



Juniors/Cadettes Sun Safety Patch Requirements

Directions:

1. Read the sun safety article on page 2 (or have an adult read them to you).
2. Complete the sun safety quiz.
3. Select one of the activities to complete. These activities may be completed by the individual Girl Scout(s) or as a troop.
4. Once you have completed steps 1-3, reflect on what you learned:

Reflection Questions:

What did you learn about ways of protecting your skin from the sun and keeping it safe when you are outdoors?

What did you learn about the link between sun exposure and skin cancer?

Will you do anything differently in regard to sun exposure based on what you learned? If so, what will you do differently?

WE WANT TO HEAR FROM THE COUNCILS! Let Outrun the Sun know the activities that your scouts are completing. Take photos of the Girl Scouts involved in activities and submit them to us. We will post updates on our social media and web site and would like to feature **your** council.

Please tag us while you complete your patch activities!

[Instagram @outrunthesuninc](#)

[Facebook @OutruntheSunInc](#)

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Juniors/Cadettes Sun Safety Article

Have you ever heard of a dermatologist? A dermatologist is a skin doctor. A dermatologist treats skin issues like acne and diseases including skin cancer. You may be thinking that you are just a kid and that your skin looks pretty good right now. This is true! Most people your age don't need to worry about having skin problems or skin cancer, but what if you were told that practicing healthy skin habits right now can keep your skin safe and always looking its best?

Have you ever looked at certain people (who weren't so old) and thought that they looked really, really old? Maybe they had HUGE wrinkles or skin that looked like leather. Do you know why these people looked so old? It could be that they spent a lot of time in the sun without practicing sun safety when they were young. Perhaps they didn't use sunscreen, sunglasses or hats to protect their skin, eyes and scalps. Not only does the sun cause wrinkles, it can cause skin cancer.

Skin cancer is the most prevalent cancer in America. There are two general types of skin cancer: melanoma and non-melanoma skin cancer (NMSC) (i.e. basal cell carcinoma and squamous cell carcinoma.) Skin cancer is an uncontrolled growth and spread of cells or lesions in the epidermis (the outer layer of skin). Excessive exposure to ultraviolet (UV) radiation from the sun or other sources, like tanning beds, is the greatest risk factor for developing skin cancer.

Using tanning beds when you are a teenager, or in your 20s, can increase your risk of developing melanoma by up to 75%. Melanoma is the most dangerous type of skin cancer because it can spread beneath your skin and throughout your body. People can die of melanoma, so you want to do all that you can to protect yourself and prevent it.

Being sun safe is easy! You just need to remember this: Protect Your Skin. Protect Yourself. Protect Your Life. Here are some simple steps to being sun safe:

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Sunscreen: You should wear sunscreen every time you spend time outside whether you are playing, swimming, biking or even attending a ballgame. People can even get sunburns on cloudy days, so sunscreen is always important.

Here are three things to remember about sunscreen:

1. Use a sunscreen with a sun protection factor (SPF) of at least 30.
2. Apply it twenty minutes before going outside so that it can absorb into your skin. Make sure that your sunscreen hasn't expired.
3. Reapply every 80 minutes to two hours. It's important to put sunscreen on throughout the day if you are outdoors for a long time or if you are swimming or sweating.

Ultraviolet (UV) rays: The sun is the most powerful from 10AM to 2PM. This is when the sun's UV rays are the highest and can lead to a sunburn. During these hours, you should pay special attention and take cover to protect your skin---even your scalp because the sun can penetrate through your hair. The sun reflects water and snow, making UV rays even stronger. So, be aware. Stay in the shade or wear sunscreen, a hat, long-sleeve shirt, and sunglasses. It's that easy!

As a Girl Scout, you learn how to respect and take care of yourself. This also means taking care of your skin. We all have a job to help make the world a better place. You can achieve this by protecting yourself and also by teaching others to be sun safe!

Learn more about sun safety and skin cancer prevention at:

www.outrunthesun.org

Note to leaders or parents: Some people may be allergic to sunscreen. There are sunscreens available that are mineral based, which may cause fewer allergic reactions. Please see a dermatologist for specific information. It is still easy to protect skin by wearing sun-protective clothing and spending time in the shade.

Make sure you check the date on your sunscreen bottles before applying. Expired sunscreen does not effectively block UV rays and may cause skin irritation. While outside, keep your sunscreen out of sunlight and excessive heat. Tips: always close the cap on the bottle and keep sunscreen wrapped in a towel in the shade.

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Quiz for Juniors/Cadettes

True or False?	
<u> </u>	1. The sun's ultraviolet (UV) rays are the highest during the early morning hours.
<u> </u>	2. Your hair protects your scalp from the sun's rays.
<u> </u>	3. You should protect your skin from UV rays.
<u> </u>	4. Tanning beds should be used to help you get a base tan.
<u> </u>	5. Skin cancers do not spread to internal organs.

Answer Key

(F, F, T, F, F)

1. The sun's rays are the highest between 10 am and 4pm.
2. The sun's UV rays penetrate your hair. Wear a hat!
3. You should always protect your skin with sunscreen or protective clothing.
4. Using tanning beds before age 35 can increase a person's risk for getting melanoma (a form of skin cancer that can be fatal) by as much as 75%.
5. Skin cancers, especially melanoma, can spread deep into the skin's layers and can reach internal organs through the lymph system.

Activities (Please select one of the following):

These activities may be completed by the individual Girl Scout(s) or as a troop.

Choice #1:

Are you a visual artist? Take a series of photographs or film a short video that will help increase awareness of sun safety and skin cancer prevention. (Be creative! Engage your family, friends or classmates.)

-Post your image/video on Twitter, Facebook, Instagram or other social media with a sun-safe message. Tag Outrun the Sun on Facebook, Twitter and Instagram @outrunthesuninc and your posts might be shared!

Choice #2:

Are you a musician? Write a song or a jingle about the importance of being sun safe. Find an audience and perform! You can share it with your scout troop, your family or even post it on social media. Remember to tag Outrun the Sun on Facebook, Twitter and Instagram @outrunthesuninc and your posts may be shared!

Choice #3:

Can **YOU** Outrun the Sun? Outrunning' the sun means taking steps to be sun safe when you are outdoors. Make a commitment to outrun the sun while enjoying one of the following activities:

Walk one mile, **Run** one mile, **Bike** one mile, or **Ride** one mile (in a wagon or on a scooter, for instance)

First, bring a parent or other adult with you as you embark on your 'Outrun the Sun' activity. Next, write down four ways that you plan to 'outrun the sun.' (Examples: 'I will ride one mile at 9:00 am, before the sun's rays are at their highest and most harmful'; 'I will cover my skin with sun-protective clothing before riding one mile.')

Lastly, make sure that anyone who is accompanying you is also being sun safe. Now---go 'outrun the sun.' Since you are taking steps to be sun safe, you can enjoy the outdoors knowing that your skin is protected from over exposure to ultraviolet radiation, which can cause sunburn and possible skin cancer.

Choice #4:

Conduct the following experiment to show how damaging the sun's rays can be when your skin isn't protected with sunscreen or sun-protective clothing.

Supplies

A piece of black construction paper, sunscreen, a paintbrush or cotton ball, and sunlight

Instructions

Fold a piece of construction paper like a book. Open the paper and lay it flat so you can see the crease running down the center. Squeeze a bit of sunscreen onto a paintbrush or cotton ball. Dab the sunscreen on one half of the paper, leaving the other half untouched. Leave spots without sunscreen. Carry the paper outdoors and place it in a sunny area. Place rocks or weights on the corners of the paper. After several hours, check your paper and answer the following questions:

1. Is there a difference between the side with sunscreen and the side without?
2. How is the sunscreen affecting the paper?
3. Were you surprised by the difference between the side with sunscreen and the side without sunscreen?
4. Did the experiment make you think differently about how the sun affects your skin?