



Skin @ School

Lessons for children aged 8-10 years

Name:

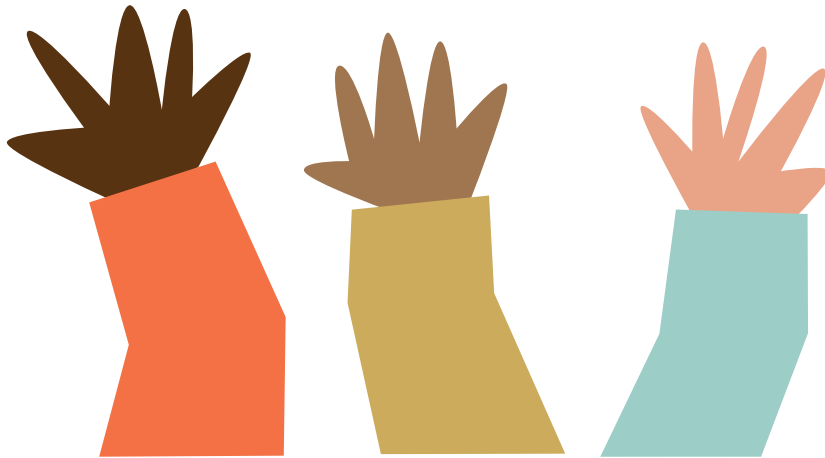
Developed by Huid Nederland (Dutch Skin Coalition) in collaboration with dermatologists (NVDV), specialized nurses, skin therapists (NVH), representatives of patient associations, teachers, a school principal, and a didactic specialist.

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LESSON 1

Your skin

This lesson is about what your skin looks like. You compare your skin with someone else's. You learn what the skin does and how it is structured.



People have different skin colors.

1. What are the characteristics of your skin? Fill in page 2 of your skin passport.
2. Compare your skin with the skin of a classmate.
 - a Name two similarities (things that are the same).

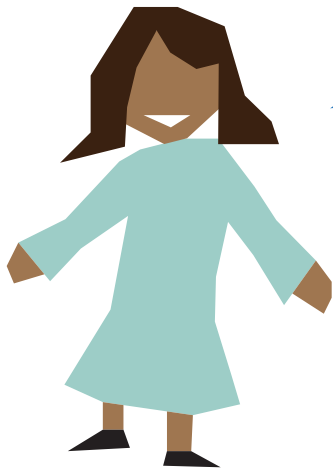
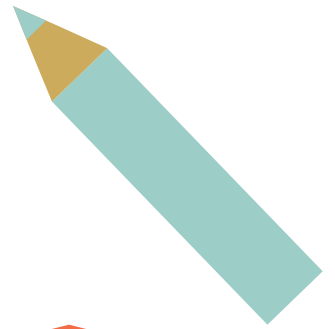
- b Name two differences.



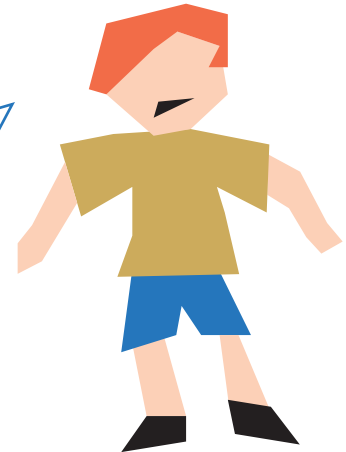
3.

Think about why your skin is important.

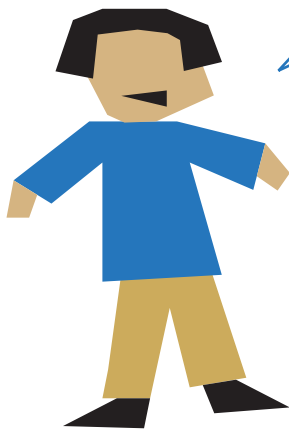
Color the three speech bubbles with the correct statements.



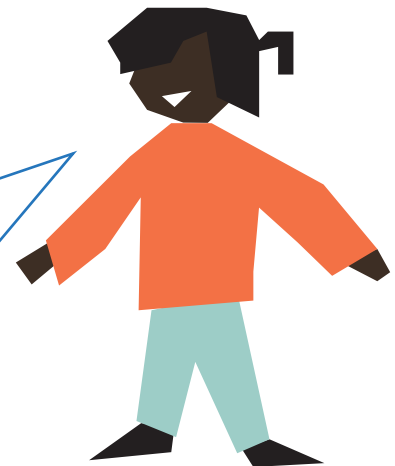
1 Your skin protects your body from dirt



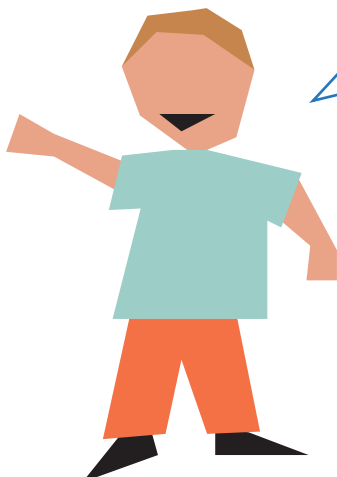
2 Your skin ensures that air gets into your body



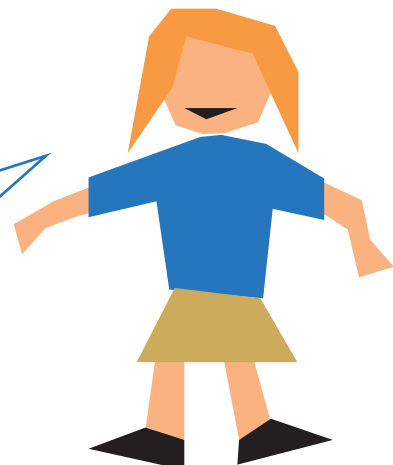
3 Your skin keeps the parts of your body together



4 Your skin keeps the parts of your body together



5 Your skin ensures that you can think clearly



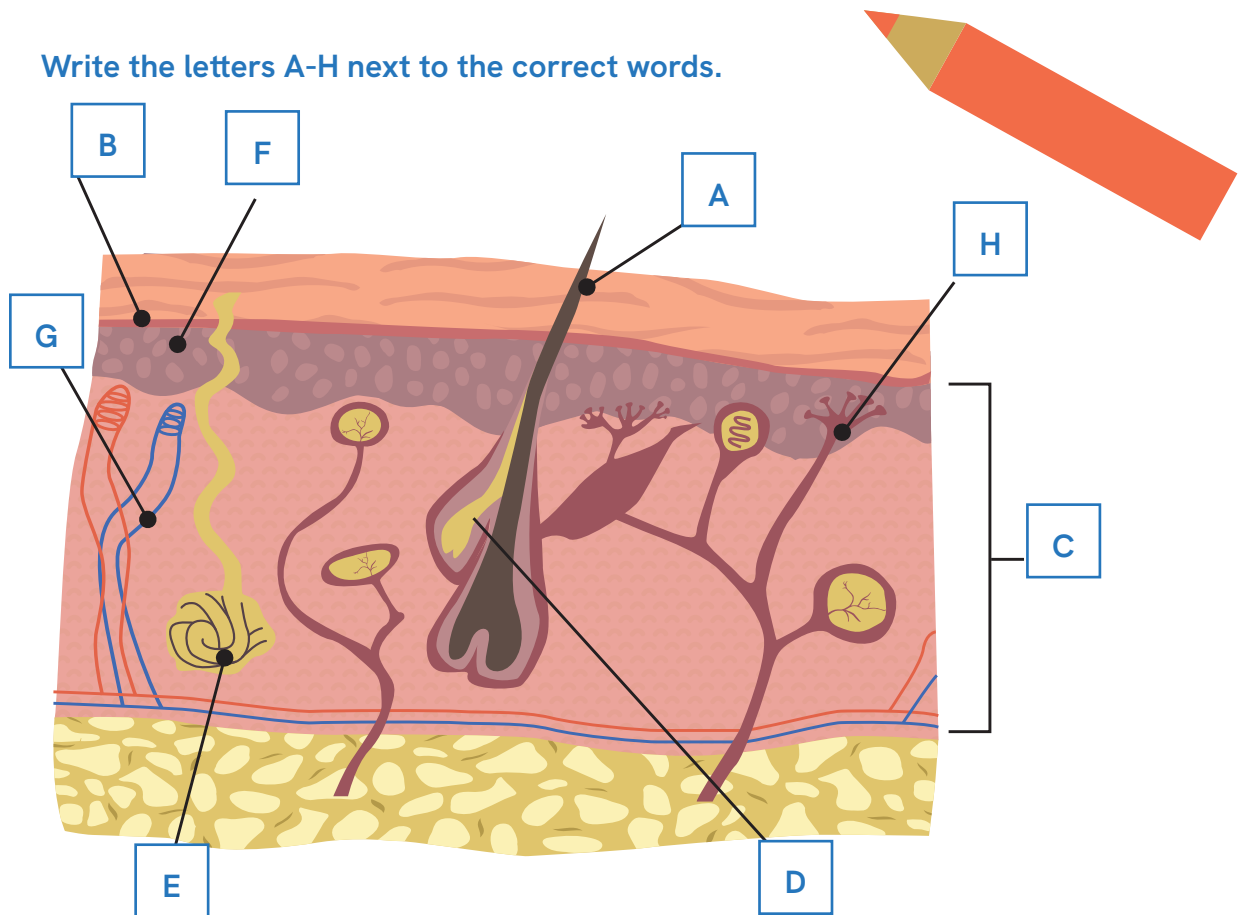
6 With your skin, you can feel if it is warm or cold

How your skin is structured

People have different skin colors, but the structure of everyone's skin is the same. The thin outer layer of the skin is the epidermis. Below that is a thicker layer: the dermis. This layer contains sacs where hairs are formed. These hairs come out through the epidermis. In the dermis are sebaceous glands that produce a layer of fat on the skin, making the epidermis soft and supple.

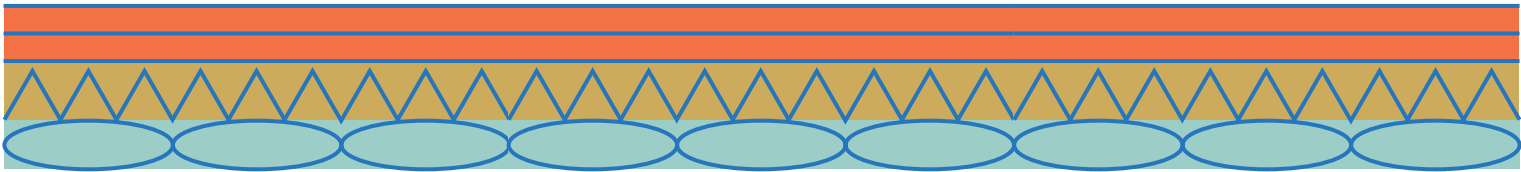
The dermis contains sweat glands that produce droplets of moisture. These sweat droplets exit through pores in the epidermis. The dermis also contains nerves, which are like wires with endings. These nerves allow you to feel things like pain, warmth, and cold. The nerves are connected to the brain in your head. The dermis also contains blood vessels, thin tubes through which blood flows.

4. Write the letters A-H next to the correct words.



| | |
|--|-------------|
| | bloodvessel |
| | hair |
| | dermis |
| | epidermis |

| | |
|--|-----------------|
| | pore |
| | sebaceous gland |
| | nerve |
| | sweat gland |



5. Write the correct words.

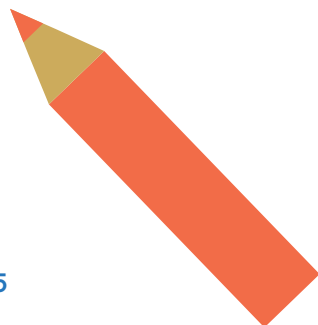
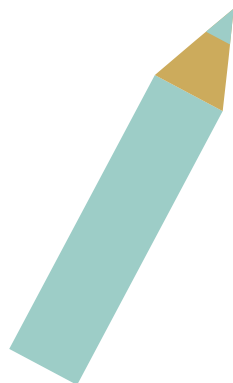
| | |
|---------------------------------------------------------|--|
| A This allows you to feel things with your skin. | |
| B This body part produces sweat. | |
| C This body part produces fat for the epidermis. | |
| D This body part protects your body from dirt. | |

Conclusion

6. Write the words with the following meanings in the puzzle.

| | |
|----------|--------------------------------|
| 1 | thin top layer of skin |
| 2 | tube through which blood flows |
| 3 | small opening in the skin |
| 4 | body part that produces sweat |

| | |
|----------|--------------------------------------|
| 5 | type of wire with which you can feel |
| 6 | body part that produces fat |
| 7 | thick layer under the epidermis |





7. Information assignment

a Students watch a YouTube video with statements about the skin, such as the statement “Snail slime is good for your skin.”

They explain in the video whether or not this is true.

b Circle the correct word(s).

I initially thought that snail slime **is** / **is not good** for your skin.




c Students watch a video on why different skin colors exist from a Dutch educational program.

Tick one or more sentences below that match your opinion.

- a** I think the information is correct because the presenter is a man.
- b** I think the information is correct because it matches what I see in my environment
- c** I think the information is correct because I believe everything on YouTube.
- d** I think the information is correct because I trust the videos from [this Dutch educational programme].

d Tick the two correct sentences.

You are critical:

- a** if you are quickly satisfied.
 - b** if you pay close attention to whether things are in order.
 - c** if you question whether things are correct.
 - d** if you believe everything immediately.
- 

LESSON 2

Care for your skin

This lesson is about taking care of your skin. You will learn why it is important to keep your skin clean, soft, and supple.



Enjoy playing in the mud.



1. What is your skin type? Fill in page 3 of your skin passport

Clean and healthy

Your skin protects your body from many things, including bacteria. These are tiny creatures that you cannot see with your eyes. Some bacteria can make you sick, but there are also good bacteria.

You can keep bad bacteria away by maintaining personal hygiene. This means taking care of your health by being clean. Bad bacteria on your skin go away when you wash yourself, for example, after playing in the mud.

2. Circle true or false

- | | |
|-----------------------------------------------|--------------|
| a All bacteria are bad | true / false |
| b Bacteria are very small. | true / false |
| c Hygiene causes more bacteria to grow. | true / false |
| d Washing your hands is good for your health. | true / false |

Soft and supple

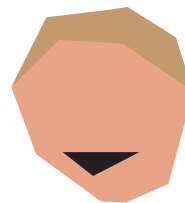
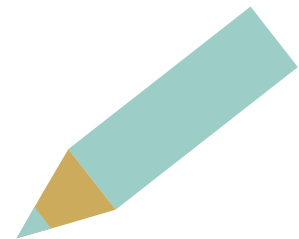
Washing yourself is good for hygiene. But using a lot of soap or bath foam and taking long showers or baths washes away the layer of fat on your skin. Your skin then becomes drier and weaker. Small cracks can appear in your skin through which bad bacteria can enter your body. Your skin can then become red and swollen. Sometimes people get very sick from this.

So, it is good not to use too much soap and not to take long, very hot showers or baths. Your skin also stays soft and supple if you apply cream (ointment for your skin). You can buy a cream that suits your skin type.

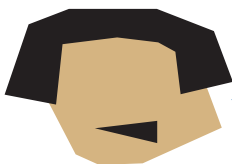
3. Color the speech bubbles of those who are right.



Allison: 'It is good for your health if you keep your skin clean'



Mitch: ' It is good for your health if you apply cream to your skin.'



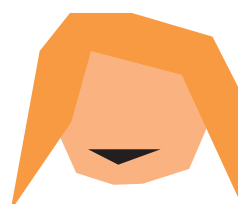
Noah: 'Playing in the mud is unhealthy.'



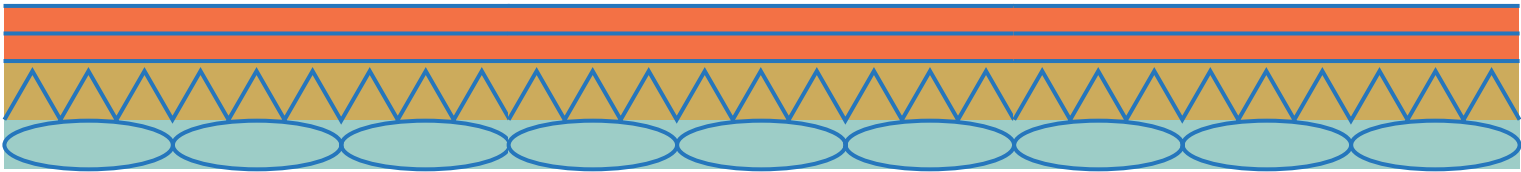
Abi: ' It is good for your health if you don't use any soap in the bath.'



Thomas: 'A dry skin can be bad for your health.'



Julia: 'Taking long and hot showers is good for your skin.'



Scrape wound

If you fall on rough ground, you can get a scrape wound. The outer layer of the skin is then damaged by scraping over the ground. Some blood may come out of the blood vessels. Through the wound, bad bacteria can enter your body. We call this an infection. An infection can make your skin sick. If your skin becomes red, swollen, and painful, we call this **inflammation**.

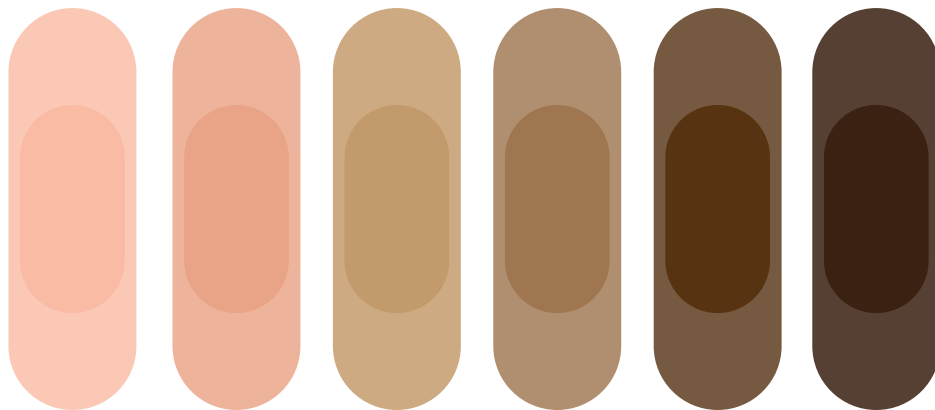
With good care of a wound, you can try to prevent an infection. You can clean a scrape wound with lukewarm water under the tap or with a clean cloth or washcloth. You do not use soap or disinfectant and let the scrape wound dry in the air. Then a scab will naturally form. A bandage is needed if clothes rub against the wound.

4. How can an inflammation in a wound occur?

Number the sentences in the correct order.

(Note: Write a 1 next to what happens first, and so on.)

- ___ **A** There is dirt with bad bacteria in your wound.
- ___ **B** Inflammation occurs in the wound.
- ___ **C** You get a scrape wound.
- ___ **D** You fall on rough ground.



Skin-colored bandages

5. In the past, plasters in the Netherlands were always the same light color. But since 2018, bandages are available in different colors.

Explain what you think about this.

Conclusion

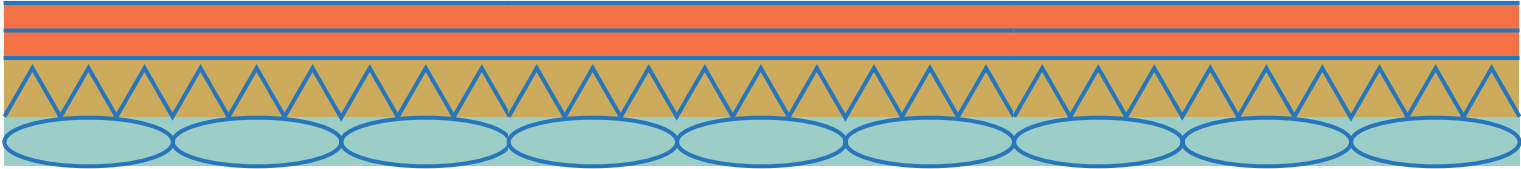
6. Write the words with the following meanings in the puzzle.

| | |
|---|----------------------------------------------------------------------|
| 1 | lotion for your skin |
| 2 | when bad bacteria enter your body |
| 3 | wound caused by rubbing against something rough |
| 4 | taking care of your health by being clean |
| 5 | tiny creatures that can make you sick |
| 6 | when your skin becomes red, swollen, and painful due to an infection |

The crossword puzzle grid consists of the following words to be filled in:

- 1: 10 letters, starting at row 1, column 3.
- 2: 10 letters, starting at row 1, column 10.
- 3: 10 letters, starting at row 2, column 1.
- 4: 7 letters, starting at row 3, column 4.
- 5: 7 letters, starting at row 4, column 4.
- 6: 12 letters, starting at row 5, column 1.

There is a green pencil at the bottom left and an orange pencil at the top right of the grid.



7.

Information task

Students watch a Dutch-language video (1.50 min) about Licorice on Wound Against Pain

Circle the correct word(s) and complete the sentence.

While watching the video, I initially thought that licorice **would** / **would not** help against pain from a wound because



a Does licorice not help at all against the pain?

Circle true or false.

1 Placing licorice on your wound releases a pain-relieving substance into your blood **true** / **false**

2 Placing licorice on your wound distracts you from the pain **true** / **false**



LESSON 3

Everyone can get it

This lesson is about skin conditions that anyone can get. You will learn how people can get these conditions.



Chickenpox

Temporary conditions

It can happen to anyone: you suddenly feel a bump or a dry spot on your arm. When your body is sick in one place, we call that a condition. There are skin conditions that everyone can get. These are temporary: they go away on their own or after a short treatment.

Some conditions can be passed from one person to another. These are called contagious conditions. Other conditions are not contagious. Contagious diseases are often caused by small creatures like bacteria, fungi, and viruses.

- 1.** Which temporary conditions have you heard of? And which conditions have you had yourself? Fill in page 4 of your skin passport.
- 2.** Circle the correct words.
 - a Contagious conditions can be passed from one person to another. **true** / **false**
 - b Non-contagious conditions can be passed from one person to another. **true** / **false**



3. Read the six texts (1-6) and look at the six pictures (A-F).
Write the correct letter for each text.

1 Chickenpox

Chickenpox are red bumps on your skin that become itchy scabs. You get this condition from a virus. That is a very tiny creature that can make you sick, just like a bacteria. The virus of chickenpox is in the throat of someone who is sick. Small droplets with the virus come into the air through coughing and sneezing. When other people breathe them in, they get infected: they catch the disease. Sometimes you get infected by the fluid from someone else's chickenpox.

2 Mosquito bite

A mosquito bite is a non-contagious condition that occurs because your skin is very sensitive to the substance that comes into your skin from a mosquito bite. Your skin reacts: it becomes swollen, red, and starts itching.

3 Athlete's foot

Fungi are also very tiny creatures. They look different from bacteria or viruses. Some fungi are bad for your health, for example, athlete's foot. People can catch this from each other through the floor of a shower or swimming pool. Athlete's foot causes cracks in the skin between the toes. The skin there becomes red, painful, and very itchy.

4 Warts

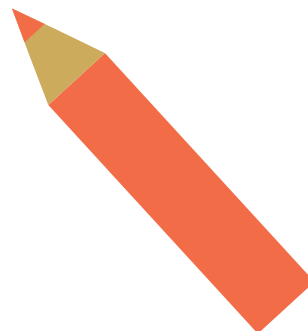
Warts are rough bumps that grow on the skin. This contagious condition is caused by a virus that can enter the skin through cuts, scrapes, or cracks.

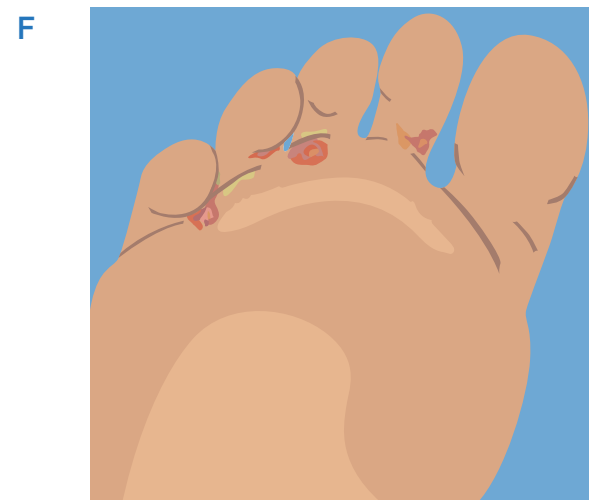
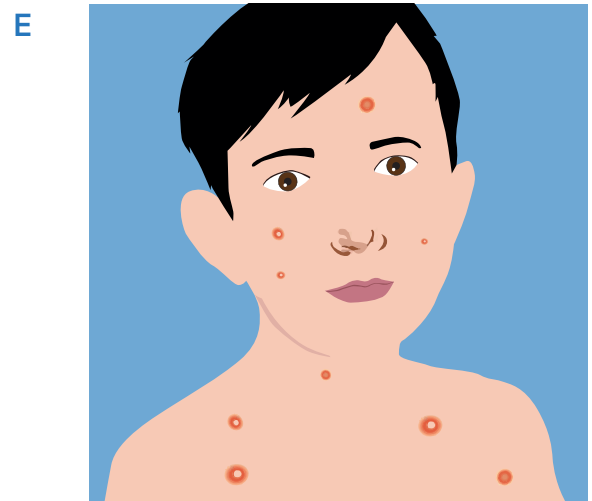
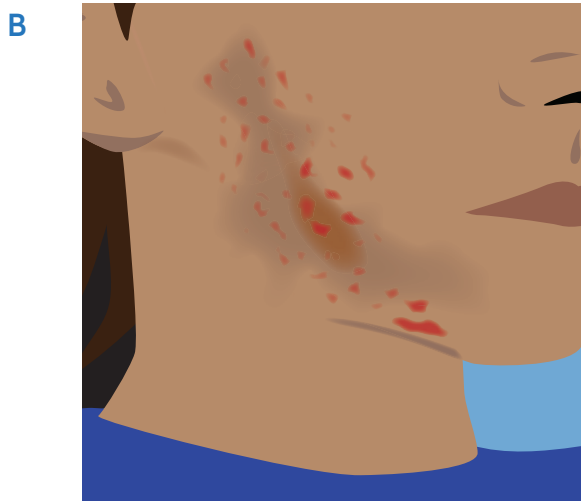
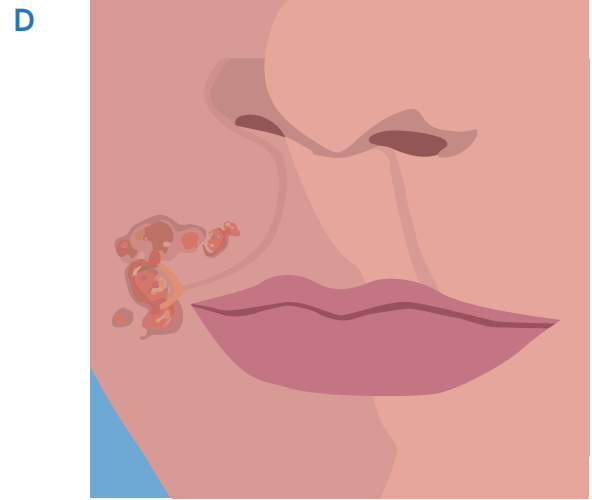
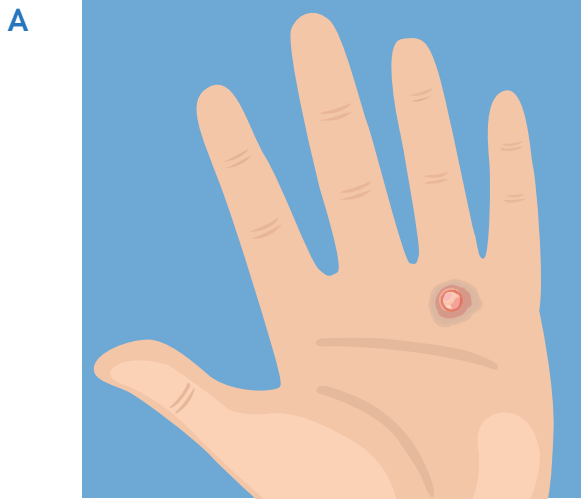
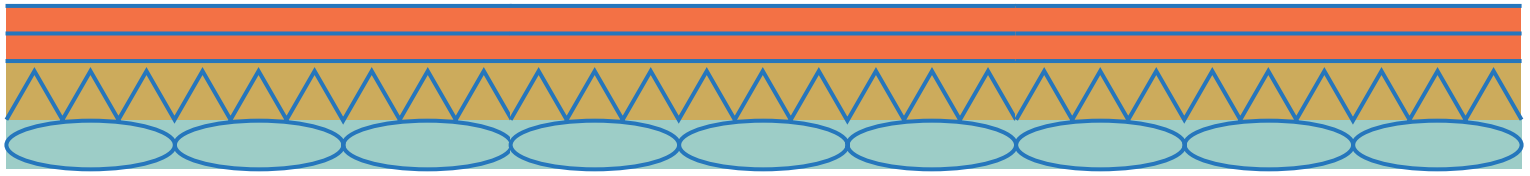
5 Impetigo

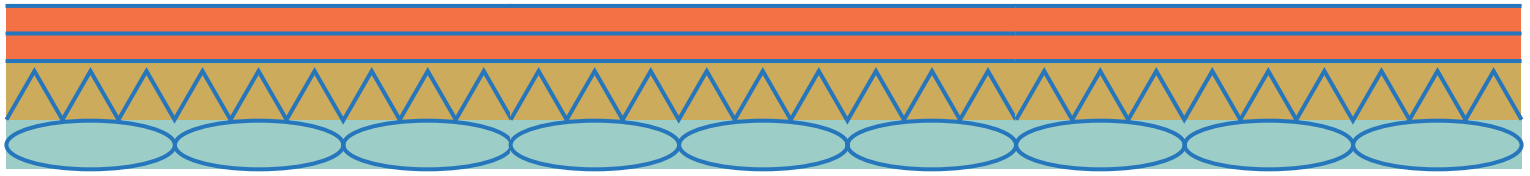
Impetigo is a contagious condition that causes sores, red spots, and bumps with yellow crusts on the skin. This condition is caused by bacteria that live on the skin or in the nose or throat.

6 Acne

Acne (or teenage pimples) is a non-contagious condition that results from the overactivity of oil glands. When the oil cannot exit properly through the outer skin layer, pimples can form, which may become inflamed.





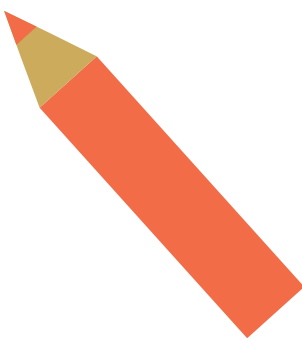


4. Write the correct words.

| | | |
|----------|--------------------------------------------------------------------------------|--|
| a | When your body is sick in one place | |
| b | When people pass a condition to each other | |
| c | Very tiny creature that can make you sick (like bacteria and fungi) | |
| d | Very tiny creature that can make the skin sick (like bacteria and viruses) | |
| e | heel klein beestje waarvan de huid ziek kan worden (net als bacterie en virus) | |

5. Circle the words that match the condition.

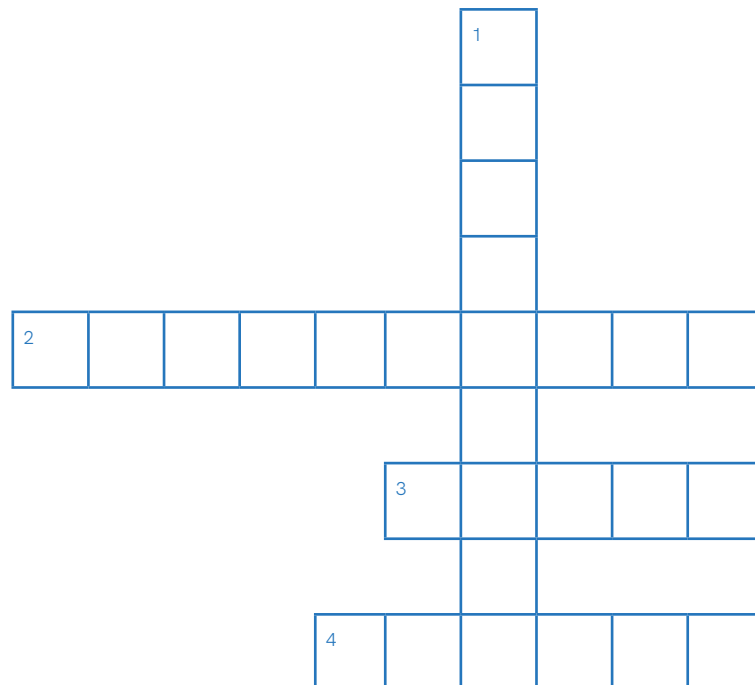
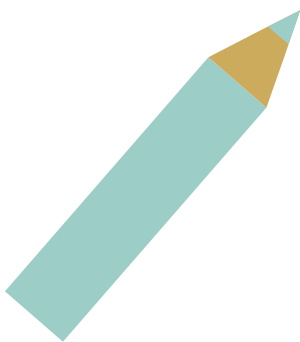
| | Contagious: | This is caused by: |
|-------------------------|--------------------|---------------------------|
| a Acne | yes / no | bacteria / fungus / virus |
| b Impetigo | yes / no | bacteria / fungus / virus |
| c Mosquito bite | yes / no | bacteria / fungus / virus |
| d Athlete's foot | yes / no | bacteria / fungus / virus |
| e Chickenpox | yes / no | bacteria / fungus / virus |
| f Warts | yes / no | bacteria / fungus / virus |



Conclusion

6. Write the words with the following meanings in the puzzle:

| | |
|---|-----------------------------------------------------------------------------|
| 1 | when your body is sick in one place |
| 2 | a condition people pass to each other |
| 3 | very tiny creature that can make you sick (like bacteria and fungus) |
| 4 | very tiny creature that can make the skin sick (like bacteria and virus) |



7. **Information assignment**

The students watch a video on YouTube about itching (Dutch educational television programme). Do you think it is good or not that Mustafa does not explain everything about itching himself, but also lets a dermatologist (skin doctor) in a hospital explain things?

Explain your opinion.

LESSON 4

Protect your skin

This lesson is about sunburn. You will learn how to protect your skin against it.



At the beach in the sun

skin
passport

1. What is your skin type? Fill in page 5 of your skin passport.

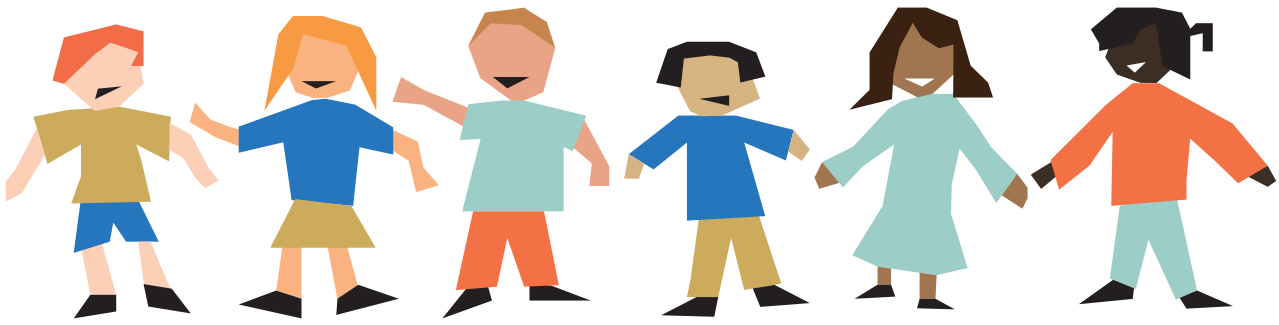
Sunburn

On a sunny day, everything looks nicer. Sunlight puts many people in a good mood. But you have to be careful with sunlight because the sun's rays contain UV rays that can be harmful to your skin if you get too much. A darker skin can handle UV rays better than a lighter skin because a darker skin has more pigment (color).

When your skin is exposed to the sun, it starts making pigment. This makes your skin darker. But that protection is not enough. Your skin can burn and turn red. This happens faster with lighter skin than with darker skin. Frequent sunburn in your youth can severely damage your skin and make it work less well. You also run the risk of getting a serious skin disease later: skin cancer.

2. Use the six pictures below. Circle the correct word:

- a Abi has **more** / **less** pigment than Allison.
- b Thomas has **more** / **less** pigment than Mitch.
- c Julia's skin burns **slower** / **faster** than Noah's skin.



Thomas

Julia

Mitch

Noah

Allison

Abi

**3. Tick the two correct sentences.
The sun is harmful to the skin:**

- a because the skin makes pigment in the sun.
- b because the UV rays damage the skin.
- c because it puts people in a good mood.
- d because sunburn can cause skin cancer later on.

Sun protection

When walking through thorny bushes, you can protect your skin with long pants and a long-sleeved shirt. You can also protect your skin from UV rays this way. In the sun, you can wear a hat and sunglasses. For swimming and playing, there is special UV swimwear. But your skin can also burn when you are cycling, ice skating, or playing in the snow. You can even burn in the shade of a parasol.

That's why there are special parasols that block UV rays. You can protect your skin well with sunscreen. But pay attention to which sunscreen you use. There are sunscreens with a high and low protection factor (how much UV radiation is blocked). It is advisable for all children to use at least factor 30. Apply it often and thickly because the cream disappears due to water and sweat.

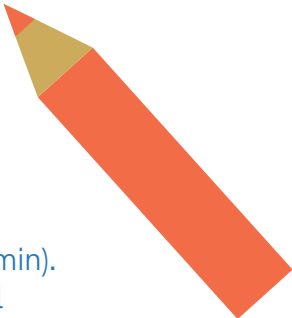
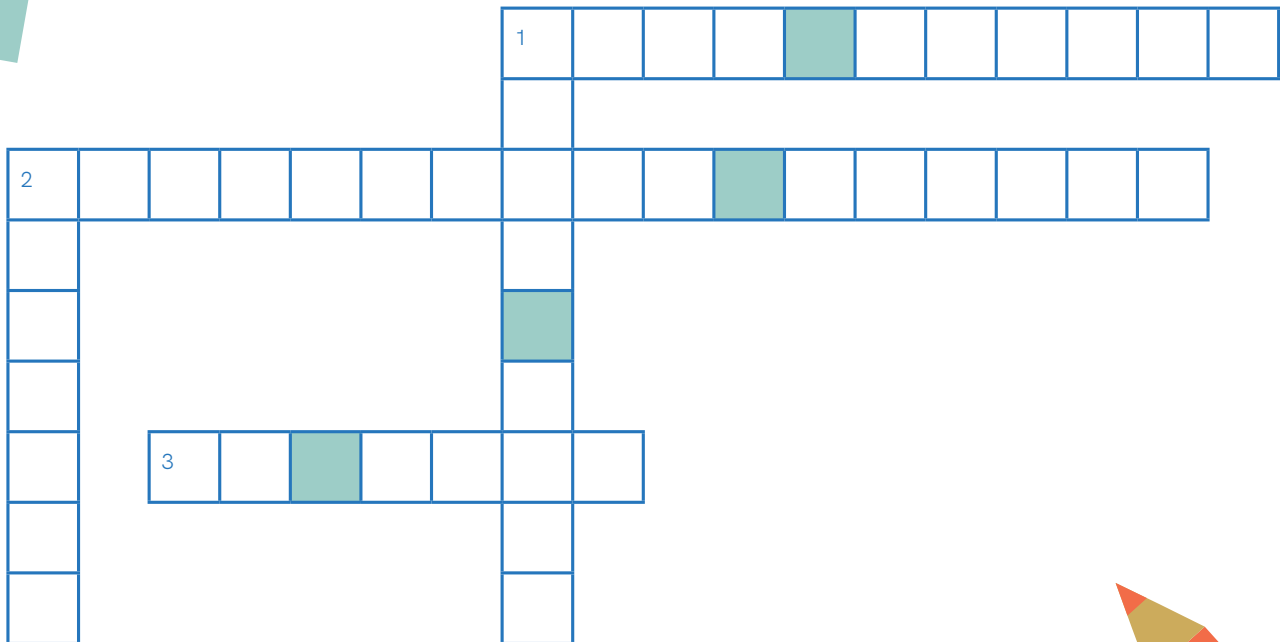
4. Tick the words that apply to you.

- a I **don't like** / **like a little** / **like a lot** sunbathing.
- b I **never** / **sometimes** / **often** use a hat or cap against sunburn.
- c I **have never** / **sometimes** / **often** burned my skin in the sun.
- d I **never** / **sometimes** / **often** wear clothes that protect against UV rays.

Conclusion

5. Note the words with the following meanings in the puzzle:

| | |
|---|----------------------------------|
| 1 | kind of skin |
| 1 | serious skin disease |
| 2 | how much UV radiation is blocked |
| 2 | Serious skin disease |
| 3 | harmful rays in sunlight |



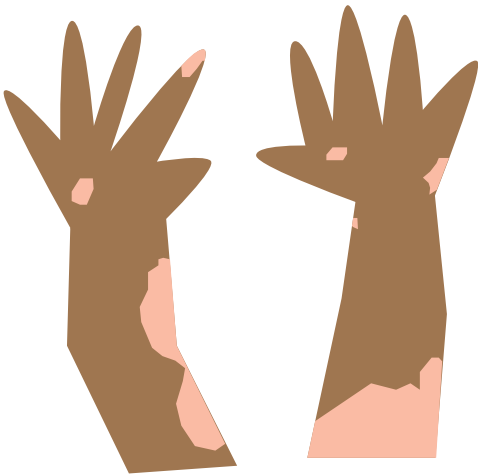
6. **Information assignment**

Students watch a Dutch YouTube video how sunscreen works (1.31 min). At the end of the video, it says: "Mineral filters consist of very small pieces of metal that reflect UV radiation. That works better, but you do look like a snowman." The statement about "a snowman" and the drawing in the video are meant to be funny. Do you think it's good or not that this joke is made? Explain your answer.

LESSON 5

Some people have it

This lesson is about chronic skin conditions. You will also learn how people deal with such conditions.



Vitiligo

1. Which chronic skin conditions have you heard of? And do you know anyone with such a condition? Fill in page 6 of your skin passport?



Chronic conditions

There are temporary skin conditions that everyone can get, like a mosquito bite. But there are also skin conditions that never really go away. These conditions are called chronic (permanent).

In a chronic skin condition, something is not working properly in the skin. This can cause extra flakes (loose pieces of skin), a red color, or inflammations.

2. Circle true or false.

- | | |
|-------------------------------------------------------------------------------|--------------|
| a All chronic conditions cause flakes. | true / false |
| b In a chronic skin condition, something is not working properly in the skin. | true / false |
| c Chronic conditions never go away. | true / false |
| d Chronic skin conditions are temporary. | true / false |

Difficult

Having a skin condition can be very difficult. For example, itching can make it hard to sleep or pay attention in school. Other people might stare at you or say mean things because you have flakes or spots on your skin.

Someone might have an opinion about something without knowing what it's really like. It might be very different from what they think. Such an opinion is called a prejudice

3. Circle the correct word.

- a. A chronic skin condition can be very annoying because you **sometimes** / **often** suffer from it.
- b. A prejudice is an opinion of someone about something they know **a lot** / **little** about.

Vitiligo:

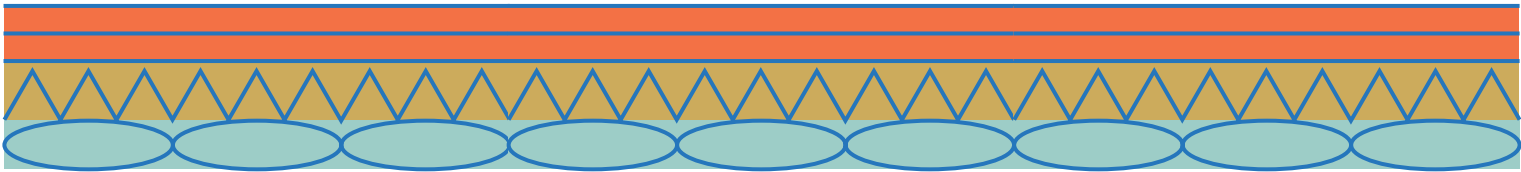
Vitiligo is a non-contagious chronic condition that causes white spots on the skin. The pigment (color) disappears in those spots. It is not known why this happens. In people with light skin, the spots become more visible in the summer because the rest of the skin turns brown.

In people with dark skin, the color differences are always clearly visible. Vitiligo can make children insecure. Sometimes they hide their spots out of fear of negative reactions from other children or adults. For example, they don't want to go swimming or wear shorts and short-sleeved clothes in the summer.

4. Read the four sentences about vitiligo.

Mark if you already knew it or if it's new information for you.

| | I already knew this | This is new Information |
|---------------------------------------------------------------|-----------------------|-------------------------|
| a Vitiligo is not contagious. | <input type="radio"/> | <input type="radio"/> |
| b You don't feel anything from vitiligo. | <input type="radio"/> | <input type="radio"/> |
| c Two out of a hundred people have vitiligo. | <input type="radio"/> | <input type="radio"/> |
| d The white spots burn more quickly and need extra sunscreen. | <input type="radio"/> | <input type="radio"/> |



Eczema

Eczema is a non-contagious chronic condition. It causes dry and red skin with flakes, itching, and wounds. In many children, this condition disappears

after a few years, but in a small group, it remains. You have less trouble with eczema if you keep the skin oily with a special medicinal ointment.

5. Read the text on the next page about a Dutch presenter called Daan Boom.

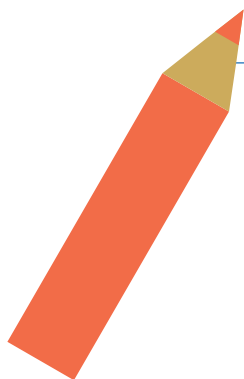
a When did Daan become insecure?

b What prejudice is the text about?



c Why didn't Daan want to talk about his eczema?

d Why was it good that he started talking about his eczema?



A famous Dutch person tells his story

Daan Boom is the presenter of several Dutch television programs. He said: "I have had eczema all my life. It is very annoying. For a long time, I pretended it wasn't there. But it is something you always have. So you always have to take care of it. I always had to apply ointment. As a child, my mother took me everywhere to find out what helped and which ointment was best. I am not really insecure. But when the eczema was very visible, I did feel insecure. I always had problems with my scalp. I still do. Then there are skin flakes all over my shoulders. At school, they said I had scabies, which is a serious contagious skin disease. They made up all sorts of names for it. When people asked, 'What do you have there?' I found it very difficult. I was very ashamed of it. I didn't want to talk about it, but now I know it's better to say, 'Guys, I have eczema. It's very annoying. I have to apply ointment twice a day. I have a tube in my pocket.'

From the moment I started telling people that I have eczema, it gave me more peace. I think there should also be people on TV who don't have perfect skin. My advice to people with a skin condition is: Show yourself and be proud of who you are! That helps!"

Daan Boom



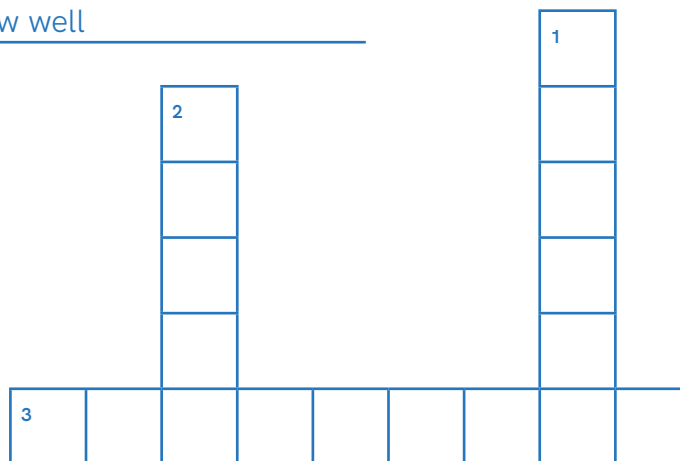
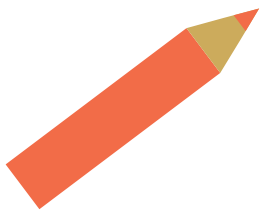
Daan Boom

Naar: Itchy, glossy over ichthyosis.

Conclusion

6. Write the correct words in the puzzle.

| | |
|---|---------------------------------------------------------|
| 1 | permanent |
| 2 | loose piece of skin |
| 3 | opinion of someone about something they don't know well |



7. Information Assignment

a Students watch a Dutch video about vitiligo (3.37 min.). A child explains about having vitiligo.

What two prejudices are mentioned at the end of the video?

b Students watch a Dutch video about eczema (3.07 min). Do you think it's good or not that the child in the video doesn't explain everything about eczema herself, but also lets a pediatric dermatologist in a hospital explain things?

Explain your opinion.
