

UV adds up



Suggested year level

Years 7 and 8

Prepare yourself (teacher)

View the **UV. It all adds up** clip and familiarise yourself with the ideas presented.

Class resources

- Computer, data projector and screen to show the **UV. It all adds up** clip.
- A3 poster paper
- Coloured pencils

Estimated time required

2 periods



The activity

View the video clip **UV. It all adds up** and complete the following questions.

- 1** List all the places/times where you are exposed to UV radiation.

1 Mark

- 2** Define what is meant by incidental UV exposure.

1 Mark

- 3** Define what is meant by cumulative UV exposure.

1 Mark

- 4** *UV. It all adds up* warns of the danger of ‘incidental’ UV exposure, challenging the idea that it is only tanners or those with visible signs of UV damage that get skin cancer. How would you explain this concept to a stranger in one paragraph?

3 Marks

- 5** Design a device which could be used to record or track your UV exposure.

5 Marks

- 6** What are other ways to remind people that their UV damage is adding up when they're outdoors unprotected?

2 Marks

- 7** You can't always see UV damage that's happening underneath your skin. Come up with one way to educate people about this concept.

2 Marks

- 8** What are some professions that may not realise that their UV exposure is adding up? How would you go about teaching them?

4 Marks

- 9** What persuasive words would be useful to use to convince someone to use sun protection? List 5.

5 Marks

- 10** Compare the text and image below – which is more persuasive to you and would convince you to change your sun protection practices? Give reasons for your answer.



Prevention is better than cure when it comes to Australia's most common cancer. Two in three Australians will be diagnosed with skin cancer by the age of 70. For young Australians aged 15–29 years, melanoma is the most common cancer. SunSmart want Australians to know that anywhere you go, ultraviolet (UV) radiation will damage unprotected skin. And it just keeps adding up. It's not just regular tanners or sunbakers who are at risk of skin cancer. Your skin is like a memory bank – it remembers all the sunburns, all the tans and all the time you spent exposed to the sun's UV radiation, without sun protection. Every time you expose your skin to UV radiation, changes take place in the structure and function of your skin cells. You can't always see the damage, but it is irreversible and will worsen with every exposure. Over time, this skin damage can result in premature ageing, eye damage, sunspots, and at worst, skin cancer. Once a skin cancer has developed, the damaged cells can spread through the bloodstream to other areas of the body. The good news is that skin cancer can be prevented, by using a combination of sun protection measures – hats, clothing, sunscreen, shade and sunglasses.

4 Marks

- 11 Use a selection of the following persuasive words to write a paragraph encouraging people to be SunSmart.

damage distressing
specifically proven illustrates likewise
evidence results yet trauma
vital consequently healthy
thus risk sensible smart
disturbing purpose preventable
important dangerous safe
strongly

5 Marks

- 12 Discuss the benefits and disadvantages of using scare tactics to persuade people to change their behaviour.

2 Marks

- 13** Give an example of a health issue that uses scare tactics.

1 Mark

- 14** Discuss the benefits and disadvantages of rewarding people for positive health behaviours.

2 Marks

- 15** Give an example of a health issue that rewards people for positive health behaviours.

1 Mark

- 16** Give your opinion on whether you believe scare tactics or positive reinforcement are more effective at getting young people to use sun protection. Give reasons for your answer.

3 Marks

Total _____ /42



Extend yourself

Using the example below, draw a decision tree to make a decision about if/when to use sun protection.

Should I wash my clothes?



Teacher assessment advice

To assess, use the allocated marking scheme.