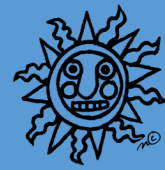


# SunSafe in the Middle School Years: Program Materials



## 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	

Download *SunSafe in the Middle School Years* resources: <https://cancer.dartmouth.edu/cancer-community/resources>

# 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.

**Seek Shade**  
Reduce UV radiation by taking shelter under a tree, umbrella, or another shaded 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 (UV intensity increases with altitude).
- Reflection off surfaces (such as water or snow).
- Cloud cover.

**Use Good Sunscreen and Apply Often**  
Use a broad-spectrum, water-resistant sunscreen with a Sun Protection Factor (SPF) of at least 30.

- Apply sunscreen liberally, 20-30 minutes before going outside.
- Reapply sunscreen at least every 2 hours. There is no such thing as "waterproof" sunscreen. Sunscreen may be water resistant (up to 40 minutes) or very water resistant (up to 80 minutes). However, the sunscreen should still be reapplied after drying your skin.
- Don't forget to apply sunscreen to lips, ears, feet, hands, face spots, and the back of your neck.

**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 [www.weather.gov](http://www.weather.gov).

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

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**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**

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**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 character with a smiling face, wearing dark sunglasses. It is positioned to the right of the text.

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

A small cartoon sun character icon with a smiling face and sunglasses, positioned on a yellow background.

- Cover Up
- Seek Shade
- Use Sunscreen

**Sunscreen  
Tips:**

A close-up image of a white sunscreen bottle with a yellow cap, positioned in the top right corner of the green box.

- **Use a broad spectrum, water-resistant sunscreen with SPF 30+.**
  - Broad spectrum filters UVA and UVB rays.
  - Sunscreen may be water-resistant (up to 40 minutes) or very water-resistant (up to 80 minutes).
- **Reapply at least every 2 hours.**
  - Or after swimming, sweating, or towel drying skin.
- **Check the expiration dates.**