

Protect Kids from the Sun

Pre-reading

Questions:

- Can the sun be harmful?
- Why do we need to protect our children from the sun?

Definitions:

- Public Health Office – an office that provides low cost or free health care to the public
- Expose – to leave open, or without protection
- Risk – a chance of loss or harm
- Sun Protection Factor – a number on the sunscreen bottle, the higher the number the greater the protection
- Brim – an edge or rim of a hat



Reading

12 Monica's sister, Raquel, has skin cancer. Monica and Raquel are looking for
27 information on skin cancer. They go to the Public Health office. The nurses at Public
30 Health can help.
43 Monica asks how Raquel got skin cancer. The Public Health nurse said skin
58 cancer is usually caused by over exposure to the sun. Too much sun can damage
74 your skin. Sunburns are very harmful. A sunburn can double your risk of getting skin
87 cancer.
100 They asked how to protect their children. The nurse gave them information to
103 read. The information said adults and children need to protect themselves from the
118 sun. Parent's should:
133 ◆ Keep kids out of the sun from 10 a.m. to 4 p.m. if possible.
134 ◆ Apply sunscreen with a SPF of 15 or greater. SPF stands for Sun Protection
147 Factor.
153 ◆ Put the sunscreen on your children thirty minutes before they go outside.
164 ◆ Reapply sunscreen every two hours.
177 ◆ Have kids play or stay in the shade when possible.
194 ◆ Cover up kids. Have kids wear long pants and shirts with sleeves.
208 ◆ Have kids wear a wide brim hat. It keeps the sun off their face and neck.
Parents need to protect themselves, just like they protect their kids from the sun.

Understanding

1. What does SPF stand for? _____

2. What can kids and adults wear to protect themselves from the sun? _____

3. Where did Monica and Raquel get the information? _____

4. How often should you reapply sunscreen? _____

5. What time of the day should you keep kids out of the sun? _____

Writing

Choice A: Do you enjoy being out in the sun? If so, how can you protect yourself from the sun?

Choice B: In your own words, summarize what you know about keeping children safe in the sun.
