



## Sun Safety

Time Taken:  
20 Minutes



### Objectives

This section will introduce participants to the topic of Sun Safety.

Sun Protection 



 Skin Cancer



Effects of the Sun



## Step 1





### Effects of the Sun

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Tell participants that today the topic that will be covered is sun safety.

The sun is very important as it gives us light, heat and also produces vitamin D in our bodies (which is important for our bones). But the sun can also cause damage to our bodies.

The sun makes UV (ultraviolet) rays which can cause:

-  Sunburn.
-  Eye damage.
-  Skin cancer.
-  Ageing of the skin.

These UV rays can reach us all year round, on cloudy days and even if it is cold outside.

## Step 2

### Sun Protection

*What do we do to protect ourselves from the sun?*

#### Cover Up



☀️ Wear a hat that gives shade to the back of neck.



☀️ Wear a t-shirt or other shirt with a close-weave material.

☀️ Wear wraparound sunglasses, they should display the CE mark.



☀️ Seek shade from 11am – 3pm, because UV Rays are at their strongest during this time.



## Wear Sunscreen

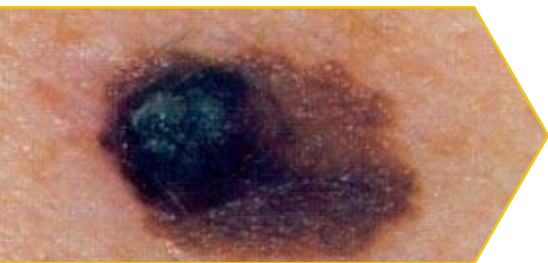
- ☀️ Sunscreen should have a sun protection factor (SPF) of 15 or higher and UVA protection.
- ☀️ Apply 20 minutes before going outside.
- ☀️ Reapply every two hours but more often if swimming or sweating.
- ☀️ It is important to remember that we should protect ourselves from the harmful UV rays of the sun every day not just in the summer.
- ☀️ Everyone should use a moisturiser with an SPF of at least 15 every day even in winter.

## Step 3

### Skin Cancer

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- ☀ People can get skin cancer if they spend too much time in the sun without protection or if they use sun beds. We know from earlier what steps to take to protect ourselves in the sun.
- ☀ In Ireland, the most common types of cancer are prostate, colorectal and lung cancers for males, and breast, colorectal and lung cancers for females. Skin cancer is common in Ireland but it is very curable especially if it is caught early. It is important for each of us to watch for new moles and changes to ones we have already.
- ☀ Go through the key changes to look out for with participants. If participants notice any changes in their moles they should visit their GP.



## Changes in Shape

From a round and regular shape to:

- ☀ Irregular shape with one half unlike the other.
- ☀ Ragged edges.



## Changes in Colour

From one colour to:

- ☀ Many shades of tan, brown or black, sometimes white, red or blue.



## Changes in Size

From small (top of a pencil) to:

- ☀ Big (larger than the top of a pencil) and growing or shrinking.

