Sun Defense Essay   Kyler Pace`

Mrs. Pinzon   3-19-09

Hey, did you know that everything that happens to your skin now can affect you when you are older? Damage from the sun not only can ruin the look of your skin, but it can be deadly too.

From the time I was a baby my parents always lathered me up with sunscreen, even on cloudy days! That's because even when it's cloudy the sun still has damaging rays that can affect your skin and body. When I was older my parents still reinforced that I should have sunscreen on, and they explained the reasons why to me.

Some people think that they look healthy and well when they sunbathe and get a tan, but they don't know that it could cause skin cancer. People of all ages, even kids can be in danger from skin damage and the damage may not show up on your skin until you get older. You can get treated for skin cancer, if it is not that bad, but if you have a bad skin cancer, you could possibly die. That's a very scary thought!

Damage from the sun can also cause wrinkles on the skin and it could make you look older than you really are. You want to stay looking your age! Not to mention the damage it could cause to people's eyes! Everyone should wear sunglasses when out in the sun. Eyes need to be protected, because you only have one pair of eyes for life!

I think my school should be awarded a sun shade structure because most kids are not lathered with sunscreen before they come to school, and we go out for P.E. and recess. We are exposed to the sun by just walking to our classrooms, and even that could cause damage from the sun to your skin! It would really help our students because it could save them from skin cancer or sun damage. It would be a really nice thing to do!

For all those reasons, anyone could get sun damage and that's why it is always important to protect your skin and remember to ALWAYS PUT ON SUNSCREEN!!!