

Print this A4 document double sided, flipped on the long edge, and follow the instructions below:

How to assemble your Sun Safety Passport



1

Cut along the dotted line



2

Fold the paper in half, on the orange line



3

Fold the paper in half, on the blue line



HAT always wear a wide brimmed hat to keep your face and neck in the shade



SPLAT on some sun cream to all parts of your body and face before going out and remember to reapply



WRAP up in a T-shirt, shorts and UV protected sunglasses

Remember...

What time of day is the sun at its strongest?

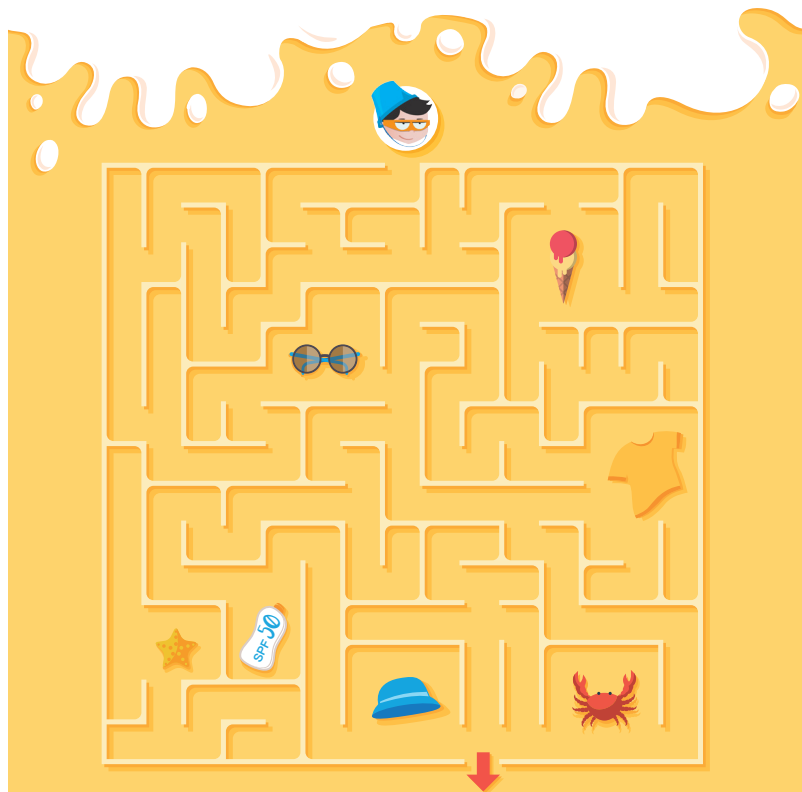
What is the minimum factor of SPLAT you should use?

How should you help protect yourself from the sun?

Test your knowledge

Keep Jake safe in the sun

Jake wants to meet his friends along the beach, but first he has to pick up the 4 items he needs to help him stay safe in the sun. Try to avoid anything you don't need as Jake is in a hurry!



Items

- HAT
- WRAP
- SHADE
- SPLAT
- WATER
- SHORTS
- TSHIRT
- SUNCREAM
- SUNGLASSES
- PROTECTION

P Z H G P T Z J A Q
 S R H G F R B Z U U
 E H O G E A P Z P J
 S R A T S P L A T X
 S T A T E G V I V P
 A W S U N C R E A M
 L E F H W F T X Q V
 G D K F I R U I K E
 N A A J Z R A T O U
 U H Y Z C J T P W N
 S S P S H O R T S L
 E J W U A U R T S

Find the 10 items you need to keep yourself safe in the sun

Sun safety word search

My Sun Safety Passport

Fun activities for your sun protection journey



Name: _____



Garnier suncare research is recognised by the British Skin Foundation.



Dear Parents,

We all know how much our children enjoy spending time outdoors but children's skin is more delicate and can easily be damaged by the sun, even when it doesn't seem strong. In school, your child has been learning to stay safe in the sun using three simple steps - Wrap, Splat, Hat. To help you keep your child safe in the sun, here are some easy tips:

- Make sure that your child has children's sun cream with a minimum SPF50 and a T-shirt and hat so that they can Wrap, Splat, Hat!
- Provide them with sunglasses to protect their eyes and a water bottle to keep them hydrated.
- Talk to your child about sun safety and the importance of being responsible.

By following the Wrap, Splat, Hat message you can help your child stay safe in the sun. For more information see www.garnier.co.uk/sun-protection

Thanks,

Garnier Ambre Solaire



Did you know...

The surface of the sun is 3700°C, that's about 1000 times hotter than the hottest temperature ever recorded in the UK!

If your shadow is shorter than you, you may need more sun protection as the sun is likely to be stronger.

The sun's rays can go through clouds so you still need sun protection on a cloudy day.

You should check the sun protection factor (SPF) on your sun cream. You should use SPF50 or more.

You should put sun cream on every time you go out in the sun.

You need to re-apply at least every two hours, more if it's really hot or if you've been swimming.

