

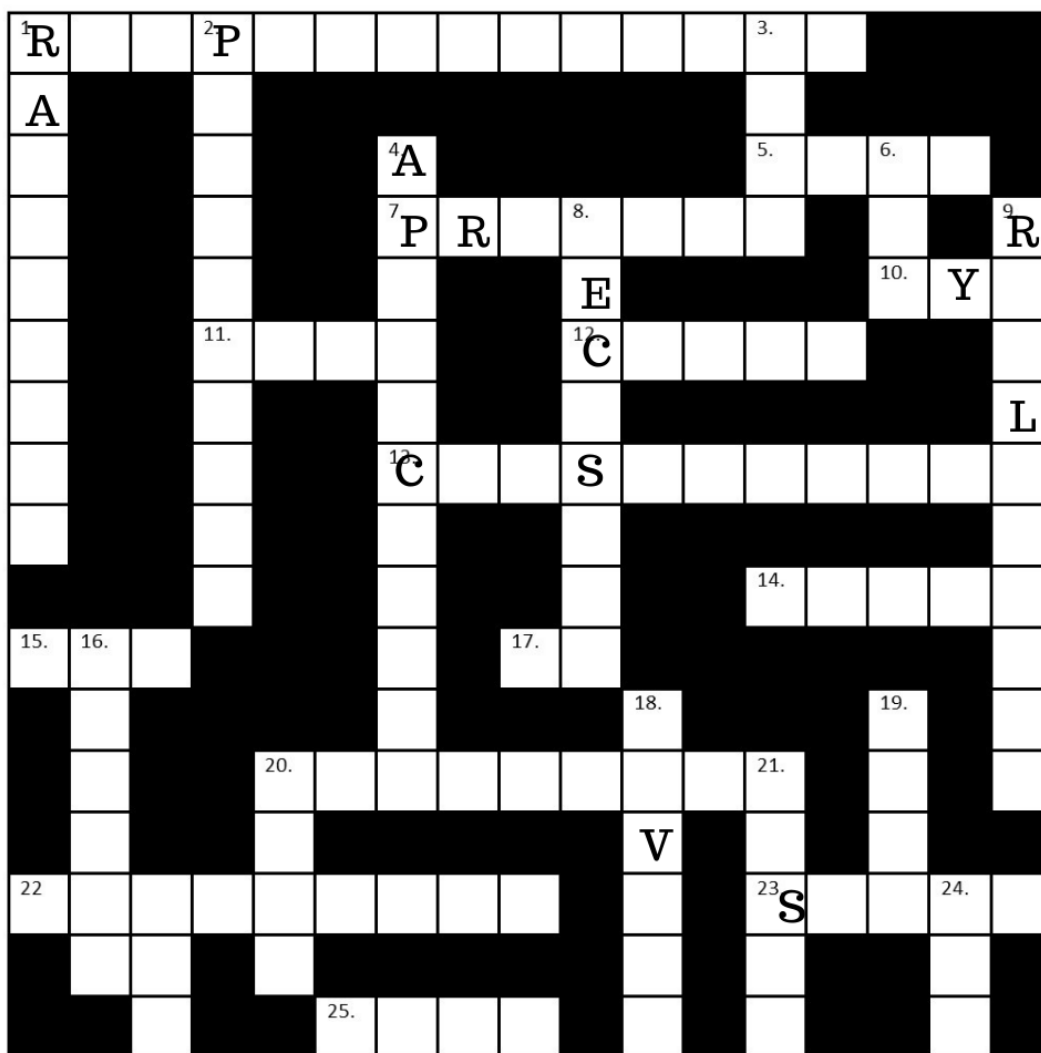
# Crossword

## Across

1. Skin protection is your \_\_\_\_\_
5. These are very sensitive to the sun - \_\_\_\_\_
7. Exposure to the sun can \_\_\_\_\_ skin cancer and other skin problems.
10. Melanin is a type of \_\_\_\_ in the skin which protects us from UVR
11. Melanie is a \_\_\_\_\_ dude
12. Sun \_\_\_\_\_ is another name for sunscreen
13. Sun burn could be a \_\_\_\_\_ of not protecting your skin
14. A \_\_\_\_\_ gives very good protection to the body.
15. \_\_\_\_ is an abbreviation for ultraviolet radiation
17. You slip \_\_\_\_ your shirt
20. You slop on your \_\_\_\_\_
22. Your skin is a very \_\_\_\_\_ organ
23. It is important to have good sun \_\_\_\_\_
25. Sun \_\_\_\_\_ can be very painful.

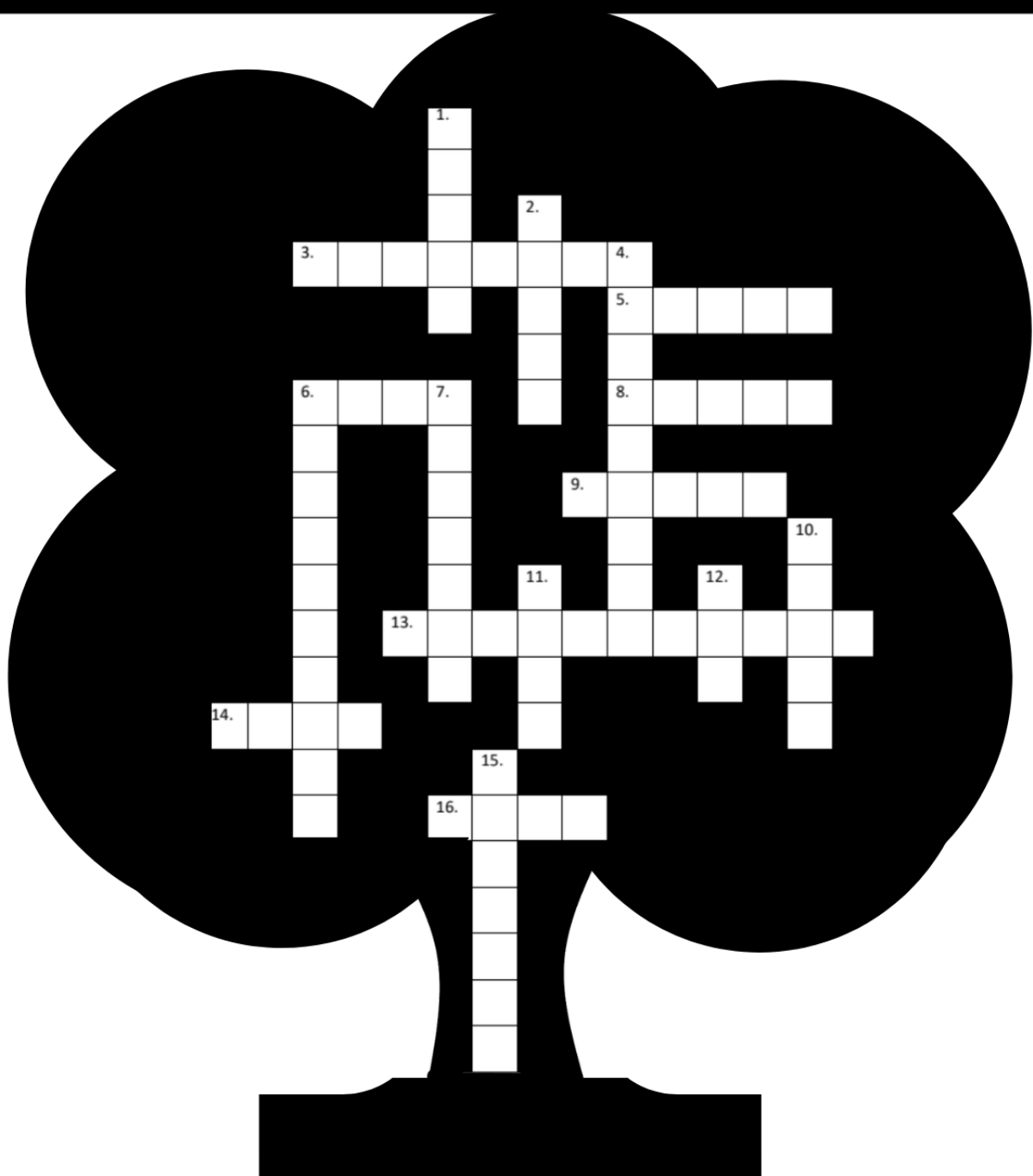
## Down

1. Ultraviolet \_\_\_\_\_ comes from the sun
2. Shade give excellent \_\_\_\_\_
3. A \_\_\_\_\_ is a great source of natural shade
4. The \_\_\_\_\_ of sunscreen is essential for healthy skin.
6. One of the first signs of damage is when your skin goes \_\_\_\_\_
8. To look after your skin is an important \_\_\_\_\_
9. People forget that \_\_\_\_\_ of UVR can also be dangerous.
16. Ultra \_\_\_\_\_ radiation.
18. \_\_\_\_\_ sunburn can be very painful
19. The \_\_\_\_\_ is the largest organ of your body.
20. You \_\_\_\_\_ on your shirt
21. Because your \_\_\_\_\_ sticks out, it can easily be burnt.
24. \_\_\_\_ (goes with -shine, -screen, -shade, -glasses, -visor, -protection)



Cool Melanie





1. Provided by trees and shelter
2. \_\_\_\_\_ up with a shirt and hat
4. Slop on a \_\_\_\_\_
6. Shade gives you this from the sun
7. A playground \_\_\_\_\_ provides shade
10. If the UV is above \_\_\_\_, slip under a tree
11. For total blackout on your nose and lips use \_\_\_\_\_ cream sticks
12. Slap on a \_\_\_\_\_
15. Red skin from too much sun

### Clues Across

3. Opposite of indoors
5. \_\_\_\_\_ violet radiation can cause skin damage
6. The word for the + sign
8. Slip on a \_\_\_\_\_
9. Plant these for more shade
13. A type of hat which covers the head and neck.
14. You need to protect this from the sun
16. Too much sun will make your skin \_\_\_\_\_



**HMF**  
Hunter Melanoma Foundation

# Sally's Sad Swim Session

Sally Scott lives not far from me. She and i are in the same class as school and go home together. Our parents wanted us both to so swim classes in the holidays and they would share driving us. On the first say we arrived about ten minutes early to find out what who was our teacher and where we were to meet everyday.

My mum had sent me with a rash shirt and sunscreen already on. Sally's mum dropped us off at the pool.

"I'll pick you up in about an hour. Please wait out the front of the swimming pool until I arrive. Sally, put on your sunscreen before you start, please. Have a nice lesson!" said Mrs Scott.

As her mum drove off we entered the pool area. We were pleased to see other friends from school and started to hear their holiday stories. We had to wait beside the pool until our names were marked off the roll and then each teacher collected the correct group. Our teacher was young. She had a t-shirt, hat and sunglasses on as well as zinc on her nose and lips. She asked us to make a line. We had to get into the water at the edge of the pool. I stood next to Sally and got into the water first.

"How deep is it?" she asked.

"You'll be all right, I can just stand up." I replied.

Th first day's lesson seemed to go very quickly. we dried ourselves and then went to wait for Sally's mum.

"Oh no!" I cried, "look at your shoulders and neck!"

"What? Ouch! That hurts! Did I get sunburnt?" she asked.

"You sure did!" I replied.

Sally's mum was not happy when she picked us up. sally was not allowed to play for the rest of that day. She even got blisters on her shoulders. They hurt so much that Sally could not sleep much that night. when she arrived at my house the next day she had a hat, rash shirt and sunscreen on all the bits that could be burnt.

Sally was very careful to remember how to avoid getting sunburnt after that.

1. What did Sally forget to do ?
2. What do you think Sally's mum said to her when she got home ?
3. Write a dialogue between Sally and her mum.
4. Do you think that Sally learnt from the experience?
5. Sally's swimming teacher is one example of a person who works outdoors. Write a list of 5 other occupations which involve work outdoors.
6. What other outdoor activities might you do that put you at risk of sunburn ?
7. Write a list of instructions for Sally to follow the next time she goes for a swimming lesson.
8. Write an argument on one of the following :  
"It was Sally's mum's responsibility to ensure she was protected".

OR

"It was Sally's responsibility to protect herself"



# FILL IN THE BLANKS

responsibility

balconies

ultraviolet

facial

sunscreen

sensitive

decision

verandahs

reapplied

protect

radiation

legionnaire

application

exposed

consequence

Each person has the \_\_\_\_\_ to \_\_\_\_\_ his or her skin from harmful \_\_\_\_\_ from the sun.

The \_\_\_\_\_ of \_\_\_\_\_ helps to ensure \_\_\_\_\_ rays can not damage even the most \_\_\_\_\_ skin.

Sunscreens should be \_\_\_\_\_ every two hours and it helps to play in shaded areas such as \_\_\_\_\_, \_\_\_\_\_ and under trees.

The \_\_\_\_\_ hat originated in the desert and was worn by troops who were continually \_\_\_\_\_ to the sun.

While sunscreen protects all your skin, the legionnaire hat protects the delicate \_\_\_\_\_ areas of the neck and ears.

The \_\_\_\_\_ of damaging your skin at an early age is very serious and each individual needs to make the right health \_\_\_\_\_.

