



This video resources is provided to help teach kids why it's so important to practice mouth-safety, including applying sunscreen to their lips while outdoors.

What do sunscreen and toothpaste have in common? If your class says, "They're both sold in tubes," they would be right. However, sunscreen and toothpaste share a far more important trait: they both highlight the healthy benefits of preventive care.

Preventive care seeks to protect against threats to your health by taking precautions ahead of time. Simple as that. It's better to slather on the sunscreen and prevent skin damage, rather than apply aloe to a painful sunburn after the fact.

As you watch this video, talk with your class about what the word "prevention" means. Can they think of other examples of things that are preventive? For example, do they wear a helmet when they ride a bike? Or a mouthguard when they play sports with a bat, ball, or stick? Do they visit the dentist for a cleaning twice a year? Do they look both ways before crossing the road on their bikes?

These are all good examples of things that help prevent an injury or a health concern from popping up later. Wearing sunscreen to protect your mouth while outside is also a good example of preventive care. As you watch the video with your class, they'll learn about what they can do to treat a sunburn and why it's so important to wear sunscreen in the first place.