

Measuring Our Sun Safety Habits: Do we earn gold stars?

Students will collect data to assess the level of sun safety habits they use. Once they gather the data, they represent the data in the appropriate form. What conclusions can they draw about the sun safety habits in their school? They sum up their findings in an assessment that can be shared with the class or the school and used to strengthen sun safety protocol.

How much time will it take?

Two 45-minute classes: one to prepare for and launch the data collection; another to compile the data, draw conclusions, and present the findings.

Curriculum Links

Sun Safety Survey connects with subjects in Alberta's Middle Years Programs of Study including Health and Life Skills (Wellness Choices: Safety and Responsibility); Math (Statistics and Probability--Data Analysis); Number Sense--Fractions and Decimals).

Here's what you will need:

- Sun Safety Habits Survey (number of copies depends on the number of people students survey)
- clipboards are helpful (but not necessary) for collecting data.
- pen or pencil



Let's get ready to collect data (15 minutes)

1. **Review the kinds of activities that students do in the sun.** Students might identify activities like soccer, basketball, baseball, playing on the playground, foursquare, swimming, boating, camping, gardening, hanging out.
2. **Review the kinds of damage that sun can cause to the skin.** Students will mention wrinkles, lines, premature aging, loss of elasticity, sunburn, freckles, moles, and skin cancer.
3. **Review best sun safety practices.** Students will mention any of the following best practices:
 - Stay out of the sun between 10am and 4pm.
 - Seek out shady spots
 - Wear clothing that covers the skin.
 - Wear a hat.
 - Wear sunglasses.
 - Put on sunscreen.
4. **Discuss data collection methods.** Students will discuss the most appropriate form of data collection. In this activity, they will employ in-person or online surveys--which is first-hand data. Students may develop their own questions or use the questions on the Sun Safety Habits Survey provided. The goal is to obtain enough data to assign a ranking in sun safety habits to the class.

5. **Decide on the scope of your project.** Will students only interview students in their class, their grade, or several classes? Ensure students know who they are interviewing so that no data is duplicated. The Sun Safety Habits Survey has space for answers from two people. If students are to survey more than two people, provide them with additional copies of the sheet.

Time to gather information (30 minutes)

- **Students set out to collect data.** Students should employ clear, careful methods of interviewing their subjects. They must accurately record responses. Give them the number of copies of surveys according to the number of people they will interview.

Now let's compile and represent our observations (45 minutes)

1. **It's time to compile data!** Students combine the answers to their survey questions and compile them in a table on the board. Now they can determine the most suitable way to represent the data--a line graph, a bar graph, or a pie chart? Students work out ratios and/or percentages for each response. For instance, what percentage of students frequently wear sunscreen? To compare/contrast two different classes or grades, students can set up a double bar graph.
2. **Rank the class, grade, or the school.** Students weigh the responses in each question in order to determine a ranking. Go through question by question to award stars. Draw stars besides the questions on the board. The highest possible ranking for the class or grade is eight gold stars.
 - Award a gold star when "Frequently" outweighs the other two responses.
 - Award half a gold star if "Frequently" and "Sometimes" outweigh "Never".
 - Award no gold star if "Never" and "Sometimes" outweigh "Frequently."
 - Subtract a gold star if "Never" outweighs "Sometimes" and "Frequently."
3. **How would students increase the sun safety ranking of their class or their school?** If the class or grade ranks lower than six gold stars, brainstorm a list of strategies to increase that ranking.

Ideas for going a further

Extend your survey to other classes, grades, or members of the school community. How does the broader school community measure up when it comes to employing sun safety practices?

Share your findings with the wider school community. Present the class's findings through a slide show online or in person, or in a bulletin board display. Include suggestions for improving community sun safety habits.



Let us know how this activity worked for you and your students.
Send us an email at alberta@canadianskincancerfoundation.com

Sun Safety Habits Survey

First name:	Grade:		
What are your most common activities in the sun?			
Check the appropriate option.	Never	Sometimes	Often
The sun is most intense between 10 am and 4pm. Do you ever go out in the sun between those times?			
Do you ever choose to stay indoors at that time?			
Do you ever wear long sleeves or pants for sun protection?			
Do you ever seek shade on a hot day?			
Do you ever wear a hat in the sun?			
Do you ever wear sunglasses in the sun?			
Do you ever wear lip balm?			
Do you ever wear sunscreen?			