



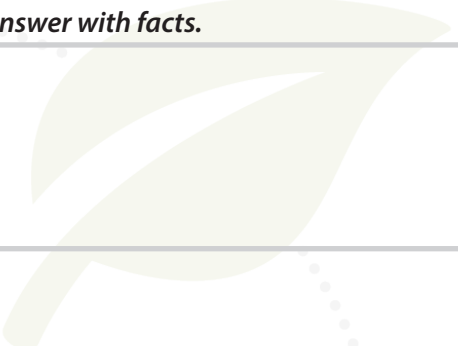


LifeSmarts

Learn it. Live it.

LifeSmarts U Sun Safety Activity True or Not so True?

Lesson Description:

Working in small groups or individually, use your knowledge and state whether you agree or disagree with each statement.

Statement	True or false? Defend your answer with facts.
Sunscreen is classified as an over-the-counter drug and the label must include a Drug Facts label.	
UVA rays account for 95 percent of the radiation that reaches the earth's surface and causes sunburn.	
When you are swimming or in water, be sure your sunscreen is labeled "waterproof."	
Sunscreen labeled "hypoallergenic" will be gentle on your skin and less likely to cause a rash.	
There are two types of sunscreen—mineral and chemical.	
You can be exposed to UV rays at night.	
Females, especially those with light skin, are most likely to get skin cancer.	



LifeSmarts U Sun Safety Activity

True or Not so True?

Statement

True or false? Defend your answer with facts.

<p>You can get sunburned in the shade.</p>	
<p>If you go slow, a "base tan" will protect you from sunburn.</p>	
<p>SPF—If you commonly get a sunburn in one hour, sunscreen that is SPF 15 allows you to be in the sun for 15 hours.</p>	
<p>It takes one ounce of sunscreen (2 tablespoons) to fully cover your body.</p>	
<p>One blistering sunburn in childhood or adolescence more than doubles your chances of developing melanoma later in life.</p>	
<p>If you have dark skin you don't need to apply sunscreen, you have built-in protection.</p>	
<p>Sunscreen should be reapplied every two hours.</p>	

