

## SUN AND SAFETY – JUST THE FACTS

ALL of these facts are TRUE. Decide which ones you want to use in your news report.

Sunglasses will help protect your eyes from the harm that rays from the Sun can cause.

As well as the light we can see, the Sun gives out ultraviolet light. We cannot see this light but it can damage our skin.

Spreading suncream on your skin will help protect it from the damage that the Sun can cause.

Wearing a hat and T-shirt in the Sun won't protect all the parts of your body but it is an easy way to help you keep safe.

Suncream is sold in different strengths – the stronger the cream is, the longer you can stay safely in the Sun.

The amount of damage the Sun can do changes during the day. The effect is strongest when the Sun is highest in the sky.

If you are exposed to too much Sun you can get sunburnt, and your skin will be damaged.

You can still get sunburnt, even if there are clouds in the sky.

When skin is sunburnt, it becomes painful and red. The top layer of skin can sometimes peel off.

You can get sunburnt even if you are playing in the sea and have water all over your skin.