



Hello, Sun Smart Schools Partners!

Thank you for your advocacy and help in spreading the important Sun Smart Nevada/Sun Smart Schools skin cancer prevention message! We love our partners!

This portfolio is stocked with tools that help make community, classroom and school-wide presentations and assemblies fun, interactive *and* educational. Here are some talking points that will make your presentation flow.

Start off by explaining that we LOVE the sun. Our Earth wouldn't exist without it. It gives us heat and light and helps living things grow, including humans. We encourage boys and girls of all ages to enjoy healthy outdoor exercise and activities. But too much sunshine (or ultraviolet radiation from a tanning bed – *include this fact for the adults or teenagers in the audience*) can make our bodies sick.

Sunburns, especially, and too much UV radiation over time can damage skin cell DNA. When that happens, the skin's cells may make a mistake when they reproduce. If that happens enough times, that's when skin cancer may occur.

Every skin color type – light, medium, olive, dark – receives ultraviolet radiation from the sun. All skin color types are affected by skin cancer, but lighter skin tones that burn easily are at greatest risk. People with blonde or red hair, light eyes, and lots of freckles or moles are the most likely to get sunburns and to develop skin cancer. But every shade of skin can be affected.

Ultraviolet, or UV, radiation has two types: UVA, which penetrates into the dermal, or second, layer of the skin, and causes 90% of what we associate with aging – wrinkles and brown spots. Hear UVA, think AGING! UVB is what causes the surface of our skin – the epidermis - to burn. Hear UVB, think BURN!

The good news is that most skin cancers can be prevented if we practice 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.

Your kit contains:

- **Rainbow of colors umbrella**
 - Remind students that the sun's rays come to Earth in the form of heat and in a spectrum of light that we can see in rainbows. Open the rainbow umbrella to show students all the colors. Ask them to say the color names with you. Then point out that ultraviolet rays exist beyond the light spectrum that we humans are able to see.

- **UV-reactive Frisbees, Bracelets and UV-flashlight**
 - Show your audience how the sun's invisible UV rays will quickly change the color on the Frisbee and bracelets, indicating that UV rays are present and potentially impacting one's skin, even on a cloudy day. It's these invisible UVA and UVB rays that can damage the DNA in our skin. Sunburns are especially damaging. 1 or more blistering sunburns in childhood doubles the risk of developing skin cancer later in life. 5 or more blistering sunburns between age 15 – 20 increases melanoma risk by 80%.
 - Tell your audience that they'll all go home with a UV-reactive bracelet that they can wear for a few weeks to help remind them to protect their skin.

- **The 5 S's of sun safety help us protect our bodies.**

- **5 S's of sun safety cue cards** – Hold up each cue card as you explain the sun safety practice, and send home each person with their own 5 S's postcard.
 - SLIP on sun protective clothing
 - SLOP on SPF 30 broad-spectrum sunscreen
 - SLAP on a wide-brimmed hat
 - SEEK shade or shelter, especially between 10 a.m. – 4 p.m.
 - SLIDE on UV-protective sunglasses to protect the eyes

- **SLIP on Short-sleeve and Long-sleeve Shirts – Use yourself or an audience members' clothes as an example.**
 - Clothes can be our most effective defense against powerful UV radiation, especially clothes that have built in UVP. But keep in mind that a thin long sleeve T-shirt only provides protection against 5% of UV rays. You'll need some sunscreen under that shirt!

- **SLOP on Sunscreen and Lip Balm with SPF**
 - Broad spectrum means it protects against *both* UVA and UVB rays.
 - SPF 30 protects against 97% of UV rays
 - SPF 50 protects against 98% of UV rays
 - Be sure to reapply every 2 hours, or more frequently if swimming or sweating, and be sure *to apply enough*. Enough for a body wearing a swimsuit or shorts and short sleeves means about equal to the amount it would take to fill a ping pong ball, or one ounce.

- **SLAP on Hats, Hats and More Hats**
 - Have fun helping your audience understand how the right hat can make all the difference in protecting one's face, ears, neck and shoulders from UV radiation. In ascending order ask a student or another audience member to be a model with the following:
 - Birthday Party hat
 - Baseball cap
 - Bucket hat
 - Men's/Women's neck flap hat
 - Wide-brimmed hat (that also is a bucket hat!)

- **SEEK Shelter or Shade under your very cool rainbow umbrella!**
 - Use your umbrella and talk about all the places to find shade
 - Under a tree
 - Under an umbrella – at the beach or even out on a walk
 - In the shadow of a building
 - Underneath a playground shade awning

- **SLIDE on Super-sized Sunglasses**
 - Use these fun examples to remind everyone about the importance of protecting one's eyes. Note that sunglasses don't have to be expensive to be effective. Just be sure the label says 100% UV protective in order to protect against both UVA and UVB rays. Get sunglasses at Dollar Tree stores, Walmart, etc.



Play a game to show how one's body is protected – or NOT – from UV radiation using the 5 S's of sun safety cue cards and the yellow smiley face balls. The balls represent UV rays.

Ask a teacher or an older student to play the role of a student.

Ask 3 other students to be a 5 S's of sun safety helper.

Ask a fourth student to be the SUN.

Give the UV ray balls to the SUN student and ask him/her to throw them at the unprotected student, hitting them (gently) with the UV rays. Then have the 5 S's helpers stand in front of the student holding the cue card. As the SUN throws its UV rays a second time, the 5 S's bat away the UV rays and protect the student.

NOTE: Tell the students to bat the balls with a downward action. That way the balls don't go flying through the air as readily.☺ Be sure to collect all the UV balls when you're through.

Remind your audience that even one or two of the sun safety practices like wearing protective clothing and a hat, are better than none. And the more they can use, the better. On high UV days, like those during summer and early fall, it takes only 15 minutes for unprotected skin to burn. Remember, too, that surfaces like concrete and sand, snow and water reflect the sun's rays and can intensify the UV radiation that impacts the skin.

Encourage your audience to share what they learned with their parents, grandparents, siblings and friends. Encourage them all to **BE SUN SMART** all year long.

Thank you!!!

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