



## **SunWise Flier Supplemental**

### **Estimated Time**

30 – 45 minutes

### **Supplies**

Computer

### **Directions**

Instruct students that they will be creating a flier that teaches people about protecting themselves from overexposure to the sun's harmful UV rays. To help students get started, hold a brainstorming session. Touch on issues such as the health effects of overexposure to the sun and the ways we can protect ourselves.

Students should also incorporate the SunWise safety tips into their flier. These tips can be found in the SunWisdom section of this Tool Kit or on the *SunWise website* ([www.epa.gov/sunwise](http://www.epa.gov/sunwise)).

Depending on your resources, ask the students to print out their fliers in color or black-and-white and present them to the class. If printing is not available, the students can rotate around the computer lab to see each other's work. If possible, post the students' work on bulletin boards around the school.



## SunWise Flier Supplemental

### Directions

Let's make a SunWise flier on the computer. Use fun images and text to communicate your message. Your flier should teach people how they can protect themselves from the sun's harmful UV rays. Brainstorm ideas with your teacher and classmates before you begin.

### Helpful Ideas For Your Flier

Decide on a theme for your flier. Your theme should focus on having fun and being sun safe.

Think about designing your flier in a fun way that shows action. Show students participating in activities during all seasons. You could also focus on one season and make different scenes showing people being sun safe (e.g., summer scene at the beach or in the park). Make sure you show people wearing sun safe items to reinforce your flier theme.

### Safety Tips You Can Use For Your Flier

*Limit Time in the Midday Sun.* The sun's rays are strongest between 10a.m. and 4p.m.

*Seek Shade.* Staying under cover is one of the best ways to protect yourself from the sun.

*Always use Sunscreen.* Apply broad-spectrum sunscreen with a SPF 15 or higher on exposed skin every 2 hours when outdoors.

*Wear a Hat.* A hat with a wide brim offers good sun protection for your eyes, ears, face, and back of your neck.

*Cover Up.* Wearing tightly woven, loose-fitting, and full-length clothing is a good way to protect your skin from the sun's UV rays.

*Wear Sunglasses that Block 99-100% of UV Radiation.* Sunglasses that provide 99-100% UVA and UVB protection will greatly reduce sun exposure that can lead to cataracts and other eye damage.

*Watch for the UV Index.* The UV Index provides information to help you plan your outdoor activities in ways that prevent overexposure to the sun. Developed by the National Weather Service (NWS) and EPA, the UV Index is issued daily.