

Solariums – the full picture

Years 7 & 8

Australian F-10 curriculum links

Health and Physical Education

Content descriptions

- Investigate and select strategies to promote health, safety and wellbeing ([ACPPS073](#)).
- Evaluate health information and communicate their own and others' health concerns ([ACPPS076](#)).
- Plan and use health practices, behaviours and resources to enhance health, safety and wellbeing of their communities ([ACPPS077](#)).

Achievement standards

- They investigate strategies and practices that enhance their own, others' and community health, safety and wellbeing.
- They demonstrate skills to make informed decisions, and propose and implement actions that promote their own and others' health, safety and wellbeing.

Prepare yourself (teacher)

Watch the [Dangers of a deadly tan](#) clip and familiarise yourself with the ideas presented. Read through the [SunSmart](#) and [Better Health Channel](#) webpages about solariums to assist with your understanding of the issue.

Class resources

- Projector, smart TV or screen to show the [Dangers of a deadly tan](#) clip
- Student notebooks
- Student internet access

Estimated time required

2 periods

Solariums – the full picture

Student worksheet

Research task: Know, want to know, learnt.

Using a table like the one below, demonstrate your developing knowledge about solariums.

- 1 In the column to the left, write down all the things you know or think you know about solariums.
- 2 In the middle column, develop a range of questions about solariums that will help you conduct some research. For example, what is a solarium? How does a solarium work? Use the following words to prompt you: where, what, when, who, why, how.
- 3 Use the following websites to find out more about solariums, and to answer your questions in the 'want to know' section.

SunSmart: solariums and tanning – sunsmart.com.au/uv-sun-protection/solariums

Better Health Channel: Solariums (sunbeds and tanning) – betterhealth.vic.gov.au/health/ConditionsAndTreatments/solariums-sunbeds-and-tanning-beds

- 4 In the third column, list some key information that you learnt from undertaking the research task.

Know	Want to know	Learnt

- 5 Describe some reasons why people may wish to use solariums.
- 6 Referring to the information collected in this task to support your answer, complete this statement: 'In my opinion, solariums...'

Extend yourself

Young people often feel pressure to look, act or be a certain way to fit in and be accepted by others. The choices they make are influenced by a range of things, including peer pressure. How your peer group behaves, speaks, thinks and dresses may affect the choices you make, and how you identify yourself.

Using a table like the one below, list a range of positive and negative influences that peer groups can have on young people's choices about sun protection. When complete, generate a series of responses that can be used to overcome the negative influences and comments.

Positive peer pressure and influences	Negative peer pressure and influences	Strategies or statements to overcome negative peer pressure and influences