

Sun Safe



Purpose:

This is designed to educate girls on the importance of sun protection as part of a healthy lifestyle. Experts agree that our own actions over a lifetime can influence the development of skin cancer.

Requirements:

Brownies: 4 discover, 3 connect, 2 take action
Juniors: 8 discover, 3 connect, 2 take action

Discover

- Our skin is the body's largest protective organ. Learn the different parts of the skin and discuss how your skin protects you.
- Interview a nurse, family physician or dermatologist and discuss skin and sun protection.
- Make a list of good and bad effects of the sun.
- Explain how sunglasses protect your eyes.
- All sunglasses are defined as "medical devices" by the Food and Drug Administration. To check the refractive quality of your sunglasses, hold the glasses at arm's length and look through them at a straight line or edge in the distance. If the line curves or appears distorted when you move the lens back and forth across it, the lens is optically imperfect. Check your sunglasses for any imperfections. Also check to see if the color of your lenses is uniform.
- Name some popular products people used in the past that were ineffectual. Discuss ways some people acquire suntans without the sun. How safe are these methods?
- Identify the organization with the initials FDA. How does this organization work to protect the products we use?
- Explain the following words and abbreviations: ultraviolet radiation, photosensitivity, SPF, melanin, keratin, dermis, epidermis, subcutaneous tissue.

Connect

- Draw a picture of yourself and illustrate your skin type and sun sensitivity. Describe your hair color, skin color, presence of freckles, etc. What number of SPF should you be using?
- Find out how many ways you can put a block between you and the sun, for example, a t-shirt, sunscreen, etc. What time of day and what season is ultraviolet radiation the strongest?
- Make a collage of people doing outside activities and discuss what type of sun protection would be appropriate, for example, a hat, t-shirt, sunscreen.

Take Action

- Make a poster of the ABC's for fun in the sun:
 - Away – state the time of day to stay away
 - Block – state the number SPF to use
 - Cover up – illustrate what clothing to wear for sun protection
 - Speak out – explain your poster about sun protection to your family and friends
- Demonstrate the energy in sunlight.
 - Warming rays of sunlight – warm a container of water placed in direct sunlight.

- Visible rays of sunlight – shine a flashlight through your hand in a darkened room. Invisible rays of sunlight cannot be seen or felt until they cause sunburn or long term changes such as wrinkles and cancers. These are the rays we need to block.
- Create an advertisement to promote sun protection for a television commercial. Present the commercial to your friends or family.

The Sun Safe Patch Program materials were adapted from “Children’s Guide to Sun Protection” by the American Academy of Dermatology. Contact your library and the following organizations for books and information on the effects of the sun on the skin:

National Cancer Institute Public Inquiries Branch National Institute of Health 6116 Executive Blvd. Room 3036 A Bethesda, MD 20892-8322 www.cancer.gov	Skin Cancer Foundation 149 Madison Ave Suite 901 New York, NY 10016 914-725-5176 www.skincancer.org	American Cancer Society 1326 E. Harmon Ave Las Vegas, NV 89119 702-798-6877 www.cancer.org
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