



TOOL KIT

ABOUT THIS TOOL KIT AND SB 159

We hope this tool kit of resources will be helpful as your district and schools implement Nevada Senate Bill 159, deemed the sun safety bill, which took effect July 1, 2019. SB 159 provides school districts and schools with the policy authority needed to address the allowance of sun protective measures and promote skin cancer prevention for Nevada's children. The bill requires the board of trustees of each school district and the governing body of each charter school to adopt a policy concerning safe exposure to the sun (sample draft model policy attached). It requires all schools to implement sun safe practices, including allowing students to wear protective clothing and hats when outdoors, and to allow students to use and self-administer sunscreen, which is not to be considered an over-the-counter medication. Teaching pupils' practices for safe sun exposure to reduce the risk of skin cancer is also recommended. Here's a link to the text of the bill:

<https://www.leg.state.nv.us/App/NELIS/REL/80th2019/Bill/6218/Text>

Through our Sun Smart Schools program, Nevada Cancer Coalition is able to provide **many FREE resources** to schools for implementing SB 159 including posters and wall-clings, student tools, educational assemblies, and teacher support. Would you like for your school to make sunscreen readily available for student and staff use? We can provide automatic, hands-free sunscreen dispensers at no cost, and may also be able to provide a supply of sunscreen for the first year at no cost to your school. Find out more: <https://nevadacancercoalition.org/prevention/sun-smart-nevada/sun-smart-schools>

On the following pages you will find:

- Links to evidence-based, cross-curricular curriculums for grades PreK-12
- Sun Smart School Implementation Checklist
- Model Safe Exposure to the Sun Policy
- Model Letter to Parents about Safe Exposure to the Sun Policy, Sunscreen Use in Schools
- Helpful Links
 - How to Apply Sunscreen
 - Suggested School Announcements
 - BrightGuard resources

CONTACT: Christine Thompson, Cancer Prevention Program Manager
(775) 451-1670 Ext. 103 or christine@nevadacancercoalition.org



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SUN SAFETY INFORMATION AND EDUCATION

Below are links to evidence-based, cross-curricular, and easy-to-implement sun safety education. The lessons are FREE to download. Incorporating education about why sun safety is important will help your students develop sun smart habits and may help prevent them from developing skin cancer later in life. Research shows that blistering sunburns in childhood and youth can more than double the risk of developing melanoma, the deadliest type of skin cancer. Health education is most effective in promoting positive behavioral changes when it is repeated and reinforced over time, per the CDC.

GRADES	CURRICULUM	LINK
Pre K – K/1	Ray & the SunBeatables	https://sunbeatables.org/
Grades 2-5	Scholastic – Be Sunbeatable	http://www.scholastic.com/sunsafety/
Grades K–8	Sunwise	https://www.neefusa.org/sunwise
Grades K-12	SunAWARE for Life Program	https://www.melanomaprevention.org/index.php/what-we-do/educate/sunaware-curriculum
Grades 7-12	Sun Smart U	http://www.skincancer.org/prevention/education-program
Grades 7-12	Melanoma Education Foundation	http://melanomaeducation.net/index.php

IMPLEMENTING SB 159 AT YOUR SCHOOL

1. Designate at least one Sun Smart Champion (teachers(s)/nurse/health aide) to inform about and encourage school-wide sun safe behavior.
2. Inform staff, parents, and students that sun safety is a now an important part of school culture:
 - Share your Sun Smart policy (see below)
 - Send a letter to parents (see below)
 - Install automatic sunscreen dispensers
3. Share curriculum links with teaching staff and teaching aides.
4. Implement Sun Smart School curriculum in *at least one* curriculum area where most students will receive instruction – Health, Science, P.E., etc.
5. Post UV Safety and The Truth About Tanning posters in staff lounge, in multi-purpose room and near entry/exit doors; these are other good locations to help build awareness.
6. Announce that your school is a Sun Smart School. This means you'll:
 - Be teaching students about sun safety, why it's important, and how they can be Sun Smart
 - Inform students they should bring or use school-supplied sunscreen, and remind them to:



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 - ✓ Use sunscreen before going out for PE, recess, after-school sports activities, and before field trips
 - ✓ Ask teachers/nurses to demonstrate sunscreen application, or show a video of how to apply
- 7. Make sun safety a standard school practice with weekly overhead announcements about UV Index, 5 S's reminders, and sunscreen use.
- 8. Increase access to sunscreen and shade - enlist PTO/PTA to raise funds to purchase shade trees or shade structures.
- 9. Schedule a Sun Smart Assembly with Nevada Cancer Coalition. Contact: Christine@NevadaCancerCoalition.org

HELPFUL LINKS

How to Apply Sunscreen:

<https://www.aad.org/public/spot-skin-cancer/learn-about-skin-cancer/prevent/how-to-apply-sunscreen>

Suggested School Announcements:

<http://nevadacancercoalition.org/sites/default/files/Sun%20Smart%20Announcements.pdf>

BrightGuard:

<https://brightguard.com/sunscreen>

Our partner for sunscreen and touch-free sunscreen dispensers. View other products and sunscreen ingredients on their website.



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MODEL POLICY: SAFE EXPOSURE TO THE SUN

The following policy is now in effect for (*Your School Name*).

Introduction and Rationale

We are committed to protecting the health and safety of students and staff while providing and encouraging appropriate physical activities and opportunities. Students and staff spend time in the sun during school hours and before and after school in recreation and sports programs. Local weather and environmental conditions are often at intensities that may result in negative health consequences, including sunburns.

Too much sun exposure can be dangerous. Overexposure to the sun's ultraviolet (UV) radiation seriously threatens human health. In addition to the immediate effect of sunburn, exposure to excess UV radiation can cause a potentially fatal skin cancer, immune system suppression, premature aging and cataracts. Children are especially susceptible to harmful UV radiation and childhood exposure and sunburns in childhood are a primary indicator for developing skin cancer later in life.

About 1 in 5 Americans will develop skin cancer during their lifetime, despite the preventable nature of the disease. Educating children about sun safety and making sun protection a part of school culture is crucial to protecting our children and youth, and to reducing skin cancer incidence in Nevada.

The following Policy and Guidelines are adopted by (*Your School Name*):

During **all outdoor activities** including but not limited to: P.E. Classes; Athletic Practices and Competitions; Field Trips; Before- and After-School activities; Recesses; and Club Meetings, (*Your School Name*) students and staff are allowed and encouraged to use the following protective measures:

- Wear protective clothing, including hats and sunglasses
- Apply SPF 30+ sunscreen and reapply at least every two hours
 - Students may bring and apply their own sunscreen
 - Schools may provide sunscreen for students, staff
- Apply and reapply SPF lip balm
- Access shade when outdoors, as appropriate
- Limit exposure during peak midday hours, as possible and as appropriate

Attribution: Following requirements of Nevada SB 159 and the recommendation of the Centers for Disease Control & Prevention, the National School Boards of Education, American Academy of Dermatology, the American Academy of Pediatrics, the Nevada School Boards Association, Nevada Dermatology and Dermatologic Surgery Association, Nevada Cancer Coalition, and many others, we hereby create this policy as of _____, _____.



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MODEL PARENT LETTER

Hello Parents!

We're excited to announce that **(Your School Name)** is joining schools across Nevada in becoming a Sun Smart School. Nevada Senate Bill 159, the sun safety bill, became effective July 1, 2019, and **(Your School Name)** is working to help your students be sun safe.

What this means is that your student(s) will be learning *why* it's important for them to protect their skin from receiving too much sun when they're outside. They'll also learn *how* to protect themselves while they're enjoying the great outdoors in our beautiful state. Students are encouraged and allowed to use sunscreen at school and at school-sponsored events, and to wear hats and sunglasses when outdoors for P.E., recess, field trips and during sports practices.

This is important because:

- Skin cancer is the most common cancer in the United States – 1 in every 5 people will be diagnosed with some form of skin cancer during their lifetime
- Skin cancer is primarily caused by too much exposure to the sun's ultra-violet (UV) rays, or by use of tanning devices
- Sunburns in childhood and adolescence are a major risk factor for melanoma, the deadliest kind of skin cancer
- People of all skin tones can get skin cancer - protective clothing, sunscreen use, hats, shade and sunglasses are they best way to be Sun Smart
- We want our students and staff to be Sun Smart and sun safe!

Being part of a Sun Smart School means that your student can use and self-administer sunscreen here at school. Teachers and staff will be encouraging students to apply sunscreen before they go outside for P.E., recess and after-school sports. Your school may also have the opportunity to provide automatic sunscreen dispensers for student and staff use.

School supplied sunscreen is primarily mineral-based and is safe for use by students of all ages. A complete list of school-provided sunscreen ingredients is available in the Health Office. *If you prefer your student(s) not use the school-provided sunscreen, please let us know, and send them instead with a sunscreen of your choice for their personal use.*

Help your student(s) be Sun Smart by learning and practicing the 5 S's of sun safety:

- **SLIP** on sun protective clothing.
- **SLOP** on broad spectrum SPF 30+ sunscreen.
- **SLAP** on a wide-brimmed hat.
- **SEEK** shade or shelter.
- **SLIDE** on UV protective sunglasses.

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