

SunSmart Poem by Chloe Fakhri

SunSmart is being skin smart,
Looking after your body and heart.
To be SunSmart,
You have to follow some rules,
These rules apply when you go to the pools.
Slip: on protective clothing,
Cover your shoulders and your knees .
C'mon you can do it!
Put down that caffeine.
Slop: on some sunscreen,
Keep away harmful UV rays.
Slap: wear a hat and protect your face,
Seek: shade,
Contentious time in the sun doesn't affect you is a cliché.
Be SunSmart even when the sun is not out
Those harmful UV Rays are still about
Slide: on sunglasses
Pink, yellow or blue
It does the trick
And protects you from getting sick
So why worry and fuss?
Do you want to catch your next school bus?
Or be sick in a bed
With skin cancer instead
Be cautious and careful
Be smart and safe
Understand the risks you may obtain
Fair skin and red hair
Blue eyes or green
You have a greater chance of developing skin cancer than me
Freckles, moles and sunspots
A greater chance to
Sunburn and family history
Even solarium use can abuse
So the message is
Be cautious and careful
Be smart and safe
Although there are many positives about the sun
Understand where you stand
And what can be done
Don't forget the rules
They are there to keep you feeling fresh and cool
So get on out
Enjoy the sun but make sure you do all that is possible to
Reduce your risk of skin cancer
And perhaps with your free time consider becoming a ballet dancer
With the benefits of being SunSafe
You can consider yourself SunSmart
You can go out and about wearing a huge grin
Knowing you will ...
Keep your original skin