

The Sun and your Health

Discuss how ultraviolet rays affect our health with this diamond activity.

This activity will help students to:

1. Clarify thoughts and opinions on how UV rays affect our health.
2. Enhance their ability to focus, reason and reflect on the information presented.
3. Listen actively and speak with confidence about their viewpoints on UV rays.

Learning Outcomes:

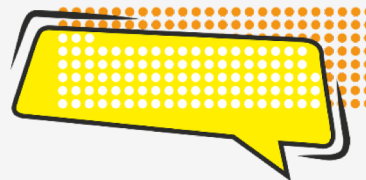
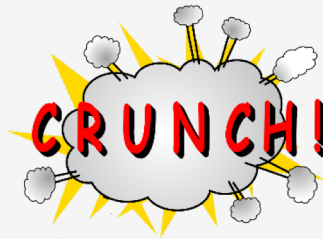
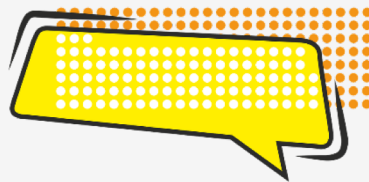
Science
(LO: 5.6, 1.6, 1.7)
SPHE

Diamond Activity – Set Up

Key Skills: Communicating, Managing Myself, Working with Others, Managing Information and Thinking.

Try these guidelines when setting up your classroom to facilitate a walking debate.

- 1 Divide the class into groups of 4.
Provide each group with the 9 factors. **(Next slide)**
- 2 The **most worrying** factors are placed towards the top of the 'diamond' and the **least worrying** factors towards the bottom.
- 3 Factors of equal importance are placed on the same row.
- 4 Students should be encouraged to **compare** diagrams. Groups should be able to **justify** the placing of a particular factor.



A diamond ranking is a way of thinking about an issue collaboratively. More more information on the Diamond Ranking activity, [visit the JCT website.](#)

Eye damage

UV rays can damage the eyes and lead to a number of problems such as an increased risk of cataracts which can lead to difficulties with sight.

Sun Tan

There is nothing healthy about a tan caused by UV radiation. It is a sign that your skin has been damaged and is trying to protect itself from further UV damage.

Burns

Getting sunburnt at any age is a sign that the DNA in your cells has been damaged by UV rays. This damage can lead to skin cancer later in life.

Skin Cancer

Skin cancer is the abnormal growth of skin cells. You can reduce your risk of skin cancer by limiting or avoiding exposure to ultraviolet (UV) radiation.

Premature Wrinkling

UV rays can reach the deeper layers of the skin and cause it to wrinkle and sag.

Skin Aging

UV radiation accelerates skin aging, and the gradual loss of the skin's elasticity results in dry, coarse skin.

Solar Lentigines

A solar lentigo results from exposure to ultraviolet (UV) radiation, which causes local accumulation of melanin within the skin cells. It appears as a flat, well-circumscribed coloured patch.

Actinic Keratosis

Actinic keratoses are areas of sun-damaged skin and appear as rough, scaly raised patches. They are caused by cumulative sun exposure over many years.

Vitamin D

Vitamin D is required for healthy bone growth. There are two natural sources of vitamin D. It is produced in the skin from sunlight. It is obtained in foods such as oily fish

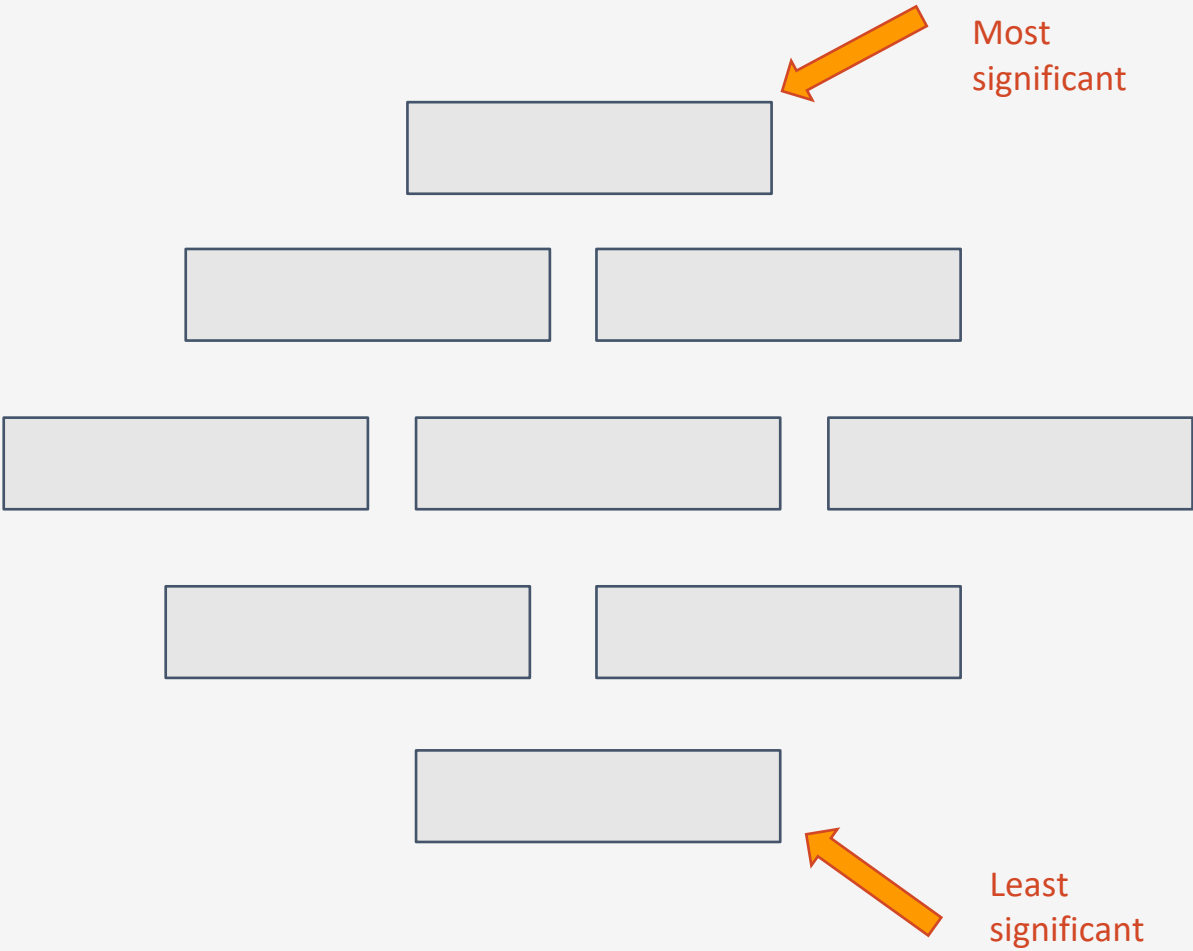
Diamond Activity – Reflection

Key Skills: Communicating, Managing Myself, Working with Others, Managing Information and Thinking.

1 Explain how UV rays affect our health.

2 Explain your choice of ranking in the diamond activity..

3 Explain how the citizens of Ireland can protect themselves from being exposed to too much UV radiation.



More questions about UV rays and your skin?

Visit the following websites



to find out more information.

