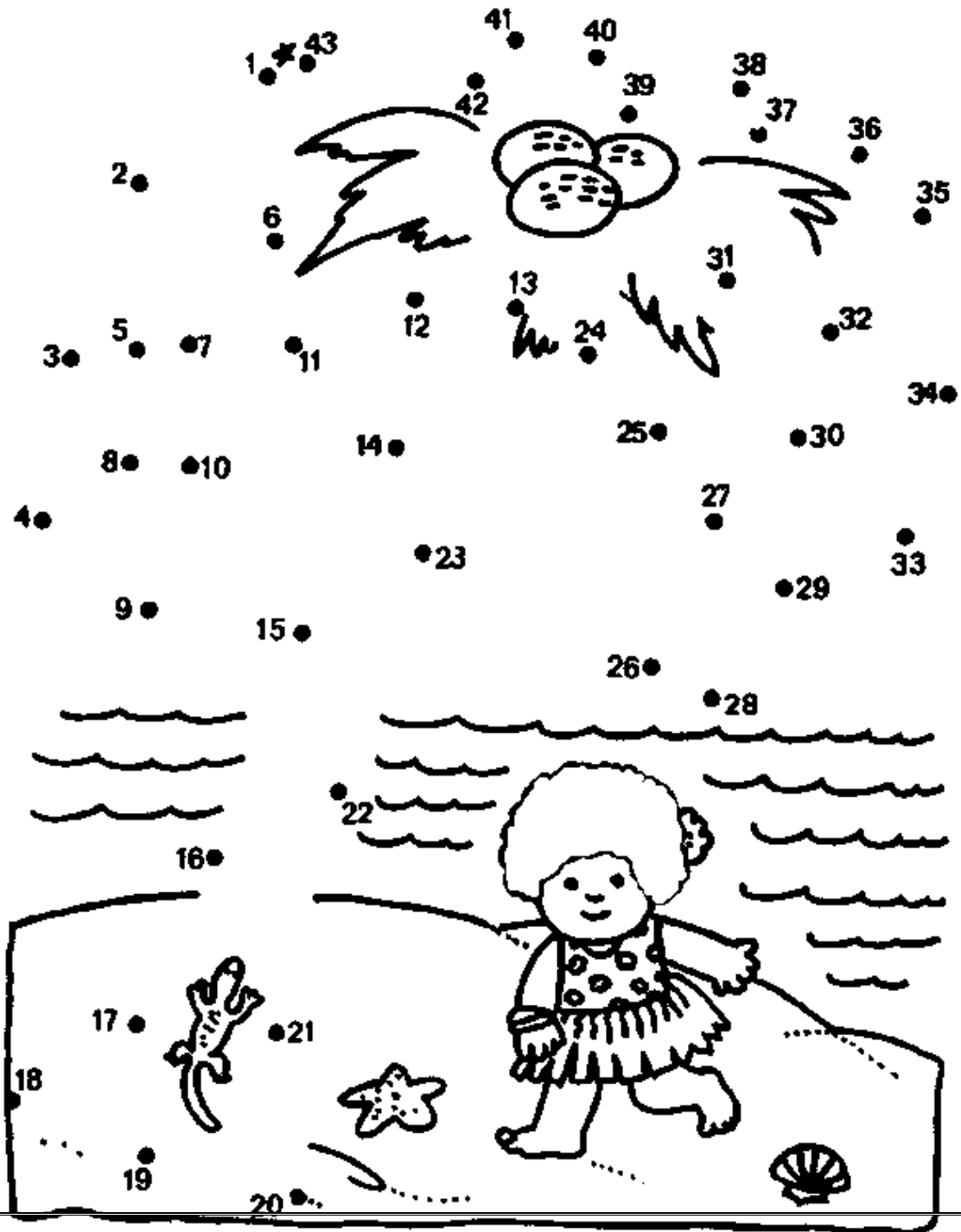




CheckYourSkin.net™

1. The skin is the largest organ of the body.
TRUE or FALSE
2. The skin keeps in moisture,
TRUE or FALSE
3. The skin keeps out sunlight.
TRUE or FALSE
4. The skin repairs cuts and burns.
TRUE or FALSE
5. The skin stretches and grows as you do.
TRUE or FALSE
6. Skin can get burned or tan when it is damaged by sunlight.
TRUE or FALSE
7. Most damage from the sun happens when you are a kid, even though you can't see it until later.
TRUE or FALSE
8. When playing outside, you only need to wear one of these: sunscreen, a hat, or sunglasses.
TRUE or FALSE
9. You don't need to wear sunscreen if it's cloudy outside.
TRUE or FALSE
9. You only need to put on sunscreen once a day, even if you have played in the water.
TRUE or FALSE
10. The sun's rays are harmful, even if it's cool outside.
TRUE or FALSE
11. If you usually don't sunburn, you don't need to wear sunscreen.
TRUE or FALSE
12. A tan is healthy.
TRUE or FALSE

Jenny needs some shade from the sun. Connect the dots to give Jenny some shade!



SUN SMARTS!

☀️ Wear a sunscreen with a big number (**SPF 30** or more).



☀️ Use **hats** and clothing to help protect your skin and **sunglasses** to protect your eyes when outside.



☀️ Wear sunscreen **every day** especially if you are playing outside and in summer.

☀️ Play in the **shade** if possible.



☀️ Apply sunscreen **15 minutes** before you go out to play or swim

☀️ Apply lots of sunscreen to your **face, ears, arms and hands** (areas **not** covered with clothes).

☀️ Reapply sunscreen **every 2 hours** or right after swimming or sports.

☀️ Remind your parents to put on sunscreen too!!

☀️ Remember to **Check Your Skin!** Check it **monthly!** Check it for **life!**

Color the picture!

