

Sun Safety Activity Pages

Middle School



www.sunsafetyalliance.org



Sun Safety Activity Pages □ Middle School

Fresh air, sunshine, and exercise are essential to the healthy development of pre-teens and teenagers. Youth who regularly spend time running, jumping, and playing outdoors are generally more fit and have a lower risk of being overweight. Adults should encourage youth to be outside, active, and safe □ including sun-safe.

A main message for youth is to practice sun safe behaviors to prevent damaging effects from the sun.

These activity pages are based on the following sun-safe actions:

- Avoid peak hours when UV rays are most harmful (10 AM to 4 PM)
- Stay in the shade
- Wear cover-up clothing
- Wear a hat
- Wear UV protective sunglasses
- Apply sunscreen
- Avoid tanning beds and sunlamps
- Check UV, heat, and air quality indexes
- Drink plenty of water
- Practice sun safety every day, all year long

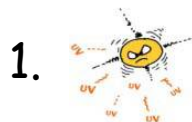
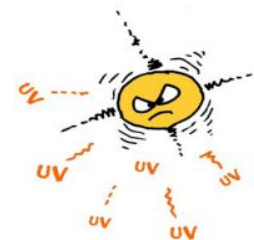
For additional information, please visit www.sunsafetyalliance.org



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SUN SAFE SODUKO!

To do this Sudoku you must make every column, row and mini-grid contain the symbols representing numbers 1, 2, 3 and 4 - one of each. There is only one way to finish each puzzle, and if you think carefully you will be able to work out the answer!



Ultraviolet (UV) rays are the "invisible" damaging rays emitted by the sun.

Avoid overexposure to the sun's harmful rays. Check the UV index each day and practice sun-safe actions!

Did you know...

UVB rays are the primary cause of sun burning, wrinkles, and skin cancer?

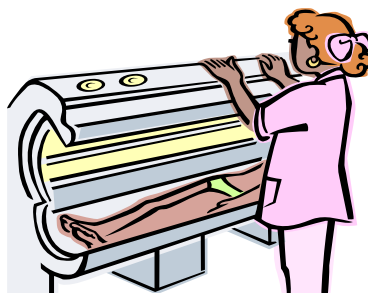


Sun Safe Cryptogram

A cryptogram is a puzzle where a sentence is encoded by substituting the actual letters of the sentence with different symbols. Decode the following sentence to reveal the SUN SAFE message!

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
													25					6		16					

		N	N		N		S				U	N	S						
24	1	25	25	17	25	20	8	13	22	6	1	14	13	16	25	6	1	4	13



Think tanning makes you look healthy and beautiful? **Think again.**

Tanning is an outward sign of damage to the skin. Using tanning beds or sun lamps increases your risk of developing melanoma – the *deadliest* form of skin cancer. Even young adults in their twenties can get skin cancer.



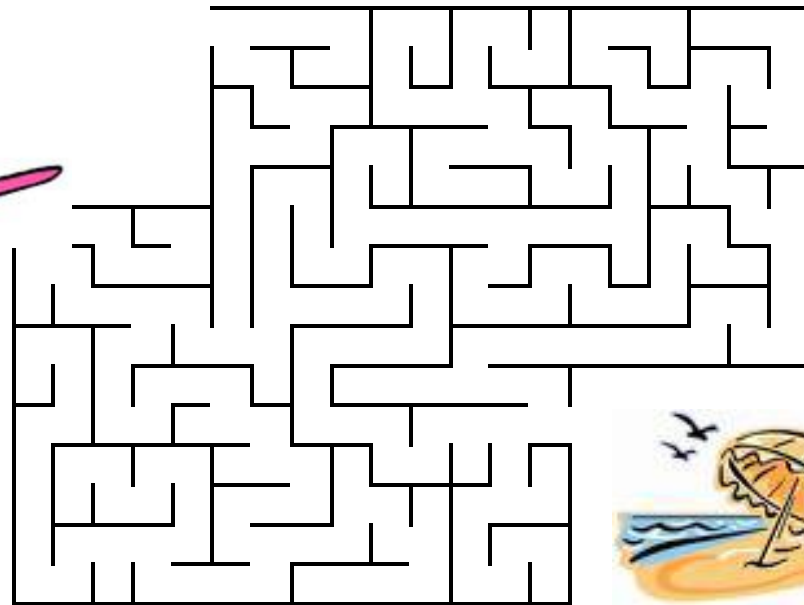
The Heat is On



Complete this maze to help Sam **seek shade** from the sun!



Stay in the shade
during the sunniest
part of the day!



Avoiding over-exposure to the sun.

Stay in the shade when the sun's UV rays are strongest.



Sun Safe Search!

*Playing in the sun can be so much fun, as long as you're careful too.
There are safe tips to learn on how to not burn. Search for what you can do!*



K	M	V	X	F	E	N	J	Z	A	X	G	S	N	W
C	T	P	C	E	O	O	C	V	P	U	L	E	W	F
I	Z	F	Y	R	D	O	D	L	P	C	T	E	M	U
T	M	U	A	M	V	N	L	X	L	D	A	K	G	H
S	D	A	U	E	M	F	I	W	Y	R	Q	S	Z	X
P	J	R	R	S	C	U	F	V	S	X	S	H	O	N
A	L	U	I	T	O	F	P	U	U	X	B	A	S	Y
H	P	M	L	N	N	Z	N	K	N	K	C	D	Q	V
C	P	F	F	L	K	G	V	T	S	F	C	E	R	P
E	C	K	T	U	L	W	S	B	C	L	E	E	M	O
S	B	G	R	A	P	D	A	P	R	Y	G	Y	H	Z
U	U	T	S	N	H	X	X	T	E	W	C	H	L	C
L	D	S	A	A	S	M	X	Z	E	J	F	R	W	F
K	E	I	Q	Z	C	P	W	N	N	R	Y	V	F	M
S	R	U	O	H	K	A	E	P	D	I	O	V	A	N

Find the following words and phrases in the letters above. Words may be written up, down, forward, backward, or diagonally:

**Apply sunscreen
Drink water**

**Avoid peak hours
Seek shade**

**Check UV index
Use lip balm**

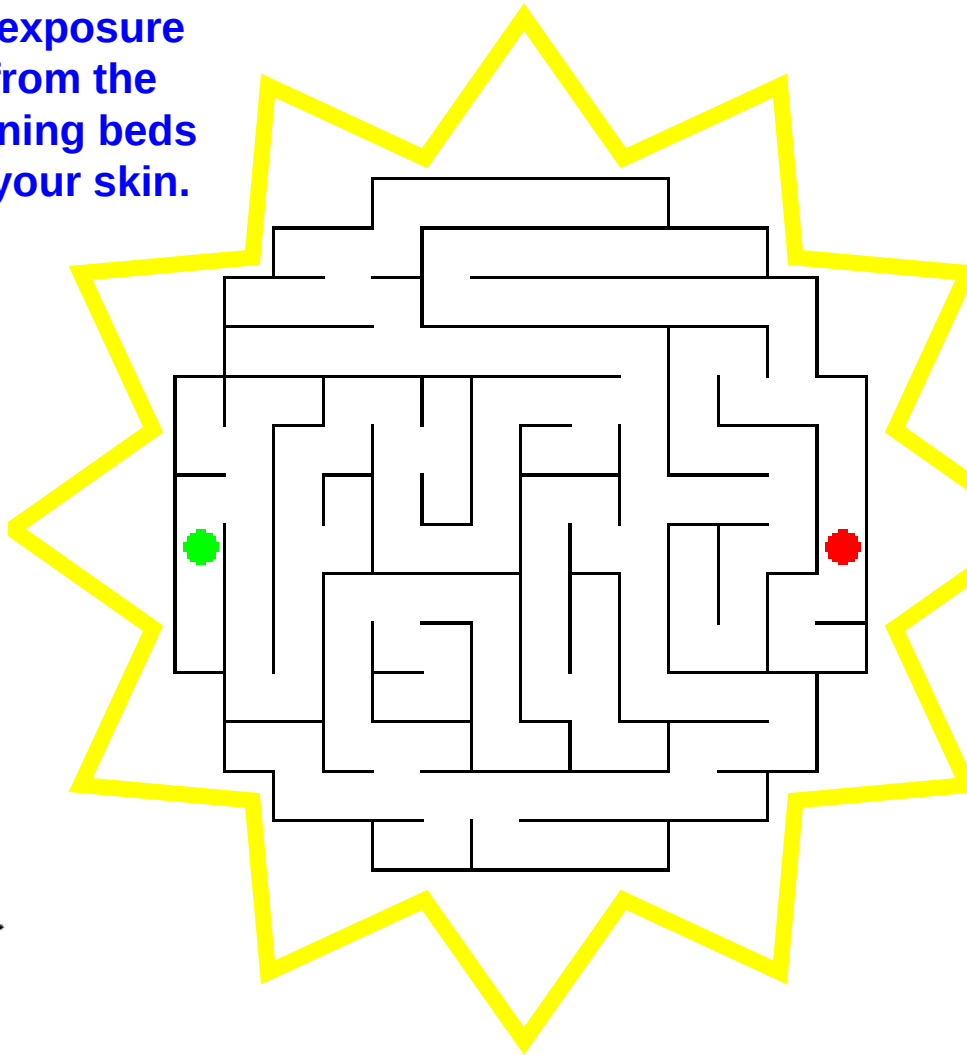
**Cover up
Wear sunglasses**



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Ultraviolet (UV) Rays

Complete this maze to
learn how overexposure
to UV rays -- from the
sun or from tanning beds
-- can damage your skin.



Immediate effects:
Sunburn

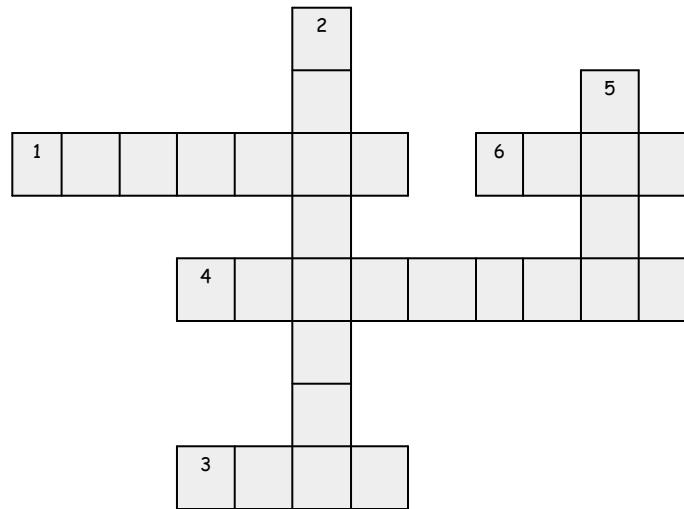
Cosmetic effects:
Wrinkles
Scars from skin cancer
Dry skin and tanning

Lifelong effects:
Eye damage
Skin cancer, including
melanoma



Sun Safe Crossword!

Complete the crossword puzzle below to learn facts about sun safety!



Across:

1. Cosmetic effect from harmful UV radiation
3. This index combines the effects of heat and humidity
4. Protects the skin for a limited amount of time, but cannot provide all day protection
6. The body's largest organ

Down:

2. The deadliest type of skin cancer
5. One in _____ Americans will get skin cancer in his or her lifetime

Sun Safe Crossword Key!

Across:

1. Cosmetic effect from harmful UV radiation (WRINKLE)
3. This index combines the effects of heat and humidity (HEAT)
4. Protects the skin for a limited amount of time, but cannot provide all day protection (SUNSCREEN)
6. The body's largest organ (SKIN)

Down:

2. The deadliest type of skin cancer (MELANOMA)
5. One in _____ Americans will get skin cancer in his or her lifetime (FIVE)

