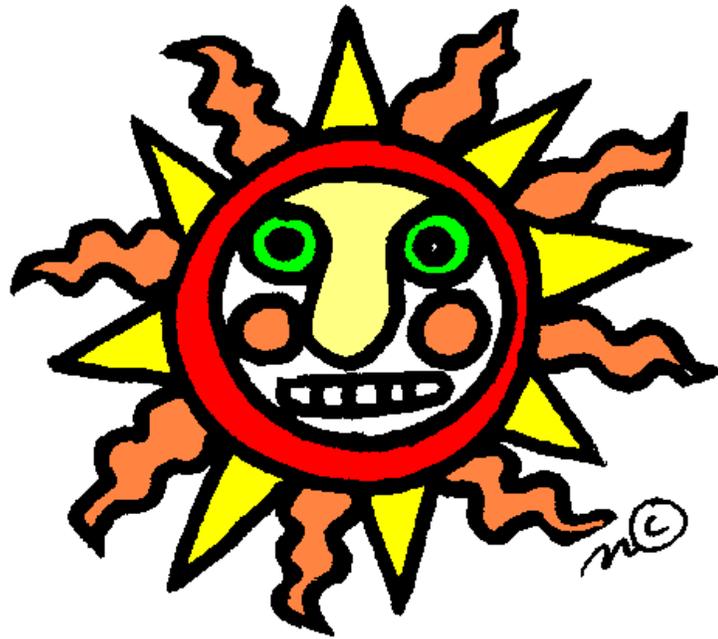


# SunSafe in the Middle School Years



## Teacher Manual Classroom Activities



## SunSafe Classroom Activities ART

Enclosed in the subject folder is a selection of class activities adapted from the SunWise School Program developed by the Environmental Protection Agency. The SunWise website is; <http://www.epa.gov/sunwise/> Most of the provided lessons have two component sheets, one for the instructor and one for the student. Of course there is no limit to ways Sun and UV can be incorporated into classroom activities. Based on the lessons that were popular, we have provided the following selection:

- SunWise Flier<sup>1</sup>
- What's in a Hat<sup>2</sup>

There are, of course, no limits to ways in which sun safety and awareness can be incorporated into lesson materials. *We also encourage you to modify these activities or teach students about sun safety in your own way.* The following sites may be useful to you in your teaching:

<http://solar-center.stanford.edu/art.html> **Solar Art *!NEW!***

<http://www.epa.gov/sunwise/> **The EPA website**

<http://www.middleweb.com/CurrScience.html#anchor1404490> **Teacher resources**

<http://www.srrb.noaa.gov/UV/sunlinks.html> **Sun related links of NOAA**

[http://www.cpc.ncep.noaa.gov/products/stratosphere/uv\\_index/uv\\_current.html](http://www.cpc.ncep.noaa.gov/products/stratosphere/uv_index/uv_current.html) **Daily UV index**

<http://www.foundation.sdsu.edu/sunwisestampede/tips2.html> **Fun animal sun safety facts**

<http://www.biorap.org/> **Biology research sun and skin info**

<http://www.howstuffworks.com/sunscreen.htm> **Basic info**

<http://www.weather.com/learn/raysawareness/> **Weather site sun safety**

<http://www.wv-hsta.org/uvproje/uvinfo.htm> **Ozone and UV info**

<http://www.mdanderson.org/departments/projectsafety/> **MD Anderson Cancer Center curriculum**

Skin cancer is the most common type of cancer, and its occurrence is increasing at an alarming rate. The goal of SunSafe in the Middle School Years is to educate children and adults who interact with them about the dangers of overexposure to the sun. By delivering the sun safety message in a variety of ways, you are helping us promote behaviors that will reduce the risk of developing skin cancer.

Footnote: <sup>1</sup> Activities adapted from EPA Sunwise Program Toolkit <sup>2</sup> Original Activities developed by SunSafe



## SunSafe Classroom Activities HEALTH/PE

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- Personal Skin Assessment<sup>1</sup>
- Sun Safe Beach Party/School Beach Day<sup>1</sup>
- Bargain Shopper<sup>1</sup>

There are, of course, no limits to ways in which sun safety and awareness can be incorporated into lesson materials. *We also encourage you to modify these activities or teach students about sun safety in your own way.* The following sites may be useful to you in your teaching:

<http://www.uvcamera.com/Articles> Magazine skin health articles with great pictures of real people **!NEW!**

<http://www.cdc.gov/excite/skincancer/index.htm> Skin and disease prevention **!NEW!**

<http://www.epa.gov/sunwise/> The EPA website

[http://library.thinkquest.org/15215/Foe/damaging\\_health.html](http://library.thinkquest.org/15215/Foe/damaging_health.html) Lots of health info **!NEW!**

<http://www.middleweb.com/CurrScience.html#anchor1404490> Sun specific lesson

<http://www.srrb.noaa.gov/UV/sunlinks.html> Sun related links of NOAA

[http://www.cpc.ncep.noaa.gov/products/stratosphere/uv\\_index/uv\\_current.shtml](http://www.cpc.ncep.noaa.gov/products/stratosphere/uv_index/uv_current.shtml) Daily UV index

<http://www.foundation.sdsu.edu/sunwisestampede/tips2.html> Fun animal sun safety facts

<http://www.biorap.org/> Biology research sun and skin info

<http://www.howstuffworks.com/sunscreen.htm> Basic info

<http://www.weather.com/learn/raysawareness/> Weather site sun safety

<http://www.wv-hsta.org/uvproje/uvinfo.htm> Ozone and UV info

<http://www.mdanderson.org/departments/projectsafety/> MD Anderson Cancer Center curriculum

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## SunSafe Classroom Activities

### MATH

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- Me and My Shadow<sup>2</sup>
- SunWise Word Problems<sup>1</sup>
- Bargain Shopper<sup>1</sup>

There are, of course, no limits to ways in which sun safety and awareness can be incorporated into lesson materials. *We also encourage you to modify these activities or teach students about sun safety in your own way.* The following sites may be useful to you in your teaching:

[http://www.cdc.gov/excite/disease\\_detectives/national/PDF/SkinCancerQ&A.pdf](http://www.cdc.gov/excite/disease_detectives/national/PDF/SkinCancerQ&A.pdf) **Epidemiology health statistics and problems *!NEW!***

<http://www.cdc.gov/excite/skincancer/index.htm> **Interpreting skin cancer statistics *!NEW!***

<http://www.epa.gov/sunwise/> **The EPA website**

<http://www.middleweb.com/CurrScience.html#anchor1404490> **Teacher Resources**

<http://www.srrb.noaa.gov/UV/sunlinks.html> **Sun related links of NOAA**

[http://www.cpc.ncep.noaa.gov/products/stratosphere/uv\\_index/uv\\_current.shtml](http://www.cpc.ncep.noaa.gov/products/stratosphere/uv_index/uv_current.shtml) **Daily UV index**

<http://www.foundation.sdsu.edu/sunwisestampede/tips2.html> **Fun animal sun safety facts**

<http://www.biorap.org/> **Biology research sun and skin info**

<http://www.howstuffworks.com/sunscreen.htm> **Basic info**

<http://www.weather.com/learn/raysawareness/> **Weather site sun safety**

<http://www.wv-hsta.org/uvproje/uvinfo.htm> **Ozone and UV info**

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## SunSafe Classroom Activities SCIENCE

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- Detecting UV Light Using Tonic Water<sup>1</sup>
- Sun: Friend and Foe<sup>2</sup>

There are, of course, no limits to ways in which sun safety and awareness can be incorporated into lesson materials. *We also encourage you to modify these activities or teach students about sun safety in your own way.* The following sites may be useful to you in your teaching:

<http://www.cdc.gov/excite/skincancer/index.htm> **Skin, cancer biology, ozone, uv *!NEW!***

<http://library.thinkquest.org/15215/Science/index.html> **Tour to the center of the sun *!NEW!***

<http://library.thinkquest.org/15215/Friend/index.html> **Sun, as friend *!NEW!***

<http://library.thinkquest.org/15215/Foe/index.html> **Sun, as foe *!NEW!***

<http://www.epa.gov/sunwise/> **The EPA website**

<http://www.middleweb.com/CurrScience.html#anchor1404490> **Teacher Resources**

<http://www.srrb.noaa.gov/UV/sunlinks.html> **Sun related links of NOAA**

[http://www.cpc.ncep.noaa.gov/products/stratosphere/uv\\_index/uv\\_current.shtml](http://www.cpc.ncep.noaa.gov/products/stratosphere/uv_index/uv_current.shtml) **Daily UV index**

<http://www.foundation.sdsu.edu/sunwisestampede/tips2.html> **Fun animal sun safety facts**

<http://www.biorap.org/> **Biology research sun and skin info**

<http://www.howstuffworks.com/sunscreen.htm> **Basic info**

<http://www.weather.com/learn/raysawareness/> **Weather site sun safety**

<http://www.wv-hsta.org/uvproje/uvinfo.htm> **Ozone and UV info**

<http://www.mdanderson.org/departments/projectsafety/> **MD Anderson Cancer Center curriculum**

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## SunSafe Classroom Activities ENGLISH/SOCIAL STUDIES

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- The Sun Shines Around the World<sup>1</sup>
- Sun Scoop<sup>1</sup>
- Sun Mythology<sup>1</sup>
- SunWise Virtual Vacation<sup>1</sup>
- What's in a Hat<sup>2</sup>

There are, of course, no limits to ways in which sun safety and awareness can be incorporated into lesson materials. *We also encourage you to modify these activities or teach students about sun safety in your own way.* The following sites may be useful to you in your teaching:

<http://library.thinkquest.org/15215/Culture/index.html> **The sun's influence on culture *!NEW!***

<http://solar-center.stanford.edu/art.html> **Multicultural approaches to Sun Stories *!NEW!***

<http://www.epa.gov/sunwise/> **The EPA website**

<http://www.middleweb.com/CurrScience.html#anchor1404490> **Teacher Resources**

<http://www.srrb.noaa.gov/UV/sunlinks.html> **Sun related links of NOAA**

[http://www.cpc.ncep.noaa.gov/products/stratosphere/uv\\_index/uv\\_current.shtml](http://www.cpc.ncep.noaa.gov/products/stratosphere/uv_index/uv_current.shtml) **Daily UV index**

<http://www.foundation.sdsu.edu/sunwisestampede/tips2.html> **Fun animal sun safety facts**

<http://www.biorap.org/> **Biology research sun and skin info**

<http://www.howstuffworks.com/sunscreen.htm> **Basic info**

<http://www.weather.com/learn/raysawareness/> **Weather site sun safety**

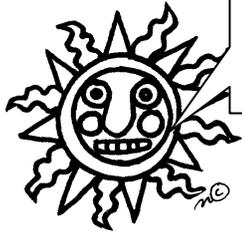
<http://www.wv-hsta.org/uvproje/uvinfo.htm> **Ozone and UV info**

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*SunSafe* in the Middle School Years  
Developed at Norris Cotton Cancer Center

E mail [sunsafe@dartmouth.edu](mailto:sunsafe@dartmouth.edu)

Website: <http://sunsafe.dartmouth.edu>



The sun is out and UV rays  
will heat up fast  
With your help my  
messages are sure to last



## WHY TEACHERS?

- Teachers are important role models for students
- Students imitate adult figures in their lives
- The classroom is an ideal environment for being exposed to and learning about sun safety
- Sun protection messages can be linked to relevant classroom subjects
- Teachers are authority figures for students, and your commitment to discussion and awareness of protective sun behaviors will enhance similar messages delivered by other community members.
- Teachers can remind students to be unsafe when on field trips and outings.



Sun safety messages are most effective when kids see adults modeling healthy behavior!

### SunSafe in the Middle School Years

E mail [sunsafe@dartmouth.edu](mailto:sunsafe@dartmouth.edu)

Website:

<http://sunsafe.dartmouth.edu>

## SunSafe

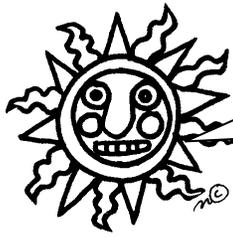
A skin cancer prevention research project for adolescents. Teachers are part of the community that educates and influences young teens.



**Don't forget our website...**

Teacher tested activities, sorted by subject and interesting links are on the website.

<http://sunsafe.dartmouth.edu>



Help me to reinforce healthy messages about sun safety!

Dear Teachers,

→ As a teacher, you work hard to prevent injury to children you watch over.

→ Remember, sunburns are injuries too! Ensuring they practice sun safe behaviors is another aspect of protecting them from injury.

It is easy and quick to remind kids to:

- put on UVA/UVB sunscreen with SPF 15 or greater before an outdoor activity
- reapply sunscreen every 2 hours
- cover up with a hat, shirt, and other protective clothing
- seek shade when they can

Keep up the good work!



### Why encourage middle school students to protect themselves ?

- Adolescents assume responsibility for their own health and establish lifetime habits
- More young teens are increasing their use of tanning lights. New studies find tanning light users in their 20's have a 150% greater risk than nonusers of developing melanoma, a form of skin cancer. Another study reports people that have ever visited a tanning booth are 2.5 times more likely to get other skin cancers.
- UV rays cause deep damage that leads to deep wrinkles - it is not worth that bronze look!
- 75% of teens had sunburns last summer
- Only 35% of middle school students protect themselves from sun damage

### Kid Quotes:

"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."

"I had no idea that a lot of your sun damage is done by the time you're 20. That will come in no time for me..."

"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."

"Skin care is extremely important. Almost all year my head is covered with a ski helmet or hat. 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 accessories"

"...I also know not to use tanning booths ...the UVA rays can cause cancer later in life."

**Teaching kids about UV damage can make a difference!**