



## Personal Skin Assessment

### Estimated Time

30 minutes during one class period

15 minutes during second class period  
(for optional homework exercise)

### Supplies

Markers or crayons  
Magazines (optional)  
Glue (optional)

### Learning Objective

After completing this activity, students will understand the need to be careful when at risk of overexposure to the sun's harmful UV rays. Students who possess any of several risk factors will develop a heightened sense of their own risk. To assess student comprehension of the risk and prevention message, ask them to make a flier, poster, or collage for the classroom or school that depicts individuals practicing sun safety.

### Directions

Instruct students to evaluate their own risk factors, checking off yes or no in each column. Have students go back to their seats and by a show of hands, take a count of the responses on the risk assessment. Ask students to predict on paper the risk level of their family members. As a homework assignment, have students evaluate their families for risk factors. During the next class period, assign one student to be a recorder on the chalkboard of five to ten randomly selected responses you read aloud. Discuss risk factors with the class and ask students to list ways to prevent overexposure to the sun. Have them relate what they learned to tanning booths.

Using the fact sheets (located in the *SunWisdom* section of the Tool Kit) as your guide, discuss the prevention steps with the class. Stress the importance of protection from the sun's harmful UV rays, especially for individuals who have several risk factors.



## Personal Skin Assessment

Risk Factor	SELF		Family Member1		Family Member2		Family Member3	
	Yes	No	Yes	No	Yes	No	Yes	No
Light or fair skin								
Blue, green, or hazel eye color								
Blonde or red hair								
Freckles when in the sun								
Burn when in the sun								
40 or more moles								
Family or personal history of melanoma								
Living in the Sunbelt								
Living in high altitudes								
Two or more blistering sunburns								
Exposure to UV radiation from tanning machines or medical treatment								
Taking medications that increase the skin's photosensitivity (some antibiotics and antihistamines)								

\*Adapted from Project S.A.F.E.T.Y., *Risk and Risk Factors*, Elementary Safety Lesson Five.