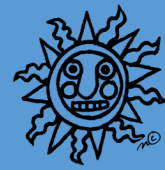


# SunSafe in the Middle School Years: Program Materials



## School Resources

### Manuals

1. School Policy Manual
2. Peer Group Manual
3. Health Education Module Teacher Guide with PowerPoint Slides
4. Teacher's Manual

### Classroom Activities

Classroom Activity	Subject the Activity Corresponds to					
	Art	English	Health and PE	Math	Science	Social Studies
SunWise Flier	x					
What's in a Hat?	x					x
SunWise Virtual Vacation		x				x
Sun Mythology		x			x	
Sun Scoop		x				
The Sun Shines Around the World		x				
Me and My Shadow			x			
Personal Skin Assessment			x			
SunSafe Beach Party			x			
SunWise Word Problems				x		
Bargain Shopper				x		
Sun: Friend and Foe					x	
Detecting UV Light Using Tonic Water					x	

# SunSafe in the Middle School Years: Program Materials



## Community Resources

### Manuals

1. Primary Care Practice Manual
2. Sports Coach Manual
3. Recreation Staff and Lifeguard Manual


### Educational Handouts/Posters

1. Sun Safety/Parent Information Sheet
2. Fun and Sun Family Guide Sheet
3. Sun Safety Bookmark
4. Sun Safety Sticker
5. Sun Safety Facebook Images
6. Love the Skin You're in Posters
7. Kids Comments on Program Sheet

### PowerPoint Presentations

- Presentation for Prospective Organizations (ALL)
- Presentation for Health Education Classes (Schools)

**Fun and the Sun:**  
Skin Protection Guide for Families



**Cover Up**  
Wear clothing that covers your skin. Such as:

- Long sleeve shirts.
- Long pants.
- Hats: Wide-brimmed hats are best. They protect the neck, ears, eyes, forehead, nose, and scalp.
- Sunglasses that block 99 - 100% of UVA and UVB rays.

**Use Good Sunscreen and Apply Often**  
Use a broad-spectrum sunscreen with a Sun Protection Factor (SPF) of at least 15.

- Apply sunscreen liberally, 20-30 minutes before going outside.
- Reapply sunscreen every 2 hours. All sunscreen - even waterproof sunscreen - should be reapplied every 2 hours. If you swim, sweat, or towel dry your skin, sunscreen should be reapplied more frequently. The active ingredients in sunscreen wear out in 2 hours.
- Don't forget to apply sunscreen to lips, ears, feet, hands, bald spots, and the back of your neck.

**Seek Shade**  
Reduce UV radiation by taking shelter under a tree, umbrella, or another shady spot, especially when the radiation from the sun is most intense. The intensity of the sun's rays vary by:

- Time of day. The sun's rays are the most intense between 10 am and 4pm.
- Time of the year.
- Elevation.
- Reflection off of surfaces (such as water or snow)
- Cloud cover.

**Check the UV Forecast**  
The UV gives the expected UV radiation reaching Earth's surface on a scale of 1 to 10+. The higher the number, the greater the exposure to UV radiation and the greater the need to protect your skin. The UV forecast can be found online at <http://www.weather.com>


Index Number	Exposure Level	Minutes to Skin Damage
0-2	Minimal	>60
3-4	Low	30-60
5-6	Moderate	20-30
7-8	High	10-20

SunSafe in the Middle School Years ©Trustees of Dartmouth College

**LOVE THE SKIN YOU'RE IN**

**PRACTICE SUN SAFE BEHAVIORS**

- Cover Up
- Use Sunscreen
- Seek Shade



SunSafe in the Middle School Years

**LOVE THE SKIN YOU'RE IN**



**PRACTICE SUN SAFE BEHAVIORS**

- Cover Up
- Use Sunscreen
- Seek Shade

**WHAT PARENTS DO AND SAY INFLUENCES THEIR TEENS HEALTH BEHAVIORS**



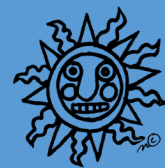
**HOW TO HELP YOUR TEEN BE SUN SAFE**

- Show your teen how you take care of yourself by practicing sun safe behaviors.
- Teach your teen that tanned skin is damaged by the sun and that being tan doesn't make them more attractive.
- Keep the whole family in the shade by using umbrellas and other covers during the middle of the day.



SunSafe in the Middle School Years

# SunSafe in the Middle School Years: Program Materials



**Before  
you head  
out, check  
the UV  
index.**

A cartoon sun wearing dark sunglasses, with rays emanating from behind it.

**LOVE THE SKIN  
YOU'RE IN**  
PRACTICE SUN SAFE BEHAVIORS



- Cover Up
- Seek Shade
- Use Sunscreen

**Sunscreen  
Tips:**

A yellow sunscreen bottle with a dollop of white sunscreen cream on the surface.

- Use a broad spectrum sunscreen (filters UVA/UVB).
- Use SPF 15+.
- Reapply at least every 2 hours.
- Check the expiration dates.