

Sun Safety Basics



Protect Your Glow

In this activity, you will learn why protecting your skin from the sun matters and how to practice **sun-safe habits** every day.

Why Protect Your Skin?

Even on **cloudy days**, the sun sends down **UV rays** (ultraviolet radiation) that can damage your skin cells over time. This damage builds up without you even feeling it. By starting **small, smart habits** now, you are protecting your future health and keeping your skin healthy for years to come.

The 4 Ways to Stay Sun Smart

1. Sunscreen

Always use SPF 30+ and reapply every two hours.

2. Seek Shade

Find natural cover like trees or umbrellas during bright days.

3. Wear Protection

Use hats, sunglasses, and long sleeves to block rays.

4. Watch the Time

Avoid the strongest sun between 10:00 AM and 4:00 PM.

Activity: Sun Smart or Needs Help?

Circle the option that best describes the behavior in each scenario:

1. **Walking to practice at 2 PM with no hat.** (Sun Smart / Needs Help)
2. **Sitting under a large tree with sunscreen on.** (Sun Smart / Needs Help)
3. **Going to the pool and reapplying sunscreen after swimming.** (Sun Smart / Needs Help)
4. **Sitting by a sunny window all afternoon with no sunscreen.** (Sun Smart / Needs Help)



Your Commitment

This week I will: _____