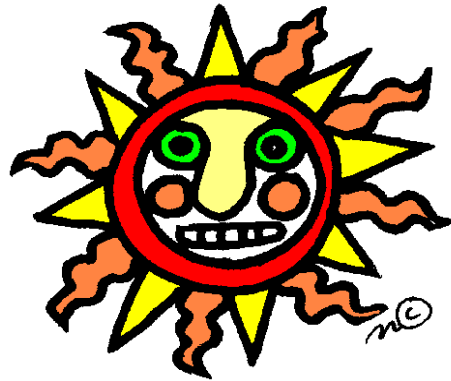


LUV THE SKIN YOU'RE IN



PROTECT YOUR CHILDREN AND YOURSELF!

- Wear UVA/UVB sunscreen with SPF 15 or greater
- Reapply sunscreen every 2 hours
- Wear a hat, shirt, and other protective clothing
- Wear sunglasses
- Seek shade from 11AM-3PM



Have fun *and* be SunSafe!



MIDDLE SCHOOL STUDENTS STILL LISTEN TO THEIR PARENTS –

WHAT PARENTS DO AND SAY ARE THE MOST IMPORTANT INFLUENCES ON YOUNG TEENS HEALTH BEHAVIORS

- ☀ Tell your teen to put on sunscreen every time they go outside and reapply every 2 hours.
- ☀ Show your teen how you take care of yourself by using sunscreen and wearing a hat or sunglasses.
- ☀ 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.