

The information below may be used as a lesson plan to educate your child(ren). This program is designed for younger children. The purpose of this information is to educate and instill habits that lead to increased physical activity levels and teach valuable nutritional lessons that your child can use throughout their lives.

Sun Safety & Smoking Prevention

Exercise and nutrition can keep our bodies healthy. However, there are other ways to keep our bodies healthy. Sometimes there are things we need to be cautious about, such as the sun and avoiding smoking. Let's first talk about sun safety.

SUN SAFETY

What do you know about the Sun? What are some helpful things the sun does?

- Keeps us warm.
- Helps plants grow.
- Makes vitamin D.
- Kills germs.
- Makes us feel good.
- Gives us light.

What are some harmful things the sun does?

- Causes sunburns.
- Makes our skin wrinkle.
- Causes skin cancer.
- Causes eye damage.

The sun produces light and warmth but also Ultraviolet (UV) radiation. UV radiation cannot be seen or felt. It is the UV radiation that causes the bad health effects.

- Protection from ultraviolet (UV) radiation is important all year round, not just during the summer or at the beach.
- UV rays from the sun can reach you on cloudy and hazy days, as well as bright and sunny days.
- UV rays also reflect off of surfaces like water, cement, sand, and snow.
- Indoor tanning (using a tanning bed, booth, or sunlamp to get tan) exposes users to UV radiation and damages your skin and eyes.



UV radiation is not always the same, it changes based on:

- Time of day
- Time of year
- Location
- Altitude
- Weather
- Reflection
- Ozone Layer

The hours between 10 a.m. and 4 p.m. Daylight Saving Time (9 a.m. to 3 p.m. standard time) are the most hazardous for UV exposure outdoors in the continental United States. UV rays from sunlight are the greatest during the late spring and early summer in North America.

So what are some things you can do to become safe when in the sun?

- Stay in the shade, especially during midday hours of 10 am – 4 pm
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim to shade your face, head, ears, and neck.
- Wear sunglasses to block both UVA and UVB rays.
- Use sunscreen with sun protection factor (SPF) 15 or higher, and both UVA and UVB protection. (Reapply every 2 hours or after swimming, playing or exercising outdoors.)
- Avoid indoor tanning beds.

So would you like to hear a silly Knock-Knock joke?

KNOCK, KNOCK

Who's there?

ANITA

Anita who?

I "nita" another bottle of sunscreen!

SMOKING

Smoking is the #1 cause of preventable death in the United States.

- Smoking cigarettes or using smokeless tobacco (also called dip, snuff or chew) is one of the worst things you can do to your body.
- Smoking damages nearly every organ in the body, including your heart, and causes heart disease and cancer.
- Chewing tobacco may lead to cancer of the mouth and to an addiction because of the nicotine that is absorbed through the mouth's lining.
- Cigarette smoking by pregnant women may cause harm to the baby (fetus).

E-Cigarettes

You may also have heard of electronic cigarettes (also called e-cigarettes).

- These are battery-operated devices that look somewhat like a cigarette.
- They deliver nicotine with flavorings and other chemicals to users in vapor instead of smoke.
- Even though these e-cigarettes come in flavors like cotton candy and vanilla cupcake, they are not really good for you because they contain harmful chemicals.
- These chemicals include nicotine which can impact your brain development, and other chemicals found in anti-freeze which could cause cancer.

In addition to making people sick, smoking costs a lot of money and causes some gross side effects.

What are examples of some gross side effects of smoking? *(Ask your child for examples)*

Smoking causes some gross side effects including:

- Bad Breath
- Stuffy Nose
- Smelly Clothes
- Coughing
- Yellow Stained Teeth
- “Dirty” Lungs making it Difficult to Breathe
- Hard to Smell and Taste

Why is Smoking so Bad?

- Tobacco contains a chemical called Nicotine that gives smokers a brief pleasant feeling. People get addicted to that good feeling. In addition to nicotine, tobacco has lots of other poisonous chemicals in it.
- These toxic substances destroy your body over time, especially your heart and lungs.
- The nicotine and other chemicals in cigarette smoke damage blood vessels and make it harder for the blood to move around the body.
- When blood doesn’t move around freely, your body doesn’t get as much oxygen as it needs.
- The chemicals in smoke also make your blood sticky and more likely to form a clot, which can result in a heart attack or stroke.
- Cigarette smoke can also keep your lungs from growing when you are young, so it’s especially important for kids and teens not to smoke.

Some of the 4000 chemicals found in cigarette smoke are also found in other familiar things. *(Ask your child to guess what each chemical is found in – Ex. Where can you find Acetone?)*

- Acetone – nail polish remover
- Hydrogen Cyanide – Rat poison
- Urea – pee and sweat
- Methanol – antifreeze
- Cadmium – batteries
- Hydrazine – rocket fuel
- Toluene – gasoline

Secondhand smoke is the smoke a person breathes from being around someone who is smoking. Some people think secondhand smoke isn’t dangerous, since they aren’t smoking.

The truth is secondhand smoke is harmful to your body. If you are around someone who is smoking, ask them not to smoke near you or try to move away from the smoke.

Besides exercise and nutrition, be sure to keep your body healthy by being smart about sun safety and avoid smoking!

