

# **The Sun Health Check: Test your „sun behaviour“**

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## Activity Description

### **Content & Goals:**

The activity refers to the differing behaviour in terms of sun exposure and sun protection of our friends in the summer camp story. UV radiation is not only good for our skin. Therefore it is important to develop a behaviour which protects us against too much UV radiation and helps us stay healthy. The pupils should be encouraged, by means of self reflection and peer reflection, to document, reflect and discuss their own behaviour with respect to sunlight and skin health. Sources of information are the learning texts in the module and two working sheets.

### **Realization:**

- Can be integrated into classroom lessons
- International links are possible

### **Variations:**

Working in couples, self and peer reflection

### **Requirements of material and media:**

- Learning texts in the learning module
- Working sheets provided

### **Time requirements:**

- **Preparation time:** low time need (up to 1 hour)
- **benötigte Unterrichtszeit:** about 1 period (45 mins.)
- **Wrap-up time:** low time need (up to 1 hour)

## Explanations and further information

### **Short description of the activity (working in couples)**

The reflection and the discussion should be done in couples. All pupils write down on a prepared working sheet (working sheet 1) their behaviour in terms of sunlight and skin health, in a way that is as detailed and as controllable intersubjectively as possible. After that, the pupils form couples who exchange their notes and comment on each other. On a second sheet (working sheet 2), the pupils appraise their partners' behaviour. They should justify this appraisal, and they should also make suggestion for an improved „sun-wise“ behaviour.

## Working sheets

Please find working sheet 1 and 2 on the following pages.

# The Sun Health Check: Test your „sun behaviour“!

## Working Sheet 1 Self-assessment of „sun behaviour“

Be honest: How do you deal with sunlight? Are you more of the “careless” type or do you take care very much not to catch sunburn or become tanned?

The following checklist will help you to explore your behaviour in terms of “sun behaviour”. The questions let you know which aspects you should think about. The questions can be answered freely. Try to be as sincere as possible.

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### 1. What is your skin type?

- Skin type 1    Skin type 2    Skin type 3  
 Skin type 4    Skin type 5    Skin type 6

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### 2. How often do you get sunburn during summer?

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### 3. a) In situations of strong UV radiation, do you adapt your clothing?

- b) Do you feel that protective clothing (hat /sunglasses / shirt / trousers) is helpful, or do you find it simply a nuisance?

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### 4. a) Do you use sunscreen?

- b) In which occasions do you use sunscreen?  
c) If you buy sunscreen, which are your criteria for choosing a product?  
d) Which Sun Protection Factor (SPF) do you use?

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### 5. a) Do you know what the UV index is?

- b) Do you go by it?

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### 6. a) Do you usually get a tan during vacation?

- b) Why do you like to take sunbaths during vacation? Resp. why do you prefer to avoid the sunlight?

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7. a) Do you go to sun parlours / solariums?

b) Why do you like to go there resp. why don't you like to go there?

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8. a) Do you use self-tanning creams?

b) Why do you use self-tanning creams resp. why don't you?

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9. Be honest: What do you like better: fair skin or dark skin?

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10. a) What do you like in your friends?

b) Does tanned skin play a role in that?

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11. Do you remind your friends to behave „sun-wise“?

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12. Do you regularly examine your moles or do you regular see your doctor to have them examined?

Are you ready? Please check if you answered all question and if you did it honestly.

When you are finished, please give your working sheet to a fellow pupil. He or she will check your "sun behaviour". You will soon know if you and the sun are an unbeatable team.

## The Sun Health Check: Test your „sun behaviour“!

### Working Sheet 2 Evaluation sheet and recommendation for „sun-wise“ behaviour

In the learning texts you learned some important facts about sun protection and the correct behaviour regarding sunlight. Now you are asked to look at your fellow pupil's "sun behaviour". He/she noted it down on Working Sheet 1.

**Please appraise your fellow pupil's behaviour regarding sun protection.** (Please choose one of the ratings on the scale below.)

- Excellent
- Good
- Okay
- Not so good
- Unreasonable

**Why did you appraise your fellow pupil's behaviour with the above rating?**

(Please enter your reasons in the field below.)

**Which recommendations would you like to give to your fellow pupil so that he/she can enjoy the sun and stay healthy?** (Please enter your recommendations in the field below)

**Which recreational activities could you suggest to your fellow pupil as an alternative to passing the time in a tanning parlour resp. passing the vacation with sunbathing?** (Please enter your suggestions in the field below.)

Completed? Then please meet with your fellow student and discuss your behaviour regarding sunlight and skin protection. What could you learn from each other?

## International Links

The pupils discuss and compare in English language the varying patterns of behaviour regarding sun exposure and skin health e. g. in the countries of Romania, Italy and Germany.

Firstly, the pupils may want to collect within the class everything they observe about the "sun behaviour" of their fellow Romanians / Italians / Germans. Furthermore, they can collect observations and "prejudices" about the "sun behaviour" in other nations (e. g. the Germans in Italy, Britons in Greece, Asian people in Europe, Western people in Thailand etc.).

Finally, the pupils present their results in an international discussion and discuss them with regard to the question, who could learn what from which country or culture about sun protection.

This activity is based on the learning text of the module „Sunlight and Skin Health“ and on the information collected by the pupils on their own „sun behaviour“.