

Do you ever feel you're not getting through to those kids?! Well, as students participating in SunSafe in the Middle School Years tell us, they are listening. Skin care and cancer prevention is important to them! Kids say...



"I wish that I learned this stuff about sun safety earlier so I wouldn't have that much sun damage on my face."

"Whenever I go to the beach in the summer with my family I usually have to wear sun block when my mom or dad calls me over to put it on, Yeah sure what kid does want to put on sun block, but now I know how bad it will be if I don't put it on."



"Some plans that I have for being safe in the sun are to wear sunscreen all the time. I will not go to tanning booths. I will also try to stay in the shade as much as I can when I am playing outside or if I am at a football game outside in the sun."

UVB rays burn skin, but there is another type of dangerous ultraviolet radiation. Tanning booths blast skin with UVA rays. UVA damages the deep layers of your skin, leading to increased skin cancer risk and premature aging (wrinkles, sun spots).



"I will start thinking more about being safe and less about being cool I will start wearing sunscreen and a hat more often."

"I will spread the information to all of my friends so they are aware of what the sun can do to you. Hopefully there are other people like you that are letting other kids like myself know what the sun can do to you."

"When I was little, I thought no harm would come from the sun. Thanks to my parents, I didn't become one big sun burn."



"I'm going to wear sunglasses to protect my eyes even though I look totally stupid in them."



"I have a wide brimmed hat I will try to wear sometimes. That goes for sunglasses too if I can find where I put them."

Help your middle schoolers make a personal protection plan.

*Leave the sunscreen bottle by the toothpaste or front door

*Keep protective clothing in the car, ready to wear

*Model sun safe behavior yourself

"This year I will do my best to reapply sunscreen, especially when I am at camp and my mom is not there to remind me. I enjoy the outdoors and before I go hiking I will cover up to. Thanks for reminding me that it is so important to cover with sunscreen and other protective activities."



SunSafe in the Middle School Years
 E mail sunsafer@dartmouth.edu
 Website: <http://sunsafer.dartmouth.edu>