

# Sun Safety

## Teachers Notes

### Pre Excursion Discussions

1) Australia has one of the highest rates of skin cancer in the world. Why do you think sun exposure is a health issue for young people?

Discussion answers may include – young people are outside a lot for sports / games etc and therefore need to be more aware of sun safety.

2) Why do you think Australia has a high rate of skin cancer?

Answers may include our hot climate & beach lifestyle.

3) How important is sun protection for you and your friends? List as many sun protection items as you can think of.

Students to suggest

### Activities at the Park

1) Jamberoo has Health and Safety policies in place to protect its staff members from the sun and reduce the risk of skin cancer. As you walk around the park, list some different ways in which Jamberoo staff protect themselves from the sun.

Answers: Hats, sunscreen, zinc, T-shirts, shaded areas, sunglasses

2) What does your school do to help protect students from exposure to the sun?

3) What sort of facilities and equipment is provided at Jamberoo to help guests to protect themselves from the sun?

Answers: For sale at the shops are hats, sunscreen, zinc, T-shirts, sunglasses and pop up shades. There are also a lot of shady tree plantations, shelter structures and umbrellas around the park.

### Post Excursion Exercise

In a small group, design a poster or brochure to help promote sun safety at Jamberoo. Think of the key ideas you would like included and the messages you want to get across.

According to the graph, when should you be extra careful with your sun protection?

Answer: Between 11am and 3pm