

Time Out, Protect your Skin

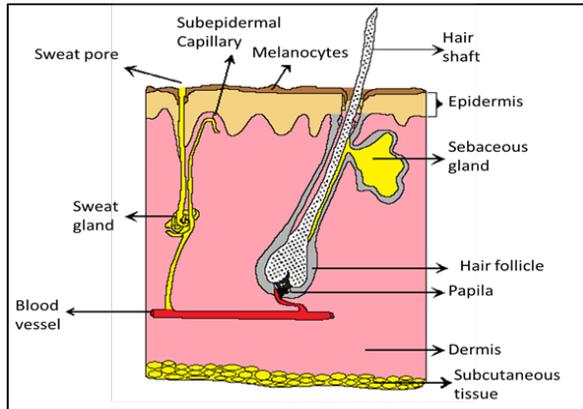


No Matter What the Season...

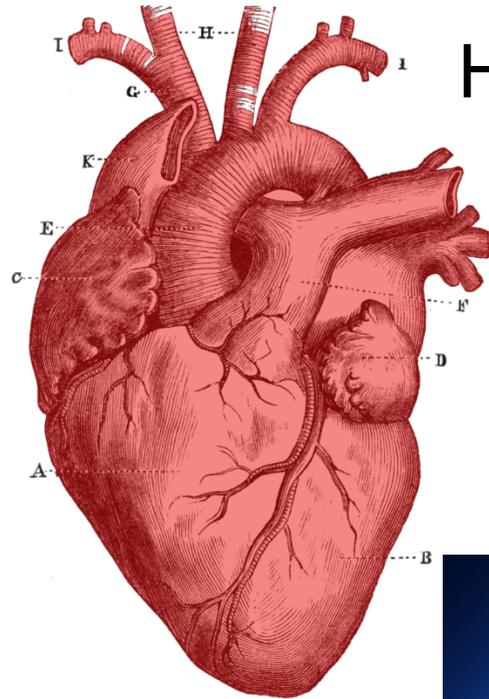


What is the largest organ in your body?

Skin

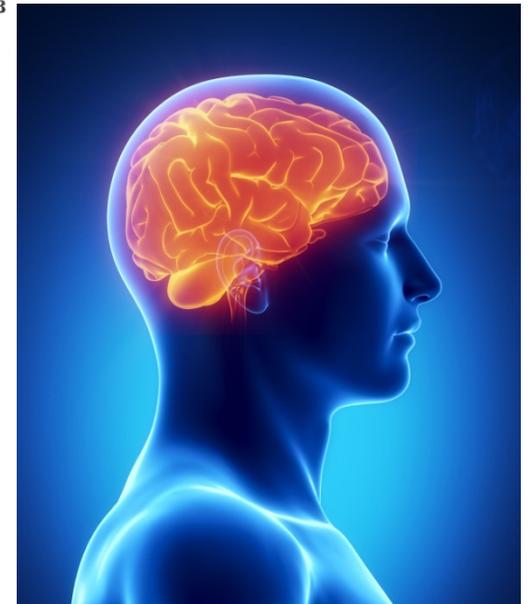


Heart



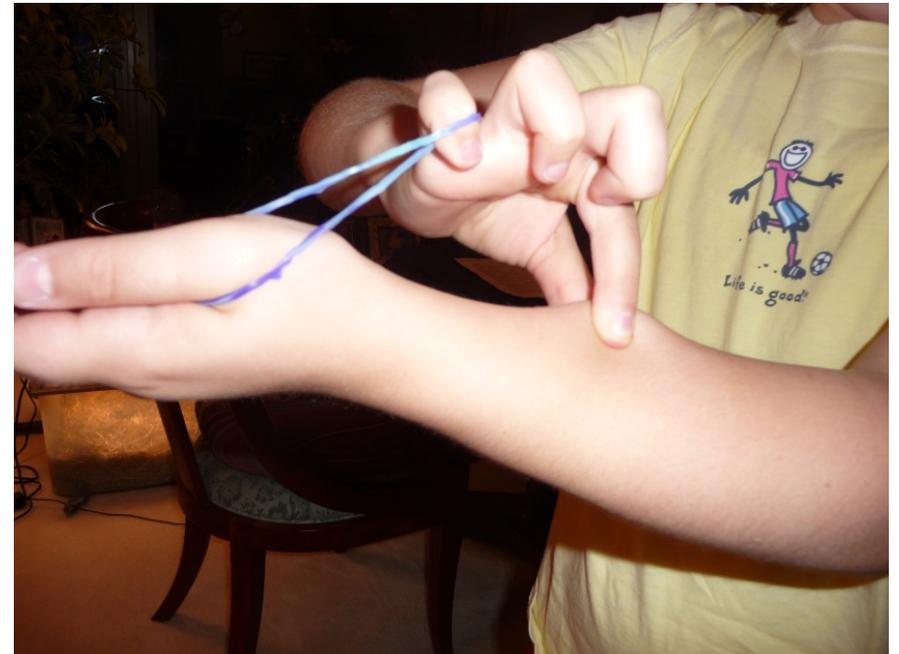
Muscle

Brain



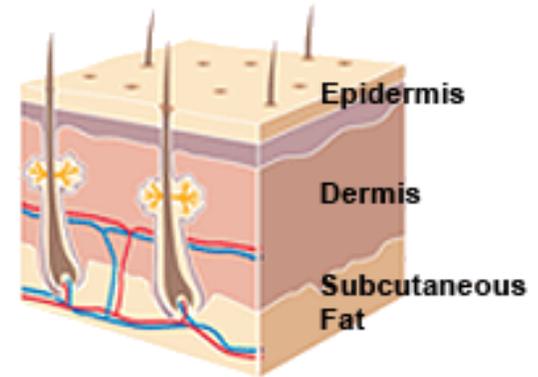
Skin is..

- Waterproof
- Stretchy LIKE A SILLY BAND 😊



Your Skin Has Layers, too!

- **Epidermis**- top layer of the skin
 - You can touch this part of your skin
- **Dermis**- bottom layer of the skin



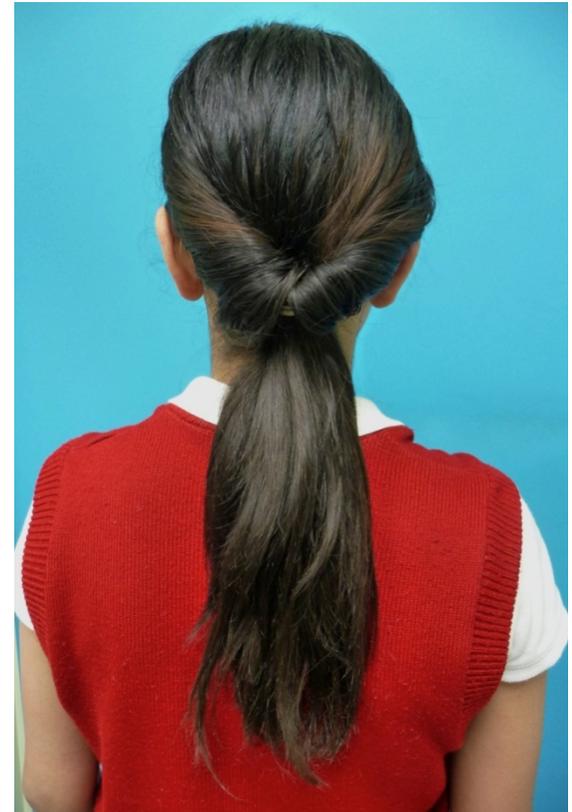
Layers of skin.



Special Part of Skin - Hair

HAIR

- Non-living tissue
- Keeps your head warm
- Protect the body – eye brows and lashes and even nose hair



Special Part of Skin - Nails

NAILS

- Protects sensitive areas of fingers and toes

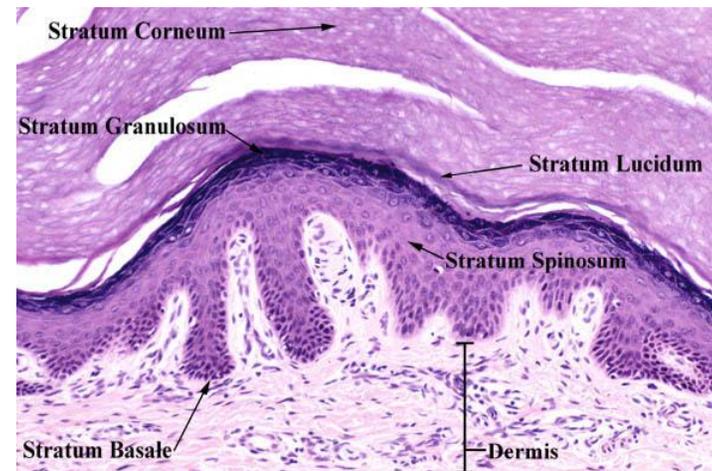


What Your Skin Does...

- Keeps out germs
- Heals cuts
- Feel, sense and touch
- It keeps your insides from falling out. **GROSS!!!**

- Keeps you **warm** when its **cold**
- Keeps you **cool** when its **hot**
 - Your body sweats when it needs to cool down.

Fresh New Skin Every Month



Skin & The Sun

- Skin protects against sun's rays but needs your help!
- Sunscreen, hat, sun protective clothing, sunglasses, and playing in the shade



Skin Tones of Every Shade



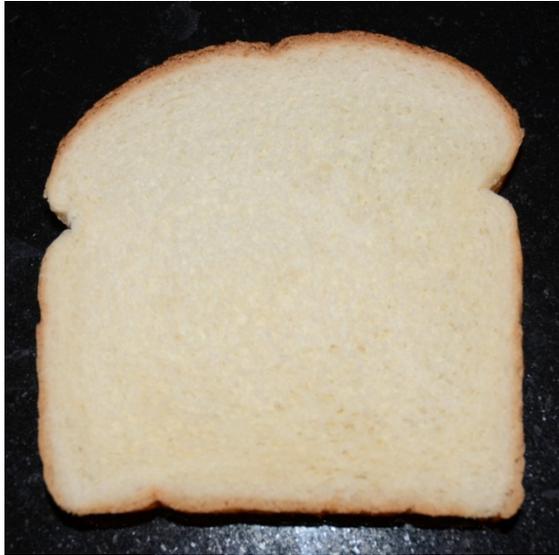
- Each person's body makes a different amount of pigment (melanin)
- Lighter skin has less melanin.
- Darker skin has more melanin.

Indoor Tanning- NO WAY!



- This is an intense form of ultraviolet light.
- 15 minutes in tanning bed = All day sun at the beach
- Causes permanent damage to skin cells.
- Makes you look older faster.

Tanning Beds are like Toasters



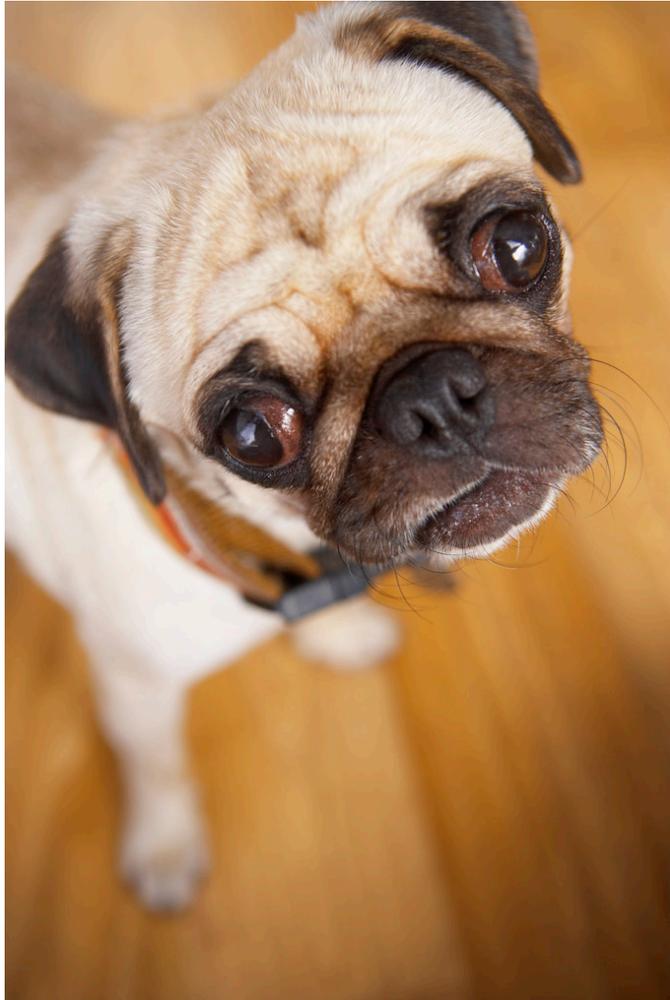
+



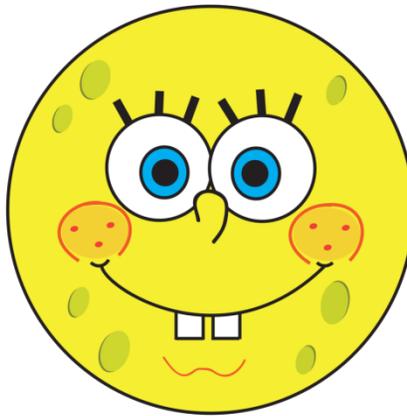
=



Wrinkles are Cute in Puppies...
Not So Much in People.



Don't Tan. Your Skin Thanks
YOU!



What Normal Moles Look Like



All About Moles

- Everyone has moles.
- Color can range from light tan to black.
- They can be flat or raised. Some even have hair.
- Most moles not a problem over your life.
- BUT, if a mole changes, grows or bleeds
→ see a Dermatologist (Skin Doctor)!
- Too much sun can make moles change.

ABCD's of Bad Mole Changes



A



B



C



D

Too much sun?

Tan

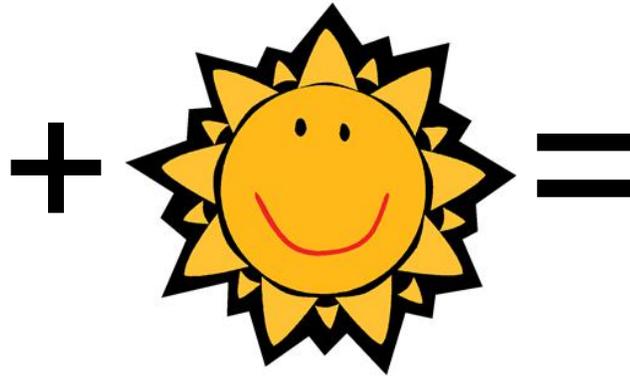


Burn (hurts!!!)



Both damage your skin!

Grapes are just like YOUR SKIN



Tan Now



Wrinkles Later



Most sun damage happens as a child

"I told my mom I
didn't need
sunscreen
and just
look at me now!"

Sunscreen
prevents
skin damage!!



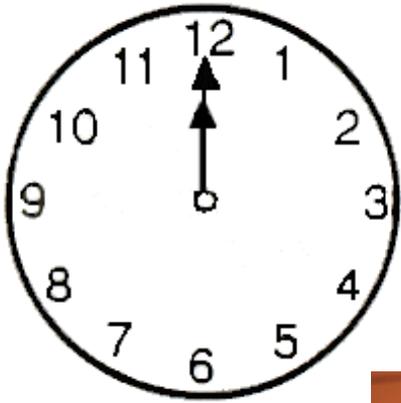
What is the **Safe** way to get Vitamin D to build strong bones and teeth?



or



What Time is It ?



OUTSMART THE SUN: Don't forget to reapply



- You swim,
- You sweat,
- You need to put on more sunscreen!



From 12:00 to 2:00 pm

- Sun is the strongest
- To avoid Sunburns →
Play In
The Shade



What is Shade?

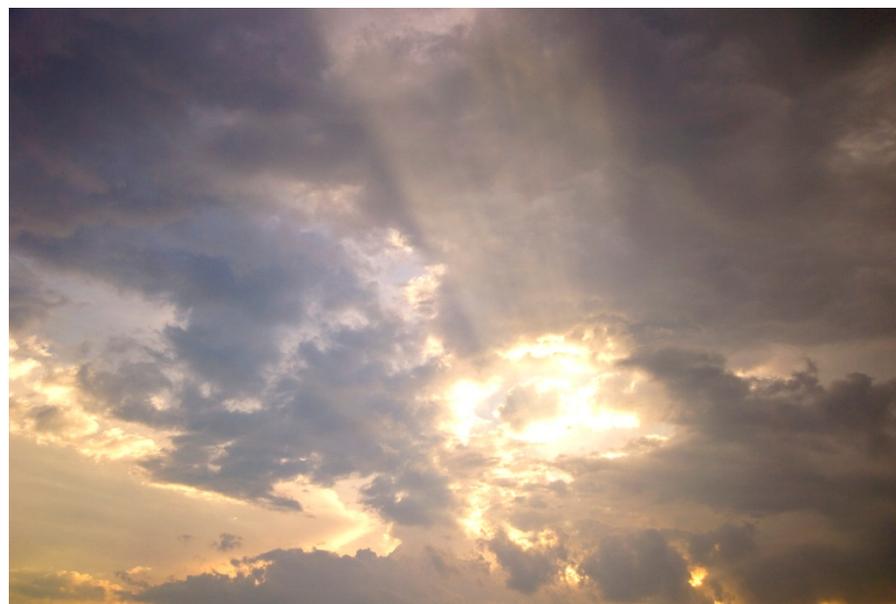


Sun-Proof Yourself....

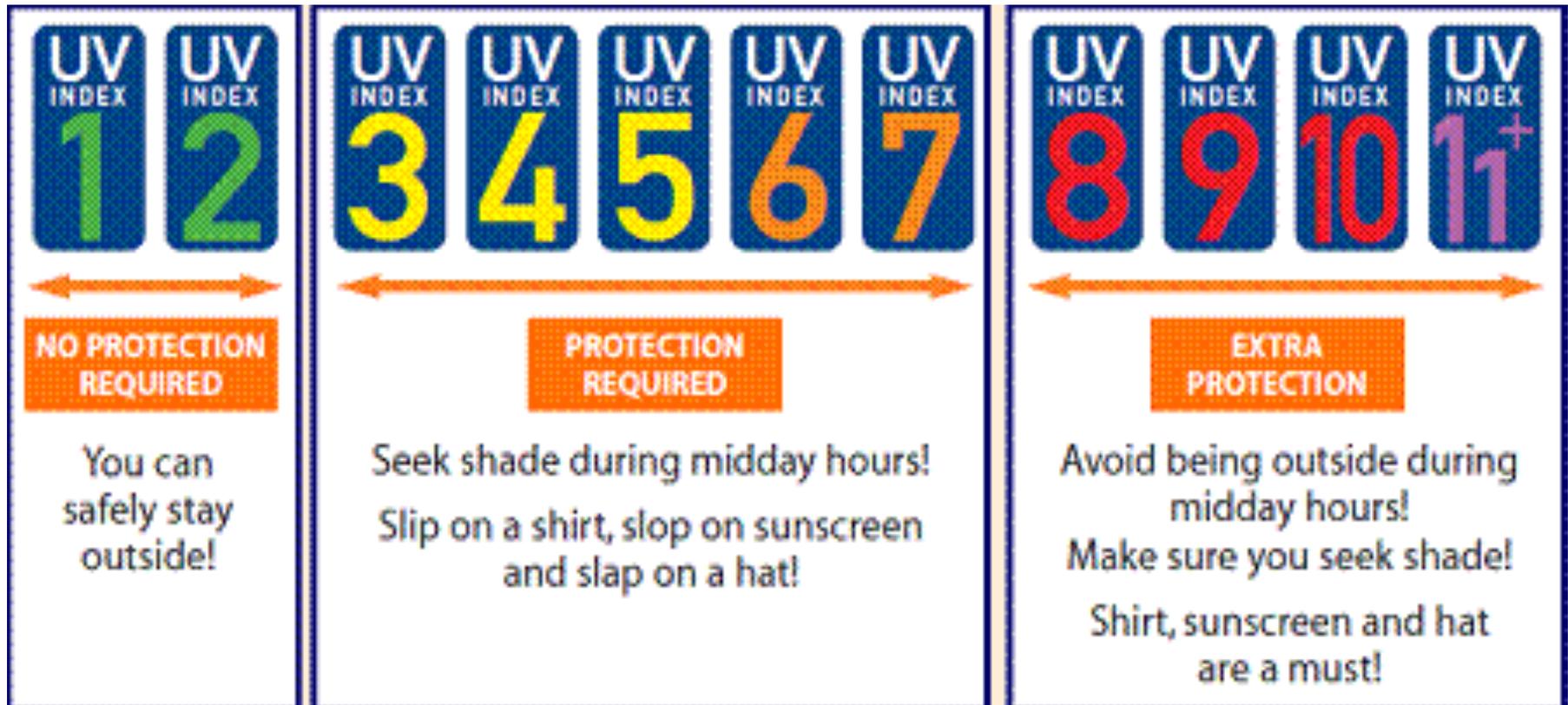


Even on cloudy days...you still need sunscreen!

- Apply 30 minutes before you go out
- Reapply every 2 hours
- Reapply after swimming and sports



UV Index



What is a Sunscreen Anyway?

- Sunscreens are lotions, creams or sprays which protect the skin by absorbing or reflecting the sun's rays.
- Sunscreens prevent sunburns, tans and damage to the skin cells.
- You need to use enough sunscreen to get the promised protection!



What Does SPF mean?

SPF = Sun Protection Factor

- Say you normally burn in 5 minutes outside with sunscreen...
- A sunscreen with SPF 30 would protect you for 30×5 minutes = 150 minutes or 2 ½ hours.
- Your sunscreen should say “BROAD SPECTRUM” to get best protection.

Crystal ball,
What is the best SPF Number?



Remember to reapply

Now for a MATH story problem

- A 10 oz. bottle lasts for 10 applications for face and body...not all summer.
- How much is enough?



versus



Which hand shows the right amount of sunscreen to cover your face?



Thank you!!!



www.playsafeinthesun.org