

L.O. I can explain the benefits and dangers of the sun and describe ways to protect our eyes from the sun.



Have you ever been told not to look at the sun?
Is the sun good or bad?

The statements below are all things that the sun does.
For each statement, choose to stand if you think 'Hero' or sit if you think 'Villain'.

Causes sunburn.

Helps people make
Vitamin D.

Provides warmth.

Causes wrinkles.

Helps plants make
food.

Makes people feel
happier.

Damages the eyes.

Can cause skin
cancer.

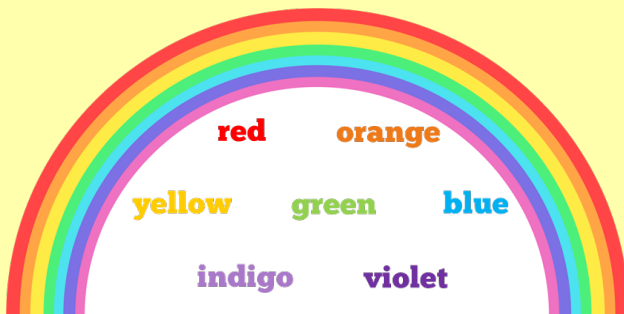
Is a source of light.

UV light

The sun emits (gives out) rays of light.

We can't see all the types of light that come from the sun.

The visible spectrum is the name for the light that we can see, and is made up of the colours of the rainbow:



Another type of light that the sun emits is called UV light.

UV light is invisible to humans, but we can see and feel its effects.

UV light

The amount of UV light that reaches us depends on different things.

It is stronger at midday and in the summer.

If there are no clouds there is more UV light.

It also gets stronger nearer to the equator.

The location can make a difference too - water, sand and snow all reflect UV light, making it stronger. UV light causes sun burn, wrinkles and skin cancer, damages the eyes and can change the colour of some materials.



'Seeing' UV Light

Light enters the eye through the pupil.

Look closely at your partners pupil. Close your eyes for 30 seconds, then open them and look at your pupil.

What do you notice?

The pupil grows bigger in the dark to allow more light to enter the eye, and gets smaller in bright light.

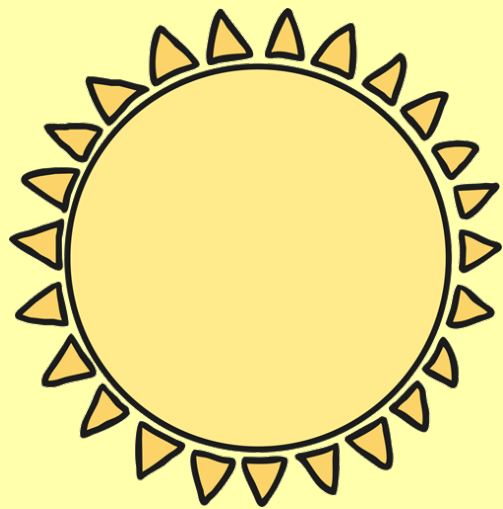


If too much light comes through the pupil, it can damage the retina.

It causes pain, so that you instantly close your eyes, or turn away from a bright light.

It is very important that you never look directly at the sun, as the light can damage your eyes very quickly.

Bright lights indoors can also damage your eyes, so you should never look at them, or shine lights into anyone's eyes.



To protect your skin from UV rays, you can cover up or wear sun cream.

But what can you do to protect your eyes?



There are several things you should do to protect your eyes from the sun or other bright lights.

- You should wear sunglasses when out in the sun. Sunglasses have a UV rating to show how well they block UV rays. Make sure you get sunglasses with a high UV rating.
- Some sunglasses don't have a UV rating - these are really just toy sunglasses and don't protect your eyes. In fact, because they have dark lenses but no UV filter, the pupil opens wider, actually letting in more UV rays!

Sun Safety Poster Design

Amazing Fact

Praia do Cassino Beach in Brazil, is the longest beach in the world. It measures over 150 miles in length!

Challenge

When we go to the beach on a sunny day, we need to remember to protect ourselves from the sun. Although it is always fun being out in the sunshine, we have to protect our skin, head and eyes.

Design a poster which could be displayed on the beach, to remind people that they need to wear certain things and look after their skin when going to the beach.

