

Lesson #6

Hats and Sunglasses

Goal: To teach students to use hats and sunglasses to protect themselves from the sun's harmful rays.

Sun Safety Message # 6

Be safe from the sun's harmful rays.
Use a hat and shades everyday when outside.
(except in the pool!)

Discuss the importance of wearing hats and sunglasses to protect your face and eyes from UV rays.

1. How many of you wear a hat or sunglasses to protect yourself from the sun? What kind of hat do you wear? Do you wear sunglasses?

2. Do you remember that we said that the right clothing can help protect you from the sun?

Well, hats and sunglasses are also important for sun protection. Hats cover your face and neck, and sunglasses can block ultraviolet (UV) rays.

3. Do you know that certain types of hats and sunglasses give you better protection than others?

Certain types of hats give you better protection than others, just as certain sunglasses have UV protection while others don't. Hats that protect your face, ears, neck and scalp are best. So, wide-brimmed hats are better than baseball caps or sun visors. And glasses that block ultraviolet or UV rays are better than ones that don't have that protective film. When you buy shades (sunglasses) from the store, look for a little sticker on the lens; it will say 100% UV protection. But even regular eyeglasses can have UV protection. If you don't know whether your glasses have UV protection, ask your parents or eye doctor if they do.

4. What if you don't have a wide-brimmed hat?

Any other cap or hat would be helpful, but be sure to use sunscreen on your neck and ears for extra protection whether or not you have the right kind of hat.

5. Using sunglasses or hats for sun protection is important anytime you're outside. Do you remember the other 3 POOL COOL Rules?

a) Protect your skin. Use sunscreen.

b) Cover up! After swimming, cover your shoulders with a shirt and your legs with long shorts.

c) Seek shade and watch the clock. Limit your time in the sun between 10 a.m. and 4 p.m.

6. End the sixth session.

At the next swimming lesson, we'll teach you the importance of staying in the shade.