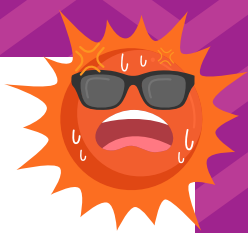




# Safety in the Sun



Sunshine helps make special hormones in the skin which are important for healthy bodies. Vitamin D is one of these hormones, and it helps to make strong lungs, brain and bones.

But did you know that too much sun is bad for you? It can lead to skin cancer and can also damage your eyes. Our researchers are looking at what is the safest amount of sun, so that it is helpful and not harmful to our bodies.

Can you think of some things you might need to stay safe in the sun?  
Colour those items below.

