

# Be Sunbeatable™ With Your Family!

## Dear Parents,

In collaboration with **The University of Texas MD Anderson Cancer Center**, your child has been learning about sun safety at school through engaging activities that discuss the importance of protecting our skin from the sun year-round.

Skin cancer is the most common type of cancer in the United States. *Anyone, regardless of skin color, can develop skin cancer.* Sunburn during childhood is a major risk factor for melanoma, the most deadly type of skin cancer.

The good news? Developing sun safety habits early can help reduce the lifetime risk of developing skin cancer.

Use the tips below and the activity on the opposite side of this sheet to support the learning at home and teach your child how to beat the harmful effects of the sun.



**Ask your child about the **Be Sunbeatable™ Graphic Story Contest** and how they could win a tablet computer and Scholastic books!**

## Sun Safety Begins at Home

- ▶ **Wear sunscreen and lip balm with SPF 30.** Apply sunscreen at least 30 minutes before going outside. Reapply every 1–2 hours and after swimming or sweating. Sunscreen can wash off our skin especially when swimming or sweating. Spread sunscreen generously and evenly from head to toe. Don't forget your nose, ears, neck, hands, and feet.
- ▶ **Cover up.** Protect your skin with long-sleeved shirts; long pants, knee-length or longer shorts, or a long skirt or dress; socks and tennis shoes (not sandals); wide-brimmed hats; sunglasses.
- ▶ **Don't sunbathe or use tanning beds.** Indoor tanning before the age of 18 increases the lifetime risk of melanoma.
- ▶ **Stay in the shade.**
- ▶ **Be extra protected between 10 a.m. and 4 p.m.** If you must be in the sun, ensure you wear sunscreen, protective clothing, wide-brimmed hats, and sunglasses. When the sun is directly overhead, UV rays are more harmful. When possible, schedule outdoor activities during early morning or late afternoon.

**Role model  
sun safety  
behaviors so your  
child can see that  
sun protection is  
important to  
you and your  
family.**

*The University of Texas MD Anderson Cancer Center in Houston, Texas is one of the world's most respected centers focused on cancer patient care, research, education and prevention. It is ranked No. 1 for cancer care in U.S. News & World Report's Best Hospitals survey, and is one of only 49 comprehensive cancer centers designated by the National Cancer Institute.*

THE UNIVERSITY OF TEXAS  
**MDAnderson  
Cancer Center**  
Making Cancer History®

Find out more to keep your family sun safe at [mdanderson.org/skin-safety](http://mdanderson.org/skin-safety).

# Why Do We Need to Apply and Reapply Sunscreen?

Have you ever thought about ways to encourage your child to apply and reapply sunscreen? By trying this simple experiment at home, you can actually show them how easily sunscreen can wash off our skin especially when we swim or sweat. After you have completed the experiment, use the conversation starters at the bottom of the page to prompt more discussion with your child about sun safety.

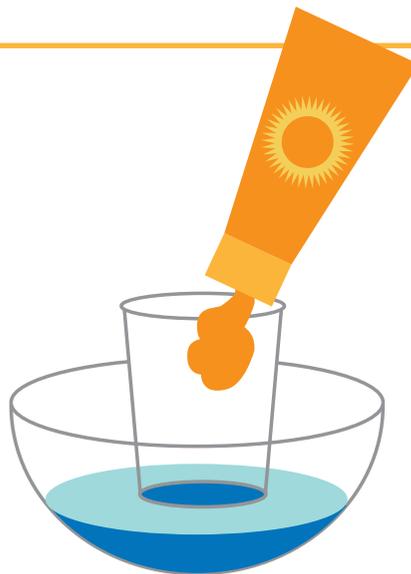
**What you'll need:** Sunscreen (lotion), a drinking glass, cold water, bowl

**Preparation:** Fill the bowl halfway with cold water.



## Steps:

1. Apply a thin, even film of sunscreen to the outside of an empty drinking glass.
2. Fill the glass with water and place the drinking glass into a bowl filled with water.
3. Swirl the glass in the water for a few minutes and encourage your child to help.
4. The sunscreen should begin to wash off the glass.
5. After the activity, ask what your child observed. Discuss how sunscreen washes off our skin when we swim or sweat. Emphasize the importance of reapplying sunscreen every 1–2 hours and after swimming or sweating.



## Conversation Starters

- ▶ Did you know you can get sunburned even on cool or cloudy days? UV rays can pass through the clouds to reach your skin. You need sun protection all year long.
- ▶ Do you know what it looks like when your skin burns? Talk with your child about a time when either of you were sunburned and what it felt like.
- ▶ When should you reapply sunscreen? *Answer: Every 1–2 hours and after swimming and sweating to keep your skin protected the entire time we are outside.*
- ▶ What steps can you take to make sure you stay safe in the sun? *Answer: Apply and reapply sunscreen; wear protective clothing, wide-brimmed hats, and sunglasses; and stay in the shade.* (Review the tips on page 1 as needed.)

Learn about Ray and the Sunbeatables®, a curriculum for preschoolers, kindergarteners, and first-grade students at [sunbeatables.org](http://sunbeatables.org).