



## WhiteWater World's Healthy Habit Attack

Student Name: .....

School : .....

# Sun Safety

## MISSION

You have the chance to put on your detective hat and ride the wave of excitement at WhiteWater World. Together you and your class mates will be part of the **ACTIVE WHITEWATER WORLD CHALLENGE** and investigate ways in which we can live more healthy lives.

**GET INVOLVED, BE ACTIVE AND HAVE FUN!!!**



## PRE - TRIP EXERCISE

- 1) Australia has one of the highest incidences of skin cancer in the world. Explain why exposure to the sun is a health issue for young people.

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Ultraviolet (UV) radiation is a human carcinogen of which there are three types:

- UVA (contributes to premature ageing and wrinkling of the skin)
- UVB (major cause of skin cancers, sunburning and cataracts) and
- UVC (is absorbed in the atmosphere and does not reach the earth's surface).

Skin cancer is mainly caused by too much UV radiation from the sun and other sources like solariums. Sun exposure is the cause of around 99% of non-melanoma skin cancers and 95% of melanoma (the most dangerous form of skin cancer) in Australia, this is why it is some important to take up health sun safety practices.

[SunSmartVictoria](#) (2008) Sun Protection in Australia

- 2) Why do you think Australia has a high rate of skin cancer?

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- 3) We are constantly told by our parents, our teachers and the media the importance of sun protection. How important is sun protection in preventing health problems for you and your friends? List as many sun protection items you know.

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# SLIP SLOP SLAP



## AT WHITEWATER WORLD

- 1) WhiteWater World has a Sun Policy aimed at limiting the amount of exposure for staff members working in the Queensland sun and reducing the risk of sun cancer. As you walk around the park, list as many different measures WhiteWater World staff use to help protect them when working in the sun.

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- 2) Whilst enjoying a day of action-packed fun, it is extremely important that visitors adopt sun safety practices while walking around the park. Does WhiteWater World encourage visitors to protect themselves from the sun? If so how? (For example what facilities are provided?)

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- 3) What does your school do so that students can avoid or minimise exposure to the sun?

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## POST-TRIP EXERCISE

WhiteWater World and the local council want to create a new radio advertisement for this summer's season. You and your friends have been ask to create a fun sun smart song, jingle or rap that will encourage listeners to use sun smart behaviours. The jingle will be played directly after the WhiteWater World summer commercial.

As a small group brainstorm ideas that you want to say in your advertisement, shortlist 5 key messages and start creating your own sun smart song – good luck!!

To get some ideas research previous sun smart campaigns to use as a model. An example of the most popular one is the *SunSmart Countdown - slip on a shirt, slop on sunscreen, slap on a hat, seek shade and slide on some sunglasses.*

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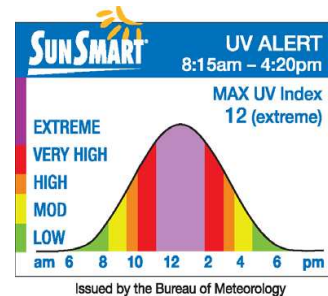
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## EXTENSION ACTIVITY

UV radiation levels vary in strength across Australia on any given day. During the middle part of the day around solar noon (i.e. generally between 10am – 3pm), when the sun is directly overhead, the earth receives 60% of the day's UV radiation. This is also when UV radiation levels reach their peak.

The Bureau of Meteorology issues the SunSmart UV Alert whenever the UV Index is forecast moderate and above. The time period displayed in the SunSmart UV Alert advises when to use sun protection outdoors. As you can see, extra care should be taken between 10am to 3pm when UV Index levels reach their peak.

The Guest Services Manager has asked you to design a new Sun Safety poster that will be displayed in park to highlight the importance of Sun Smart behaviours. Using the Sun Smart UV Alert guideline and your understanding of Sun Smart behaviours, design a poster that will encourage visitors to be sun safe and avoid maximum sun exposure.



### Poster Tips

- Make sure the title is eye-catching.
- The message you are trying to communicate must be clear and easy to read.
- Try to use graphs, tables, diagrams and images where appropriate. Use boxes to isolate and emphasise specific points.