



# Contextual Safeguarding- June Edition



When children are outdoors, it's important to protect their skin from too much exposure to the sun's ultraviolet rays (UV rays), which can lead to skin cancer, skin damage and eye injury.



## How Do Sunburns Happen?

UV rays react with a chemical called **melanin** (MEL-eh-nun) in the skin. The lighter a child's natural skin colour, the less melanin it has to absorb UV rays and protect itself. Children with darker skin have more melanin. But **regardless of their skin tone, all kids need protection from UV rays because any tanning or burning causes skin damage.**

The longer someone stays in the sun and the stronger the sunlight is, the greater the risk of damage. A tan is itself a sign of skin damage and does not help protect the skin.

