

Teens & Tanning

SUN SAFETY UPDATE



Name _____

Hour _____

VIDEO WORKSHEET

Directions: After watching “Teens and Tanning: Sun Safety Update” answer the following questions.

1. When did tanning become popular?
2. What are some good things the sun does for us?
3. What are two consequences of too much sun exposure?
 - a. _____
 - b. _____
4. How many people a year in the United States will discover they have skin cancer (circle the correct answer)?
 - a. 50,000
 - b. 500,000
 - c. One million

5. What are the three types of skin cancer?

a. _____

b. _____

c. _____

6. Why are tanning beds considered unsafe by many professionals including Dr. Jacob?

7. When are the sun's rays the most strong?

8. What does S-P-F stand for?

9. What two ingredients should you look for in a sunscreen product?

a. _____

b. _____

10. What are some things you can do to enjoy the sun without damaging your skin?



TEACHER'S KEY

Directions: After watching “Teens and Tanning: Sun Safety Update” answer the following questions.

1. When did tanning become popular?

In the 1920s when fashion designer Coco Chanel came back from a cruise with a tan.

2. What are some good things the sun does for us?

The sun is the major source of Vitamin D which helps keep bones, muscles and the immune system strong. Also, it has been scientifically proven that spending time in the sun will improve your mood.

3. What are two consequences of too much sun exposure?

a. _____ *Wrinkles*

b. _____ *Skin cancer*

4. How many people a year in the United States will discover they have skin cancer (circle the correct answer)?

a. 50,000

b. 500,000

c. *One million*

5. What are the three types of skin cancer?

a. *Basal Cell Carcinoma*

b. *Squamous Cell Carcinoma*

c. *Melanoma*

6. Why are tanning beds considered unsafe by many professionals including Dr. Jacob?

The dangerous UVA rays penetrate more deeply than exposure to real sunlight and can lead to skin cancer.

7. When are the sun's rays the most strong?

Between 10:00 a.m. and 4:00 p.m.

8. What does S-P-F stand for?

Sun Protection Factor

9. What two ingredients should you look for in a sunscreen product?

a. *Zinc oxide*

b. *Titanium dioxide*

10. What are some things you can do to enjoy the sun without damaging your skin?

Seek shade during the peak sun hours from 10:00 a.m. to 4:00 p.m.; apply sunscreen with an SPF of at least 30; wear sunglasses, hats and other protective clothing; and stay out of tanning beds.



BE SUN SMART

What sounds fun to you? A day at the pool with friends, a beach volleyball game or showing up at a dance with a beautiful tan? We've been a culture of sun worshippers since famous fashion designer Coco Chanel made having a suntan cool way back in the 1920s. Now we know that there is a not-so-sunny side to getting too much sun. Making a few changes will keep you safe and happy in the sun; seek shade, apply sunscreen, wear sunglasses and protective clothing and stay out of tanning beds.

WHAT MAKES PEOPLE TAN?

Melanin is the natural pigment found in the skin of all humans. The darker a person's skin, the more melanin his/her skin contains. Africans, African-Americans, Latinos and Asians have more melanin in their skin than Caucasians.

As a person is exposed to the sun or UV rays from a tanning bed, their skin will darken. Tanning is a natural protective response of the body to UV light. If someone's skin tans, his/her body is sending its protective factors (melanin) to the surface of the skin to protect the lower layers of the skin tissue.

People with dark skin such as African, African-American, Latino or Asian CAN tan and/or burn their skin when they are exposed to UV light. Some, particularly lighter-skinned African or African-American individuals, Latino and Asian individuals will show signs of tanning. Their skin will become darker. They are more likely to also show signs of sunburn. Those with the blackest skin will rarely show any signs of either tanning or sunburn. While skin cancer, particularly melanoma, is uncommon in African-Americans, Latinos, and Asians, it is most deadly for these populations.

People who always burn, never tan, and are fair with red or blonde hair, green or blue eyes and freckles have a greater chance of developing skin cancer. This is because they do not genetically have as much melanin in their skin as those of dark-skinned races.

HOW DOES THE SUN AFFECT YOUR SKIN?

TYPE	DESCRIPTION	SUN EFFECTS
TYPE 1	Extremely sensitive	Always burns, never tans.
TYPE 2	Very sensitive	Burns easily, tans minimally.
TYPE 3	Sensitive	Burns moderately, tans gradually to a light brown.
TYPE 4	Minimally sensitive	Burns rarely, tans well to a dark brown.
TYPE 5	Not sensitive	Never burns.

WHAT SHOULD YOU LOOK FOR IN A SUNSCREEN?

Is it true that sunscreens sold in the U.S. don't protect against UVA rays?

Bottom line: The best protection against UVA currently available in this country is a broad-spectrum sunscreen with an SPF 15 or higher, containing titanium dioxide or zinc oxide (which physically block sunlight) or the UVA filters oxybenzone and Parsol 1789 (avobenzone).

CLASS ACTIVITIES

TANNING BED PUBLIC SERVICE ANNOUNCEMENT

Design a poster or create a television script to convince teens not use tanning beds. Include the dangers of tanning beds and the alternatives.

SUN SAFETY KIT

Make a Sun Safety Kit that includes everything you would need to be safe in the sun. Then you'll be ready to go to the pool, a picnic or any other fun-in-the-sun activity!