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TeachSmarts

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Tip: Sun safety

We all need *some* sun exposure. When skin is exposed to the sun, our bodies make vitamin D, which helps the body absorb calcium for stronger, healthier bones. However, too much unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage, immune system suppression, and skin cancer.

Today's TeachSmarts tip is to check out the [new Sun Safety LifeSmarts U lesson](#). It is a great introduction to this important topic and features:

- [Flash cards](#) to check comprehension
- The new [Sun Safety PowerPoint](#)
- Finish the lesson with this quick [drag-and-drop quiz](#)



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