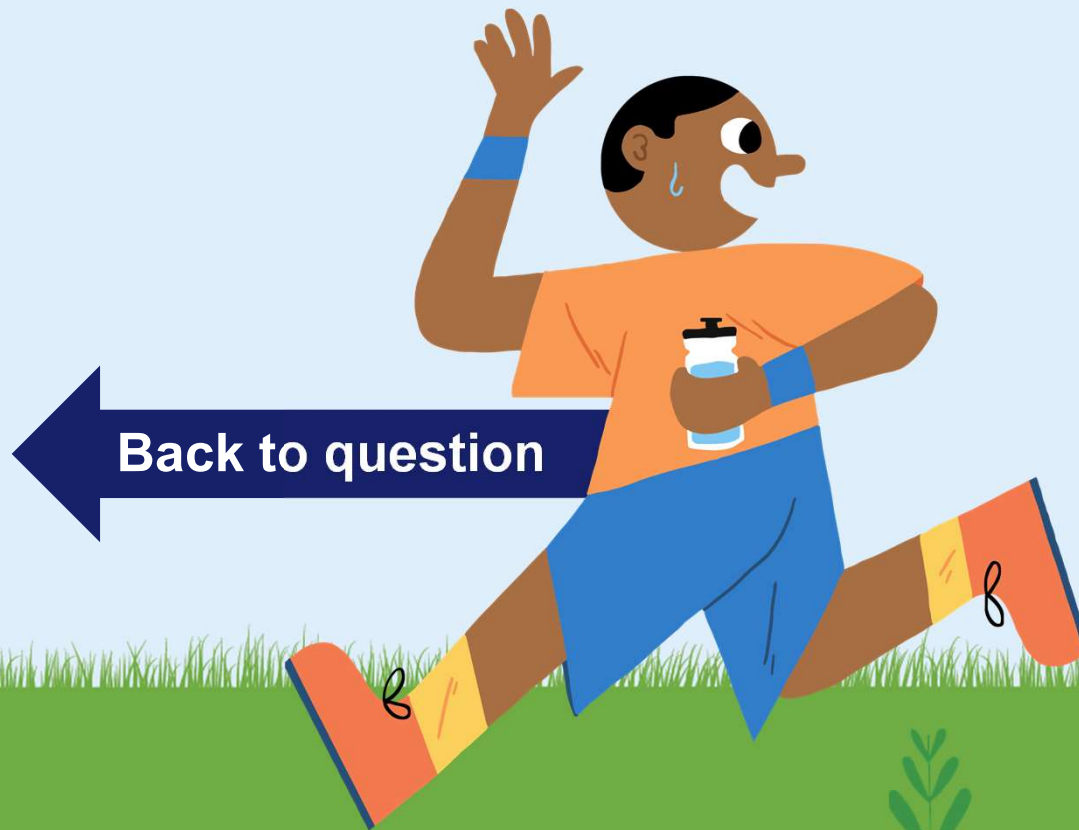
UVA rays can go deeper into your skin and cause damage in the future, even if you can't see it right away. UVB rays don't go as deep, but can cause sun burn and other skin damage.

**UVB
ray**

Next



Oops, try again!



Question 3 / 5

Which one is NOT true about the sun's rays?

The sun's rays can't make you grow taller, but they can cause permanent damage to your skin and your eyes. That's why it's important to protect yourself from harmful rays.

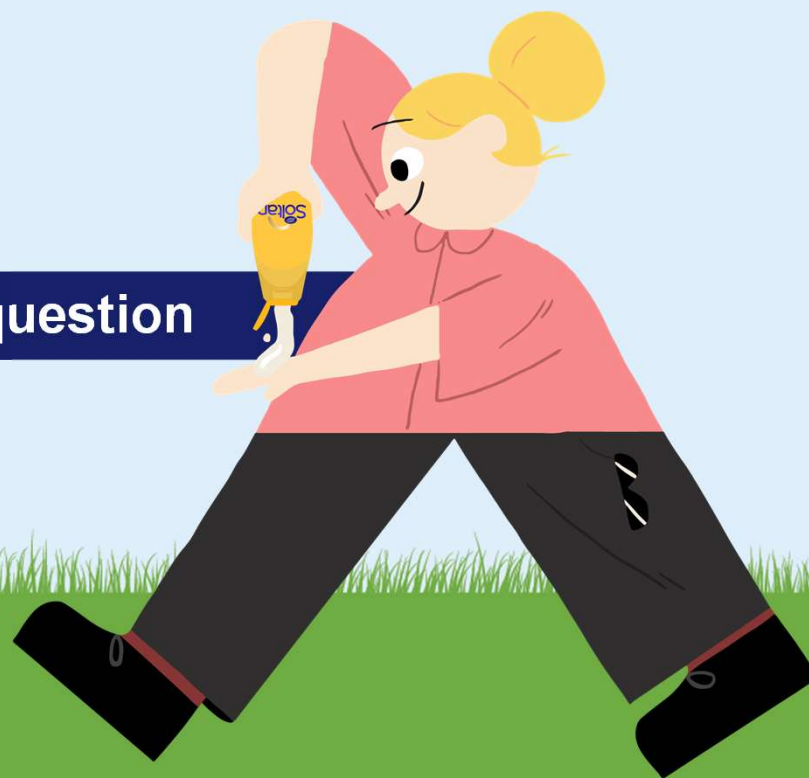
They can
make
grow taller.

Next 



Oops, try again!

Back to question



Question 4 / 5

**Select all the things
you should look for in
sun protection.**

**SPF 30
or higher**

**Five star
UVA**



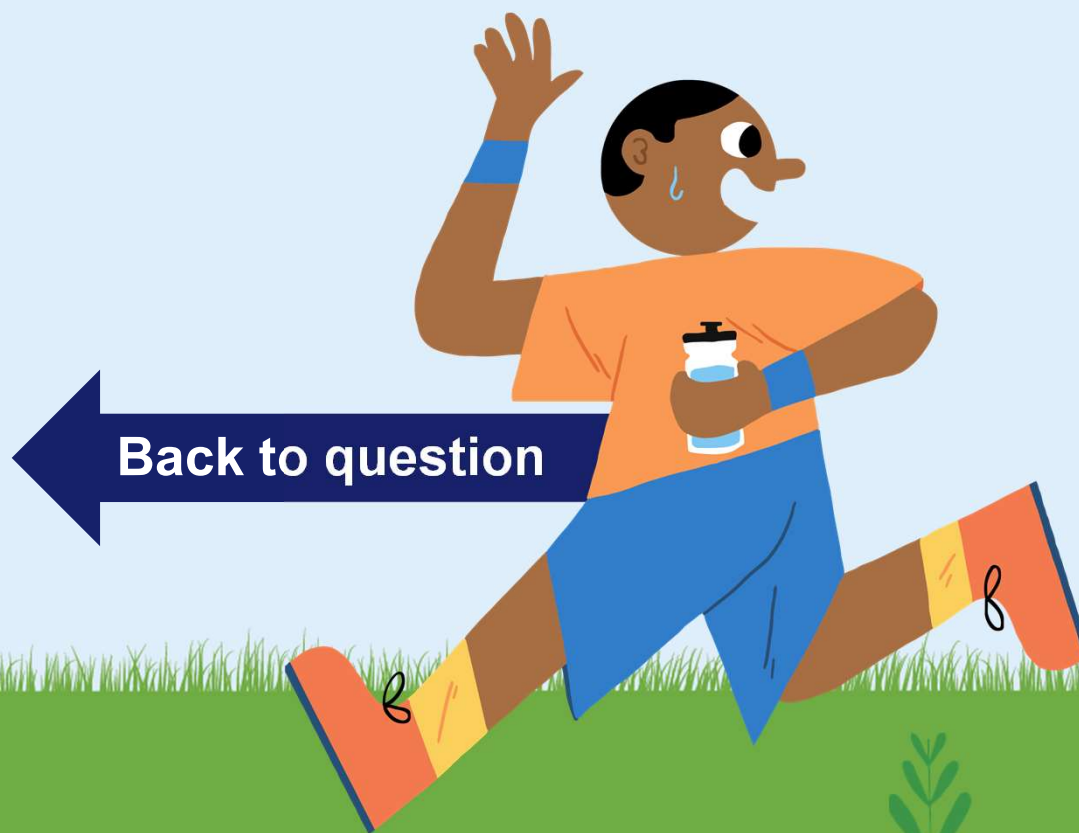
3 s

Next

A five star UVA rating on sun protection means that it gives the maximum protection against UVA rays. Use protection products with SPF 30 or higher to protect against UVB rays.



Oops, try again!



Question 5 / 5



Which of these can help you stay safe and get sun ready?
Read each idea and decide if it helps keep you sun safe.



Finish quiz

Wear a hat and clothes that cover your skin



Use five star rated sun protection (and at least SPF 30)



Wear sunglasses to protect your eyes



Stay near a pool



Drink water when it's hot out



Stay in the shade during the hottest times of day



Stand very still while in the sun



Congratulations!

You're a Sun Ready expert!

Now that you know all about being sun ready,
take part in the Sun Ready Poster Project!

Get creative and encourage your family to stay
safe and get sun ready.



Let's create a sun safety poster!



Plan your sun safety poster!

Why is it important to stay safe in the sun?

Which of these sun cream options are better?



5-star UVA rating



3-star UVA rating



at least SPF 30



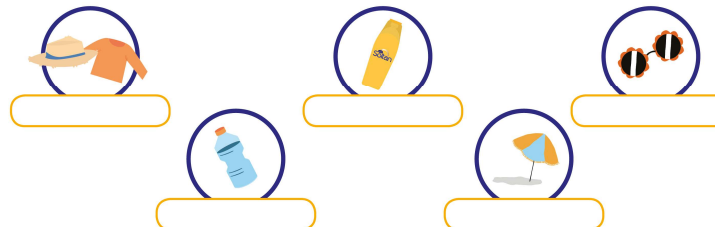
SPF 10



Use this sheet to help you decide what to put on your poster!

Can you name the top tips for sun safety below?

Just include the images of the 5 sun safety items here. Include one line below for the students to write the name of each of the top tips.



Make a poster



Let's create a Sun Ready poster!



Planning your poster

Who is your audience?

What are your key messages

What is your slogan?



Make a poster


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The Soltan Sun Ready Website



Examples of posters made by other children can be found on the Soltan Sun Ready website's [gallery page](#).

Explore [the website](#) to find more sun safety information and fun activity ideas!

