## CARE IN THE SUN

INFORMATION FOR CHILDREN AGED 11-14

www.careinthesun.org

## Learning Outcomes

- It is important to take care when you are out in the sun and today you will learn about;
  - UV Radiation and the UV Index
  - Looking after your skin and eyes
  - Sunscreen and tanning
  - The types of skin most at risk of damage from the sun



## UV radiation

- We all love to see the sun shining, but did you know that too much Ultraviolet (UV) radiation from the sun, or sunbeds, can harm your skin and eyes?
- This can be prevented by taking better care of our skin and eyes in the sun and not using sunbeds





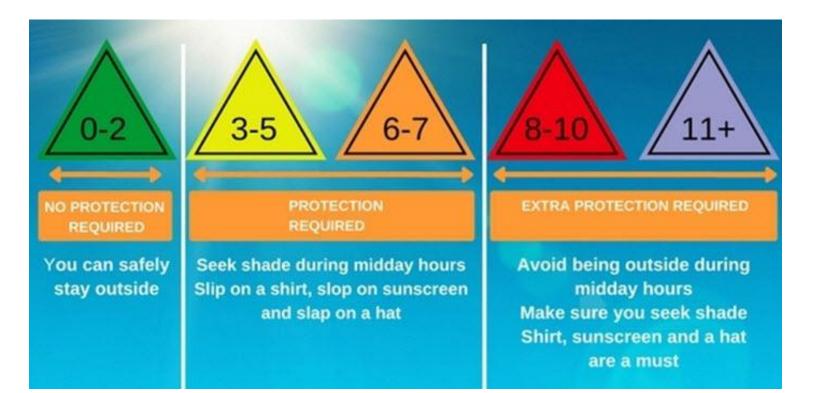
## **UV** Radiation

- UV radiation is invisible and can pass through cloud and glass
- The strength of the UV radiation from the sun is not always directly connected to air temperature – you can get sunburn on cooler days with light cloud
- VV levels in N. Ireland are highest from March to October but especially in the months from May to August and from 11.00am – 3.00pm each day



### UV Index

- The UV index tells you how strong the sun is
- When the UV index is 3 or more we need to protect our skin and eyes



## Looking after your skin and eyes

- Spend more time in the shade where possible, especially between 11.00am 3.00pm
- Cover up with clothing & hats broad brim hats that cover the ears and neck are best. Check sports clothing for UV protection.
- Wear sunglasses the British Standard kite mark or the
  - **CE** mark indicate they offer good eye protection
- Sunglasses and a broad brim hat reduce UV exposure to the eyes by up to 98%.



#### Sunscreen

- Apply sunscreen regularly –30 minutes before going outside and then at least once every 2 hours.
- Reapply after playing sports if you have been sweating a lot
- Use a sunscreen with Sun Protection Factor (SPF) 15 or greater and UVA rating of at least 4 stars
- Only 1 in 5 young people use sunscreen outdoors in N Ireland
- Start protecting your skin <u>NOW</u> ... it may be too late in your 20s or 30s



## A healthy tan?



- Tanning exposes your skin to too much UV radiation and damage builds up over time
  - There is no such thing as a healthy tan
  - Too much UV radiation **speeds up skin ageing and wrinkling** and in some cases can lead to **skin cancer**
  - Never let your skin burn. Almost 3 in every 4 young people in N Ireland are ignoring this advice and have been sunburned at least once in the last year
  - **Don't use sunbeds.** There is a direct link between sunbed use and an increased risk of the most serious form of skin cancer. **This is why sunbeds have been banned for use by under 18s**.

## A healthy tan? - cont'd



Check out the "Sunface UV-Selfie" app in the appstore to see how your appearance might change over time depending on how well you protect your skin ... get your friends and family to try it too !



## Skin Most at Risk

- Certain skin types are more at risk from the effects of UV radiation than others
- Know your skin type



Type 1 – Always burns, never tans



Type 4 – Burns minimally, tans well



Type 2 – Burns easily, tans minimally



Type 5 – Very rarely burns



Type 3 – Burns moderately, usually tans



Type 6 – Never burns

The vast majority of people in N Ireland have skin type 1 or 2 – the types most at risk from UV damage

# So remember, NEVER use sunbeds and ALWAYS .....

