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?

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.
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?

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 ...


