

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**
- UV 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  mark indicate they offer good eye protection
- ▶ **Sunglasses** and a **broad brim hat** reduce UV exposure to the eyes by up to **98%**.



Sunscreen

- ⑩ **Apply sunscreen regularly** –30 minutes before going outside and then at least once every 2 hours.
- ⑩ **Reapply after playing sports** if you have been sweating a lot
- ⑩ Use a sunscreen with **Sun Protection Factor (SPF) 15** or greater and **UVA rating** of at least **4 stars**
- ⑩ **Only 1 in 5 young people use sunscreen outdoors in N Ireland**
- ⑩ **Start protecting your skin NOW** ... 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 !



**Sunface -
UV-Selfie**

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 2 – Burns easily, tans minimally



Type 3 – Burns moderately, usually tans



Type 4 – Burns minimally, tans well



Type 5 – Very rarely burns



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

Take care in the sun by



- Staying in the shade
- Covering Up
- Wear sunglasses with 100% UV protection
- Wear a broad-brim hat
- Use sun protection with at least SPF15 and UVA 4 stars

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