# **Hello Sun Smart Schools Teachers!**

We invite you to check out the evidence-based, cross-curricular, and easy-to-implement sun safety education lessons at the links below, and we hope this toolkit of resources will be helpful in your classroom and for you personally. The lessons are easy to access and free to download. Most important of all, what you teach your students about sun safety will help them 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.

1. Sun Smart Schools curriculum links:

* Curriculum
  + Pre K – K/1: <https://sunbeatables.org/>
  + K – 8: <https://www.neefusa.org/sunwise>
  + 2 – 5: [Be Sunbeatable - from Scholastic](http://www.scholastic.com/sunsafety/)
  + K – 12: [SunAWARE for Life](https://www.melanomaprevention.org/index.php/what-we-do/educate)
  + 6 – 12: <http://www.skincancer.org/prevention/education-program>
  + 6 – 12: <http://melanomaeducation.net/index.php>

1. Become a Sun Smart Champion to inform about and encourage school-wide sun safe behavior.

* Visit here to find the 5 S’s of Sun Safety: <http://nevadacancercoalition.org/sun-smart-nevada> *and scroll down to Prevention Tips*

1. Are your school’s sunscreen dispensers and ‘how to use’ signs properly installed and working properly? If not, talk with your administrators and help make it happen.
2. Post UV Safety and The Truth About Tanning posters in your classroom and encourage your colleagues to do the same. The staff lounge, multi-purpose room and near entry/exit doors are other good locations that help build awareness.
3. Include weekly overhead announcements about UV Index, 5 S’s reminders, sunscreen use. Download suggested school announcements: <http://nevadacancercoalition.org/sites/default/files/Sun%20Smart%20Announcements.pdf>
4. Increase access to sunscreen and shade
5. Enlist PTO/PFA to raise funds to purchase shade trees or shade structures
6. Contact [christince@nevadacancercoalition.org](mailto:christince@nevadacancercoalition.org) or call 775-451-1670 Ext. 103 with questions and to schedule guest speakers

# Other helpful links:

How to Apply Sunscreen:

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