

# Sun Safety



# Introduction

- Why do we need sunshine?
- Risks of sunshine
- How to protect yourself?



# Why do we need sunshine?

- To make healthy bones
- Makes you feel more awake
- Makes playing outdoors more fun!



# Risks of sunshine

- Sunburn
- Wrinkles
- Skin cancer



# How to stay safe in the sun

- Sunscreen
- Loose cotton clothing to cover up
- Sunglasses
- Sun hat
- Shade
- Avoid being out at the hottest parts of the day.



# How to stay safe in the sun



**Slip** on a shirt

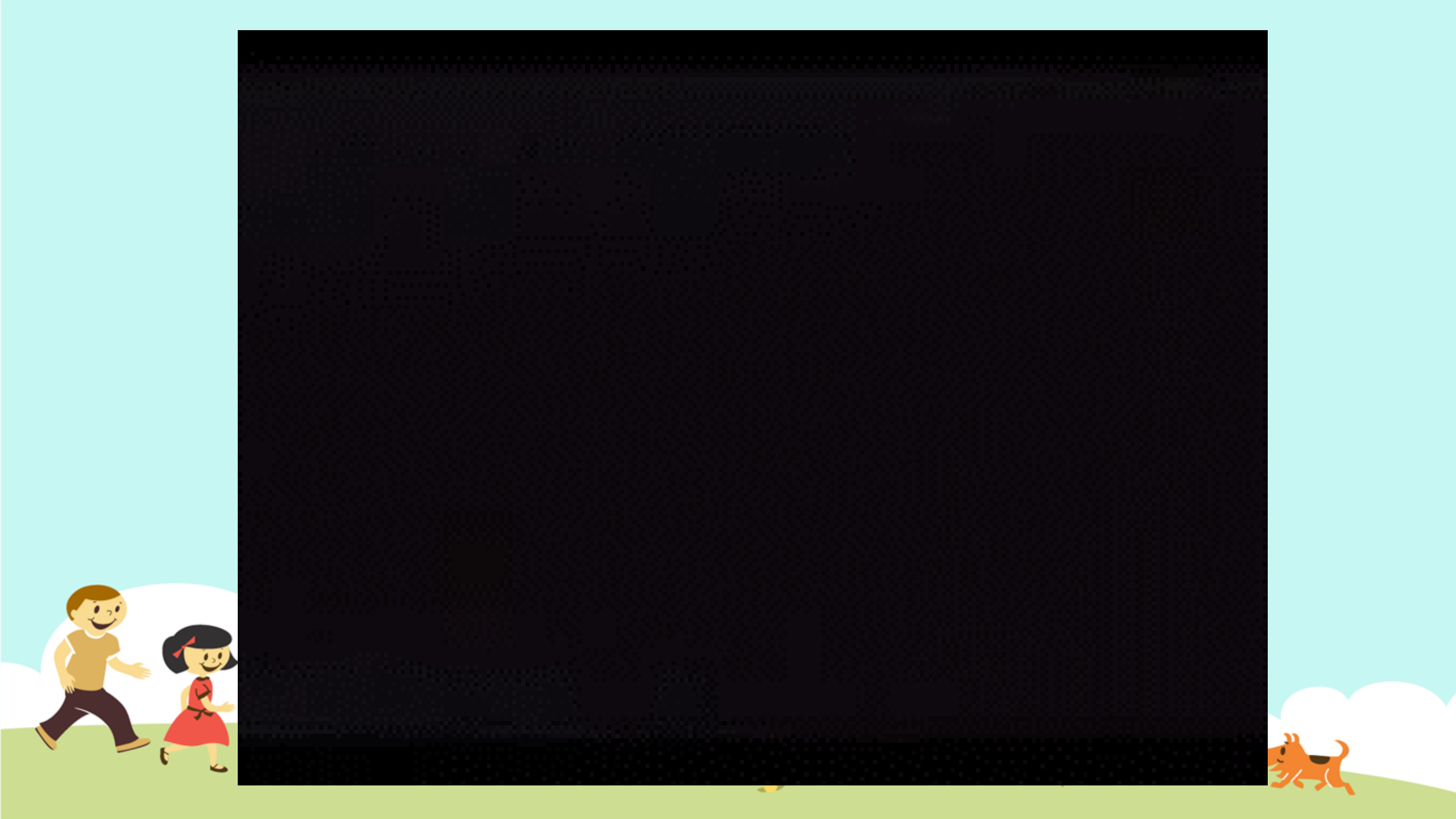
**Slop** on some sunscreen

**Slap** on a hat

**Seek** shade

**Slide** On some sunglasses







Any  questions?

