Look at the pictures below. Think about the risks the weather creates. Write on post it notes.











Let's sort them together.

How would we reduce the risks?

Risks affecting individuals	Risks affecting property

This week we are going to think about how to stay safe in the sun.



LO: to describe how to stay safe in the sun.

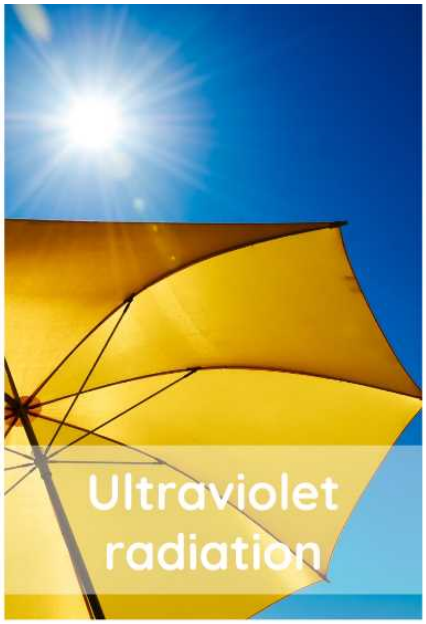


Moderate amounts of sunshine is good for us.

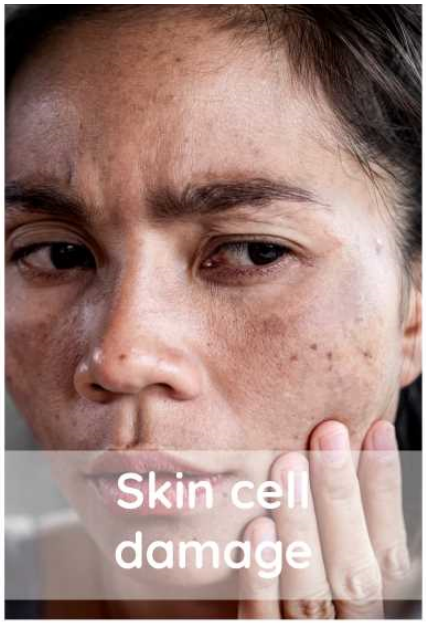
It boosts the happiness hormone in our brain called serotonin so it improves our mood.

We also get vitamin D from the sun which our bodies need for healthy bone growth and our immune system, which helps us to fight off illness.

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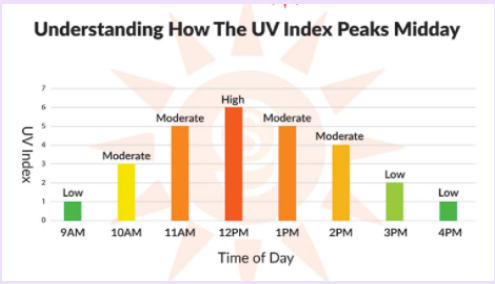




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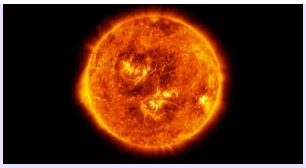
Ultraviolet radiation

The sun is at its strongest in the summer in this country and is particularly strong between the hours of 11am and 3pm. UV can still be high even when there is cloud cover.



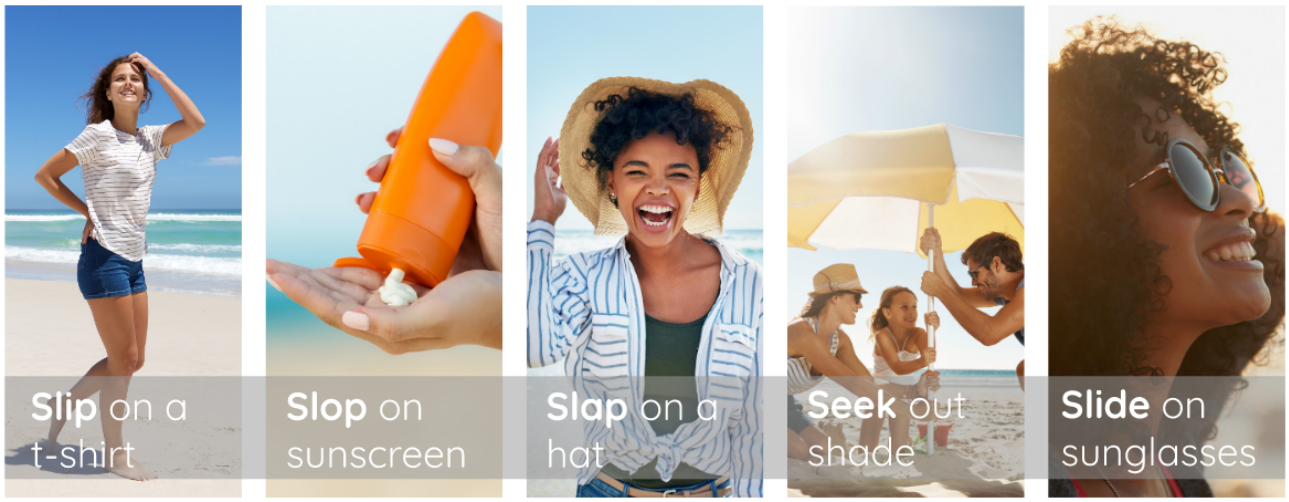
When ultraviolet radiation from the sun reaches our skin, it damages the skin cells which is why we burn. The sunburn will eventually heal but some of the surviving cells will have mutated beyond repair and these cells could then cause an illness called cancer. If caught early enough, skin cancer can be treated but it isn't a nice thing to get and prevention is always better than cure, and we can help to prevent it by protecting ourselves from the sun.

Discuss



How do we protect ourselves from the sun?

Why don't people always protect themselves?



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Read through and answer. 5 mins.

Scenario 1

Amelia and Becca are playing football in the park during the school summer holidays. It's a sunny day and at about 10am they realise they put sunscreen on first thing but haven't bought any to put on later. They are annoyed because they have drinks and lunch with them and they are enjoying the game.

- What are the risks if they don't put more sunscreen on?
- What can they do?
- How could they do to stop this happening again in the future?

Read through and answer. 5 mins.

Scenario 2

Chad has very fair hair and always wears a hat during the summer. Some slightly older children have started to pick on him and say he looks silly.

- What are the risks of not wearing a hat?
- What can Chad do?
- Who could help if he needs it?

Read through and answer. 5 mins.

Scenario 3

Antonia and Eloise have been friends for years. Eloise's mum has hired a sunbed to get a tan before her holiday. Antonia and Eloise are alone in the house for half an hour and Eloise suggests they have a go on the sunbed. Antonia doesn't want to as she knows it is bad for her.

- What are the risks of using the sunbed?
- What can Antonia say to Eloise