

Think-Pair-Share-Ink

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

- 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)

Review the SunSmart website to learn about the [causes](#) and risk factors for [skin cancer](#). It is suggested that these issues are discussed as a class, before students move on to complete the worksheet.

Class resources

- Student notebooks
- Internet access for students to visit the [SunSmart website](#)

Estimated time required

2 periods

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Student worksheet

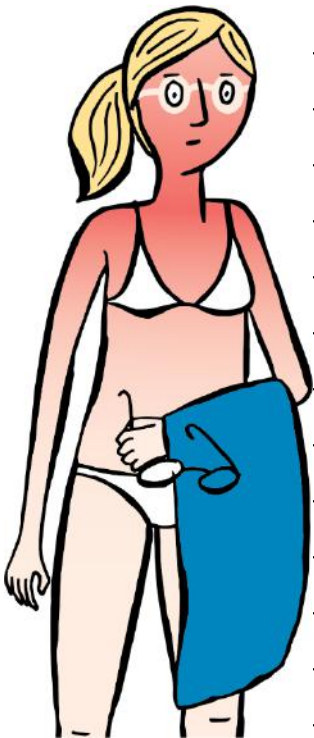
As a class, discuss causes and risk factors for skin cancer. You may like to review the risk factor information on the [SunSmart website](#). Then, complete the following questions.

1 Looking at the following images...

- **Think:** Think about which people in the images are more at risk of skin cancer.
- **Pair:** In pairs, discuss the risk factors which could increase a person's chance of developing skin damage and skin cancer.
- **Share:** Join with another pair to share your thoughts and discuss ideas. Compare your lists and identify those risk factors which are different or missing from your original list. Discuss this amongst the group to come up with a final list.
- **Ink:** Individually, write a response to the statement '*All Australians are at risk of skin cancer*'.

















- 2 Read the following case studies:

Jackson

Jackson loves to skate, spending all of his spare time at the local skate park. He leaves early in the morning and comes home only at dinner time. In summer he wears a cap under his helmet. He doesn't think he can get sunburnt when he is skating as that only happens to people at the beach!

Sarah

Sarah wears a hat all the time when she plays soccer. As the match starts early in the morning, she doesn't think it is necessary to put sunscreen on her face, arms or legs.

Oscar

Oscar never feels better than when he is outside. He loves to surf, ride his mountain bike and play tennis. In summer he spends many hours outside. He often gets a light tan and thinks that his 'natural colour' shows that he is fit and healthy.

- 3 Are Jackson, Sarah and Oscar at risk of skin cancer? Explain why you believe this is or isn't the case.
- 4 Outline the activities that might put these three young people at risk.
- 5 Outline the practices that these three young people are doing which may help reduce their risk of skin cancer.
- 6 Outline the information that these three young people need to know about the importance of sun protection.
- 7 Choose one of the young people in the case study. Provide five suggestions that could reduce their risk of skin cancer.
- 8 Reorganise or add daily routines to each of these young people's day so that they are following the SunSmart messages.

Extend yourself

Each of the young people in the case studies above like having a tan and think they look healthy. Investigate the way in which a tan destroys skin cells. Explain how this can cause skin cancer. Discuss what is meant by '**cumulative exposure**'.