

# Sun Safety for Kids in Five Easy Steps



## Pre-reading

### Questions:

- Did you know that the sun can damage your skin?
- Do you know how to protect your children from the sun?

### Definitions:

- Estimate – to form an opinion by reasoning
- Primary – main, or of greatest importance
- Exposure – to leave open, without protection
- Risk – a chance of loss or harm
- Reflect – to turn or throw back
- Brim – an edge or rim of a hat



## Reading

18 It is important to protect kids from the sun's harmful rays as too much sun can cause skin  
35 cancer later in life. Sunlight consists of two types of ultra violet rays – UVA rays and UVB  
53 rays. The UVB rays are the sun's burning rays (which are blocked by window glass) and are the  
primary cause of sunburn and skin cancer.

60 The Skin Cancer Foundation estimates that 80% of your lifetime exposure to the sun occurs  
75 during childhood or before the age of 18. It only takes one blistering sunburn to double the risk of  
94 getting **melanoma**, a skin cancer, later in life. Protect yourself and your children from skin cancer  
110 by following these five easy steps:

- 116 1. Limit outdoor playtime between 10 a.m. and 4 p.m. when the sun's rays are the strongest. If  
134 children must be outside, protect them with sunscreen. Be careful around reflective surfaces,  
147 like water and sand, which can reflect up to 85 percent of the sun's damaging rays.
- 163 2. Use and apply sunscreen properly. Sunscreen is a lotion or spray that protects your skin from  
180 the sun. Look for a Sun Protection Factor or SPF number of 15 or higher. The higher the SPF  
199 number, the better the protection. Children who sunburn easily should use a SPF of 30 or  
215 greater. Apply sunscreen 30 minutes before your child goes out in the sun. Cover the entire  
231 body including the nose, ears, hands, feet and behind the neck. Lips can also burn, so apply a  
249 lip balm with an SPF of 15 or greater. Reapply sunscreen every two hours, or after sweating  
266 or swimming.
- 268 3. Cover up. Wearing protective clothing can also protect your children from the sun. Wear  
283 long sleeve shirts and pants. Don't forget a wide brim hat to protect their head and neck  
300 areas. Sunglasses with "UV protection" should also be worn to protect eyes. A sun umbrella  
315 is another good way to protect children from the sun.
- 325 4. Be careful with medications as some medications increase the skin's **sensitivity** to the sun, so  
341 the skin burns easier. Make sure you ask your doctor how the sun will react to any  
358 medications your child is taking.
- 363 5. Set a good example for your kids. If your kids see you following sun safety rules, they will  
382 do the same. Skin protection is important for everyone!

## Understanding

1. What clothing items can you wear to protect your child and yourself from the sun? \_\_\_\_\_  
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2. If your kids see you following sun safety rules, what will they do? \_\_\_\_\_  
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3. It is important that everyone protect themselves from the sun; but why is it especially important for children to be protected? \_\_\_\_\_  
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4. What time of the day are the sun's rays the strongest? \_\_\_\_\_  
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5. What does the word **sensitivity/sensitive** mean? \_\_\_\_\_  
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6. What does SPF stand for? \_\_\_\_\_  
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7. What is **melanoma**? \_\_\_\_\_  
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8. Why are there different SPF numbers on sunscreens? \_\_\_\_\_  
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## Writing

Option A: Tell how you protect yourself and your children from the sun.

Option B: In your own words, summarize what you know about protecting yourself and your child from the sun.

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