My science fair project is about sunscreen. I plan on testing which kind of sunscreen protects our skin best by putting sunscreen on photo sensitive paper and measuring how white the sunscreen covered area is. Three topics I researched for my project are: What are the benefits of using sunscreen? What SPF should I use? and what are the disadvantages to sunscreen?

What are the benefits of using sunscreen? According to The Cera Ve Dermatology Department- This is important because Studies have found that individuals who use sunscreen daily (SPF 15 or higher) show 24% less signs of visible skin aging.(source 2)

Is a high SPF number better than a lower one? As stated in the article high-number SPFs last the same amount of time as low-number SPFs. A high-number SPF does not allow you to spend additional time outdoors without reapplication. As many individuals only apply about 20–50% of the amount of sunscreen needed to achieve the amount of SPF on the label, (10) application of high-SPF sunscreens helps to compensate for this under-application. This shows that you should use higher number SPFs to prevent underapplication of sunscreen. (Source 1)

What are the disadvantages to sunscreen? Based on the information from the website Many people do not apply sufficient sunscreen to optimize sun protection, No sunscreen blocks 100% of ultraviolet radiation or is fully waterproof or sweatproof, Some chemical sunscreens may impair coral reef growth and contribute to coral bleaching, Sunscreens have potential side effects. This is important because you need to know the cons of sunscreen before applying on your own skin..

Three facts learned are higher number SPFs last the same amount of time as lower number SPFs, when you put sunscreen on every day you age less, and that some sunscreens are contributing to coral bleaching and fading coral reefs all over the world, so make sure that your sunscreen is reef safe. This is important for my project because we are focusing on which sunscreen prevents burns the best.

Sources:

https://www.aad.org/media/stats-sunscreen#:~:text=Dermatologists%20recommend%20using%20a%20sunscreen,of%20the%20sun%27s%20UVB%20rays.

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https://www.thorne.com/take-5-daily/article/pros-and-cons-of-different-types-of-sunscreen?srsltid=AfmBOorAedOIKZQ3tmdkgDxrI_Xmmr-iXOcKbuR0KvkIqvwylsGrnL5U