



The Importance of Sunscreen



It's fun to play out in the sun, but we need to be cautious about protecting our skin from the sun. We need a little bit of sun (it's great for Vitamin D!) but too much sun can damage our skin and cause health problems.

Our researchers at Telethon Kids study how much we can expose our skin to the sun before it starts causing damage.

Sunscreen contains chemicals that can absorb UV light, which is the part of sunlight that causes skin damage. Putting sunscreen on our skin every few hours helps to protect our skin when we're in the sun.

In this simple activity, we'll see the effects of the sun and how sunscreen can help us!

RECOMMENDED FOR: Ages 3 years and older

TIME NEEDED: 10 minutes preparation, plus a few days for the papers to be outside in the sun



Step 1: Find some coloured paper and put them outside. You will need to put something on them to stop them from blowing away, such as a rock.



Step 2: Put a generous amount of sunscreen on your hands, then rub them together so the palms and fingers are coated.



Step 3: Place a sunscreen handprint on each piece.

Step 4: Leave the papers out in the sun for a few days.



Step 5: Collect the papers and observe the effects. You will notice the colour of the paper has faded in the sun, except where you left your sunscreen handprint! The sunscreen has protected the paper and the oils in the sunscreen have kept the handprint in good condition. The sunscreen will protect your skin and keep your skin in good condition too.

DID YOU KNOW?

Have you ever noticed that on some days the sunlight feels hot and harsh, while on other days it feels warm and gentle, particularly on cloudy days?

We measure how strong the sun is and how damaging it can be for our skin. This measurement is called the UV Index. You can find the UV Index rating in the weather forecast for each day.

A low UV Index means the sunlight is not very damaging, but a high UV Index means you need extra protection from the sun! Check out today's weather forecast and find out what is today's UV Index.

UV Index	Exposure Level
2 or less	Low
3 to 5	Moderate
6 to 8	High
8 to 10	Very High
11+	Extreme