

A moment in time



Suggested year level

Years 9 and 10

Prepare yourself (teacher)

View the clip *Dear 16 year old me* and familiarise yourself with the ideas presented.

Class resources

- Computer, data projector and screen to show the *Dear 16 year old me* clip.
- One copy per student of the *Dear me ...* letter template included on page 3.
- Coloured pencils and textas for students to decorate their letter.
- Water proof, rust proof time capsule.

Estimated time required

3 periods.



The activity

- 1 View the clip *Dear 16 year old me* and as a class, discuss the following:
 - a) Why does the clip focus on this age group?
 - b) What physical, social and emotional changes are happening at this age that might make 16 year olds reluctant to follow sun protection advice?
 - c) Why is sun protection an easier message to sell in primary schools?



2 Your class is going to put together a time capsule to be buried on school grounds and opened again in the future. Using the letter template on page 3, write a letter to yourself addressing the following:

- a) How do you feel about your skin at this stage in your life?
- b) What skin care practices are you willing to commit to from now on?
- c) How do you hope to feel about your skin when the time capsule is re-opened?
- d) What messages and/or advice do you want to give your older self about sun protection?
- d) What are the important life lessons you have learnt so far?
- e) What do you hope your older self will have achieved/experienced when the time capsule is re-opened?

3 Decorate your letter with images of things that represent you and are important to you now, at this stage in your life.



Extend yourself

Use a digital camera to make a class video time capsule. You might like to include images of your school grounds, uniform and teachers, so that you can see how they have changed when you re-open the time capsule.



Teacher assessment advice

As this lesson involves student's thoughts, experiences and hopes for the future, no formal assessment is required.

Dear me ...