

# Sun Safety Activity Pages

## Middle School



[www.sunsafetyalliance.org](http://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:

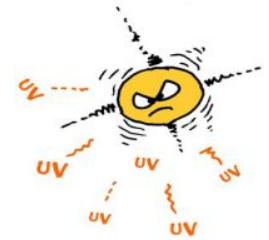
- Avoid peak hours when UV rays are most harmful (10 AM to 4 PM)
- Stay in the shade
- Wear cover-up clothing
- Wear a hat
- Wear UV protective sunglasses
- Apply sunscreen
- Avoid tanning beds and sunlamps
- Check UV, heat, and air quality indexes
- Drink plenty of water
- Practice sun safety every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

For additional information, please visit [www.sunsafetyalliance.org](http://www.sunsafetyalliance.org)



# 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?**

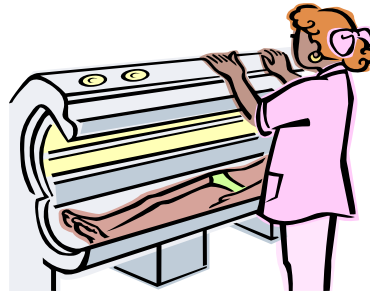


# Sun Safe Cryptogram

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					

		<u>N N</u>		<u>N</u>				<u>S</u>				<u>U N S</u>							
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.



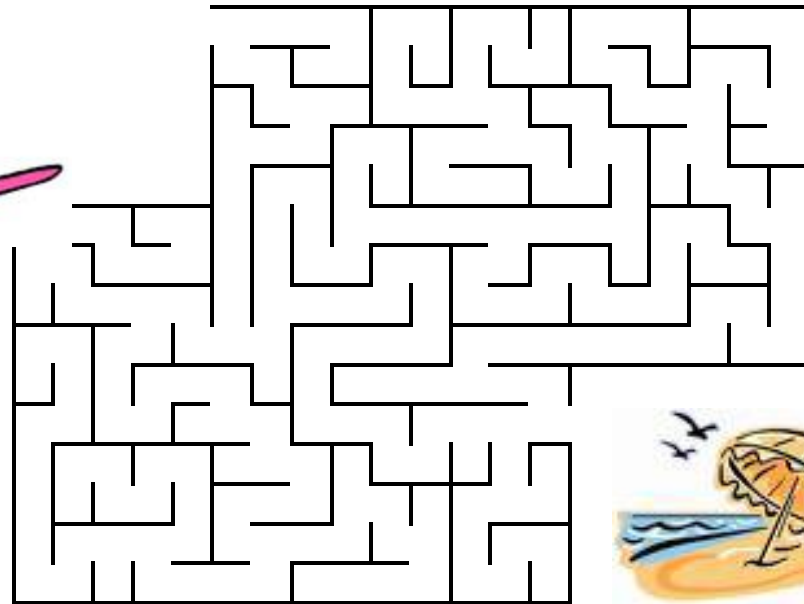


# The Heat is On

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**

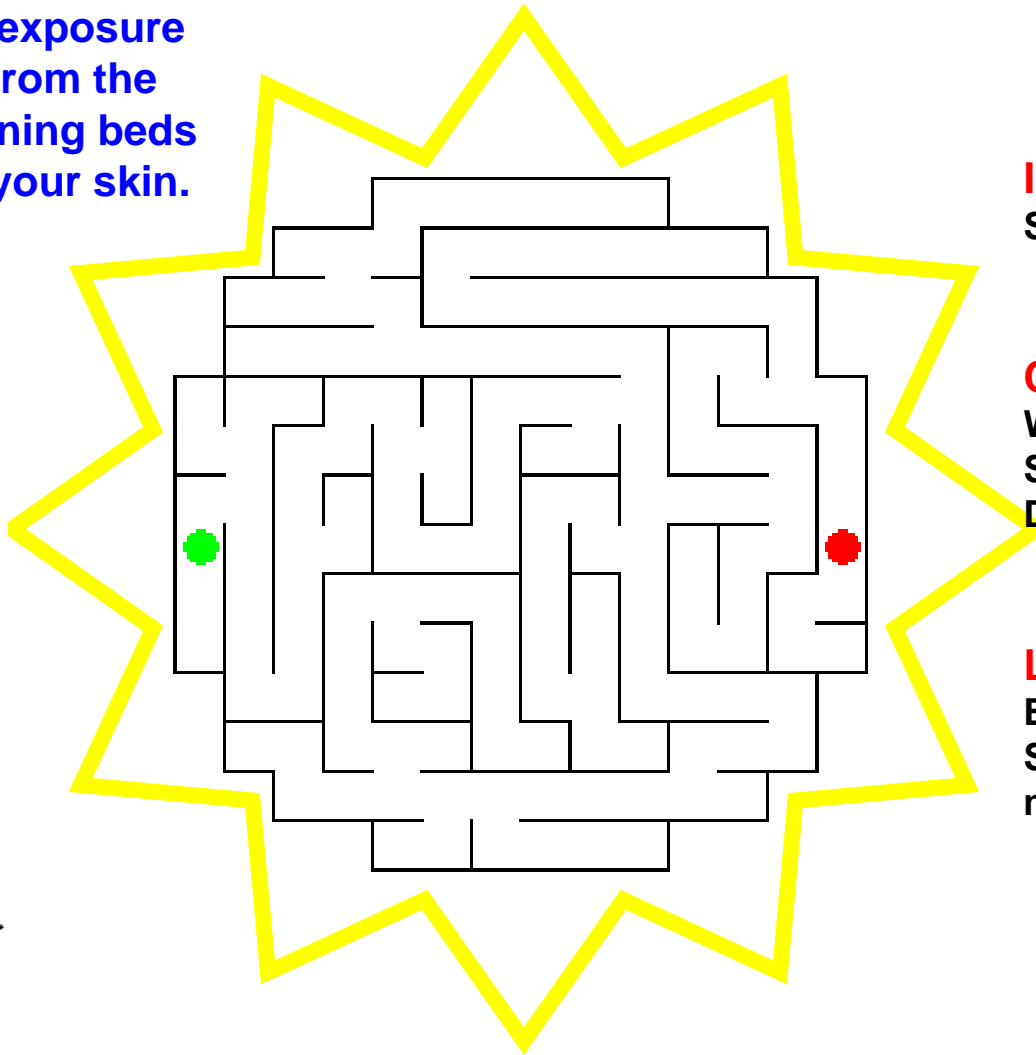
**Check UV index  
Use lip balm**

**Cover up  
Wear sunglasses**



# 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

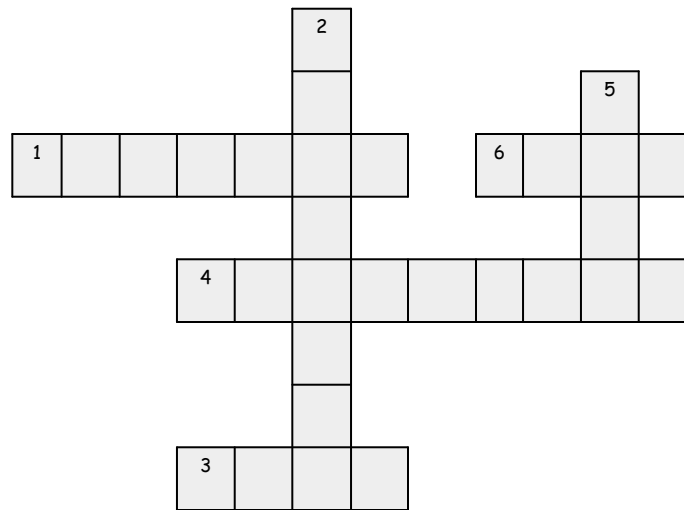
**Cosmetic effects:**  
Wrinkles  
Scars from skin cancer  
Dry skin and tanning

**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)

