



4-H AT HOME



FUN, HANDS-ON ACTIVITIES TO KEEP KIDS ENGAGED



Sun Smarts

Summer officially started on June 21st but we need to be Sun Smart everyday!

SUN SCREEN

Q 3 A

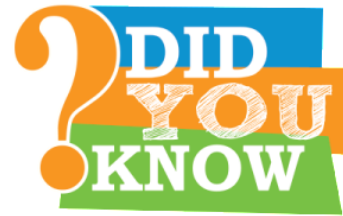
It's cloudy outside, do I still need sunscreen? YES! Clouds can't stop all of the sun's damaging rays.

When is the sun the strongest? Between 11am and 2pm

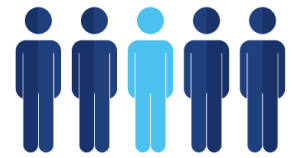
I have darker skin, do I need sunscreen? YES! The sun's rays cause damage no matter the color of your skin

What type of sunscreen is best? Use a sunscreen that is SPF 30 or higher

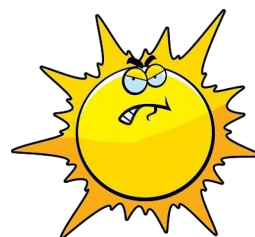
How often should I wear sunscreen? EVERYDAY! And reapply sunscreen every 2 hours



1 in 5 Americans will develop skin cancer in their lifetime.



If a person uses a tanning bed before age 35, the risk for melanoma (skin cancer) is increased by 75%



An estimated 90% of Skin Aging is caused by the sun

EXPERIMENT TIME

Supplies Needed:

- ◆ Black or dark paper (construction paper works well)
- ◆ Sunscreen
- ◆ The Sun

STEPS

1. Fold your paper in half
2. Apply sunscreen to one half
3. Place in the sun for 4 to 8 hours
4. Observe what happens
 - Are the 2 halves of the paper the same or different?
 - What did the sun's rays do to the paper with sunscreen?
 - What did the sun's rays do to the paper without sunscreen?

READY FOR MORE?

Try testing sunscreens with different SPF values . . .
Or Spray On VS Lotion type sunscreens

This information and activity can be found at:

[https://4-h.org/ways-to-give/corporate-foundation-support/coppertone-sun-smarts/#!
sunsmarts](https://4-h.org/ways-to-give/corporate-foundation-support/coppertone-sun-smarts/#!sunsmarts)



OSU EXTENSION
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