



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

National Health Education Standards: www.cdc.gov/healthyschools/sher/standards/index.htm

Our skin protects us, regulates our body temperature, and helps us to feel things. It also happens to be the body's largest organ. The following activities will help your students learn more about the skin they live in, what it does for them, and how they can take care of it throughout their lives.

Related KidsHealth Links

Articles for Kids:

Your Skin

KidsHealth.org/en/kids/skin.html

Taking Care of Your Skin

KidsHealth.org/en/kids/skin-care.html

Acne

KidsHealth.org/en/kids/acne.html

How to Be Safe When You're in the Sun

KidsHealth.org/en/kids/summer-safety.html

Articles for Teens:

Skin, Hair, and Nails

TeensHealth.org/en/teens/skin-hair-nails.html

Tips for Taking Care of Your Skin

TeensHealth.org/en/teens/skin-tips.html

Why Do I Get Acne?

TeensHealth.org/en/teens/acne.html

Can I Prevent Acne?

TeensHealth.org/en/teens/prevent-acne.html

Myths About Acne

TeensHealth.org/en/teens/acne-myths.html

Tanning

TeensHealth.org/en/teens/tanning.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. While you may not think of skin as an organ, it's your body's largest organ, and it can weigh 9 pounds or more! Make a list of the many ways your skin helps you each day.
2. Why is it so important to care for your skin properly? What happens if you don't take care of it? Brainstorm a list of problems that can occur with the skin.
3. What tips would you give kids or teens to help them care for their skin?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Superskin!

Objectives:

Students will:

- Discover what the skin does
- Identify the three layers of the skin and learn how they function

Materials:

- Computer with Internet access
- Word processing program

Class Time:

1½ to 2 hours

Activity:

First, read the article describing what the skin does and the parts and roles of the three layers of the skin. Then, dream up your own superhero who has special powers related to one, two, or all three layers of the skin. Write a brief, 500- to 600-word story about one of your superhero's recent adventures. Make sure to include:

- The name of your superhero
- How his or her layer or layers of skin, or parts of the skin, give the superhero special powers
- How the special powers related to the skin helped the superhero in the recent adventure

Extension:

Do some research to find one interesting fact or statistic related to the skin and your superhero. Next, draw a picture of your skin superhero, and use him or her as the eye-catching part of an infographic you create to highlight the fact or statistic. [Note to instructor: Your students might find it helpful to review this article, "5 Ways to Make Online Research Easier - TeensHealth.org/en/teens/online-research.html - before starting their research.]



What's On the Skin You're In?

Objectives:

Students will:

- Learn about various skin conditions
- Identify ways to prevent and treat these conditions

Materials:

- Computer with Internet access
- Word processing program

Class Time:

2 hours

Activity:

As part of a special series on skin, your favorite teen magazine has asked you to create a guide for teens that uncovers the facts about skin conditions. First, do some research at KidsHealth.org about skin conditions. Then select three to write about. For each condition, write an article (with pictures) explaining what the condition is, what causes it, how to prevent it (if possible), and how to treat it.

Extension:

Using posterboard and art supplies, turn one of your articles on skin conditions into a health message - focusing on treatment, and prevention, if possible - for teens, suitable for hanging in the school hallway or school nurse's office.

Reproducible Materials

Quiz: Skin

KidsHealth.org/classroom/6to8/body/systems/skin_quiz.pdf

Answer Key: Skin

KidsHealth.org/classroom/6to8/body/systems/skin_quiz_answers.pdf



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. List 2 functions of the skin.

2. The main role of the cells in the first layer of the skin, the _____, is to create new skin cells.

3. The second layer, the _____, tells your brain when you have touched something and also produces oil to keep the skin from getting dry.

4. The third layer of the skin is the _____ layer, and it helps the body stay warm.

5. True or false. Popping a pimple helps it heal faster. _____

6. List two ways to care for your skin each day.

7. Name three skin problems that may arise as a result of not wearing sunscreen or too much tanning.

8. True or false. You don't need to wear sunscreen if it's cloudy.

9. To help reduce the amount of acne you have, be sure to:

- a. scrub your face with a washcloth
- b. wash your face as often as possible
- c. gently wash with mild soap and water twice a day

10. True or false. When you're outside, you should reapply sunscreen about every 2 hours. _____



Name: _____

Date: _____

Quiz Answer Key

Instructions: Answer each question.

- List 2 functions of the skin.
any two of the following: protects the body, regulates body temperature, allows for sense of touch, keeps everything in
- The main role of the cells in the first layer of the skin, the epidermis, is to create new skin cells.
- The second layer, the dermis, tells your brain when you have touched something and also produces oil to keep the skin from getting dry.
- The third layer of the skin is the subcutaneous layer, and it helps the body stay warm.
- True or false. Popping a pimple helps it heal faster. false
- List two ways to care for your skin each day.
any two of the following: wash hands with warm water, shower in warm water and use mild soap, gently wash your face with mild soap twice a day, use moisturizer if necessary, use sunscreen with SPF 15 or more
- Name three skin problems that may arise as a result of not wearing sunscreen or too much tanning.
any three of the following: skin cancer, wrinkles, blotchiness, leathery skin, brown spots

- True or false. You don't need to wear sunscreen if it's cloudy.
- To help reduce the amount of acne you have, be sure to:
 - scrub your face with a washcloth
 - wash your face as often as possible
 - gently wash with mild soap and water twice a day
- True or false. When you're outside, you should reapply sunscreen about every 2 hours. true