



I Screen, You Screen...

Múinteoir Clíona taught us the importance of sunscreen today. Here are some facts that we learned.

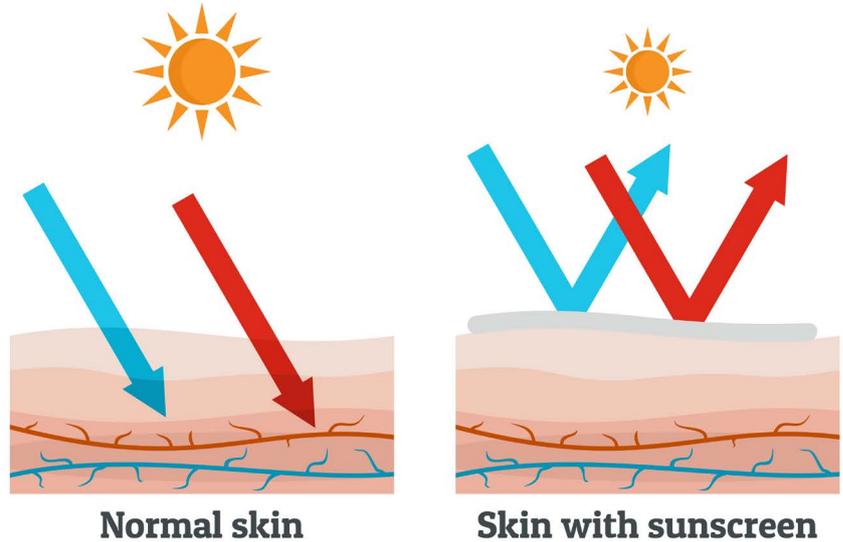


- 01** Even though the sun keeps our planet warm and comfortable for living things, it also sends energy toward Earth in the form of ultraviolet light.
- 02** We can't see ultraviolet (or UV) light with our eyes and if too much ultraviolet light hits your skin, it can damage your skin cells.
- 03** This can make your skin very red and painful. This is sunburn.
- 04** Sunscreen contains chemicals that can reflect or absorb ultraviolet light. This keeps the ultraviolet light from reaching and damaging your skin cells.



Quick Quiz

Answer these questions, based on the below information:



- 01** What does the sun do for our planet?
- 02** The energy the sun sends out is called what?
- 03** What happens to your skin when too much UV light hits it?
- 04** What does sunscreen do?
- 05** Did you get sunburnt before?
How did it feel and what did you do?





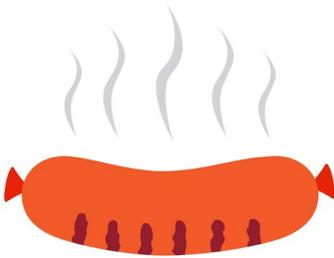
Sausagey Sunburn

Here's an experiment that really helps us to see and understand how the sun can effect our skin when we protect it, and when we don't protect it.

What you need: 2 raw, skinless sausages (if you don't need them for dinner!), A plate, Sunscreen, Sunshine on a hot day.

Method -

- 01** Place the two sausages on a plate. The sausages represent your skin
- 02** Put sunscreen on one sausage (try writing your name in sunscreen if you want, or draw a pattern!) and leave the other without anything on it.
- 03** Place them out in the sun, in a place that's out of reach of small children or animals, or anything else that might want to eat the sunscreeney sausages.
- 04** Wash your hands thoroughly, because you have just been handling raw meat.
- 05** After around 3 hours bring the sausages inside, wipe off the sunscreen and have a look at them.
- 06** The sausage without sunscreen should look sunburnt
- 07** The sausage with sunscreen should show the pattern/ name that you drew on it.



This shows the effect the sun can have on skin. Even sausages get sunburnt!



Stay Safe From Sunburn

You should always do what you can to avoid sunburn. Here are some handy tips to remember!

SUN SAFETY

SUMMER SKIN PROTECTION

- 

WEAR BROAD HAT
- 

USE SUNGLASSES
- 

WEAR PROTECTIVE CLOTHING
- 

AVOID SUN BETWEEN 11 AM AND 3 PM
- 

USE SUNSCREEN
- 

DRINK MORE WATER
- 

REFLECTION CAUTION
- 

SEEK SHADE
- 

AVOID DIRECT SUNLIGHT

Answers: 1) The sun keeps our planet warm and comfortable for all living things. 2) Ultraviolet light 3) You get sunburnt 4) It stops the ultraviolet light reaching and damaging your skin cells