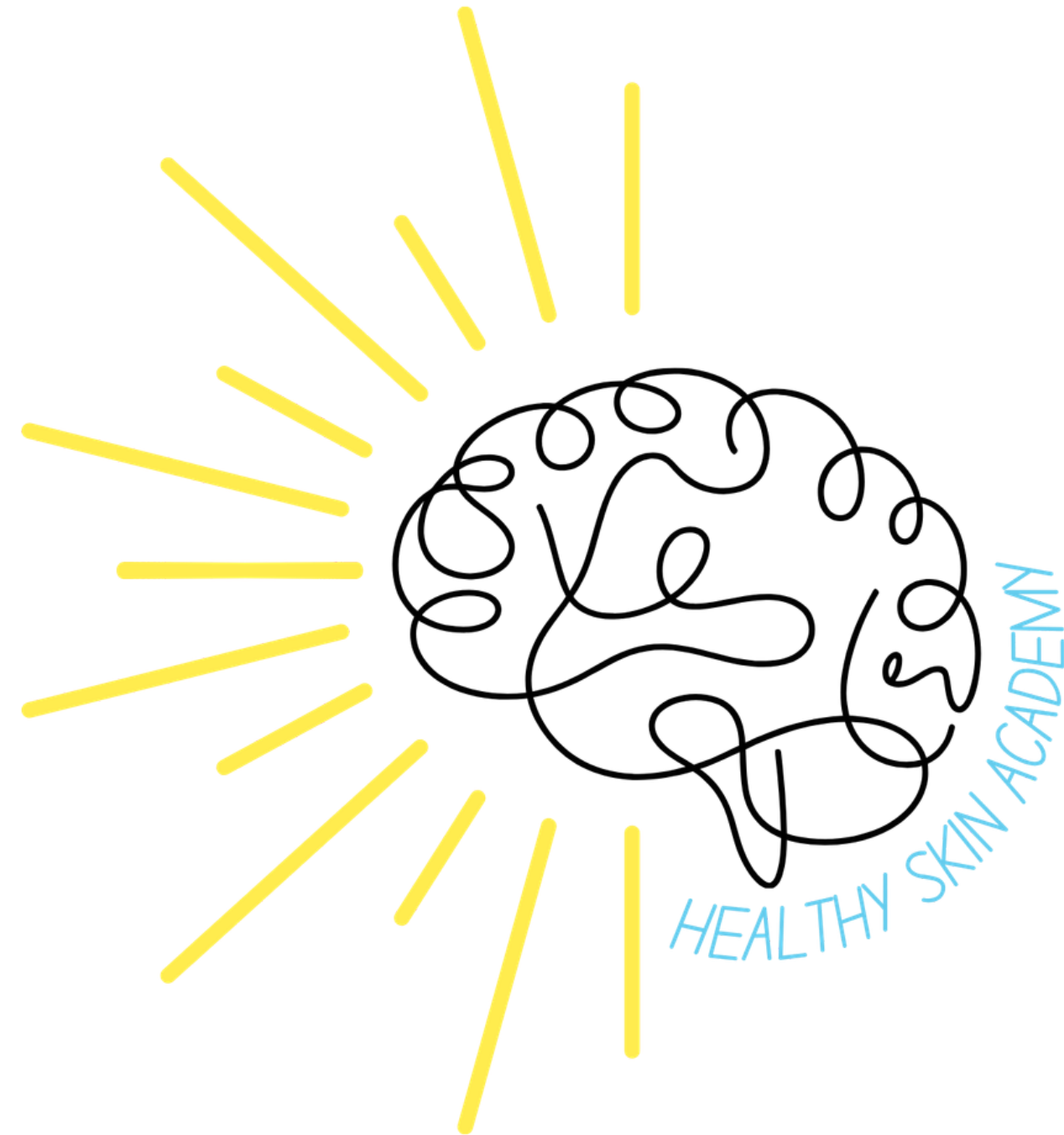




Skin Cancer Education

Notes:

- Relate skin being an organ to other body parts, ask the students to think of other organs in their bodies
- Ask students to think about ways our skin can get hurt, and what can hurt our skin

WHY IS OUR SKIN IMPORTANT?

- Our skin is the largest organ of the human body!
- Our skin protects us from harm, like germs, harmful chemicals, and UV rays
- If our skin gets hurt, it can't properly protect us.





WHAT DOES SUN DAMAGE LOOK LIKE?



Notes:

- Ask the students to raise their hands if they have ever been sunburnt
- Mention that sunburn is a leading cause of all types of skin cancers

SUNBURNS

The risk of developing skin cancer **DOUBLES**
after having only 5 sunburns in your life!



Notes:

- Mention that a tan is a sign of damage!!
- Emphasize that those who are darker complected, or “don’t burn” are still at risk of skin cancer

TANNING

Tanning of the skin causes damage just like a sunburn does, increasing your risk of skin cancer!





HOW DO WE STAY SUN SAFE?

Sun Protection Methods



Sunscreen

Always wear sunscreen when you're outside for more than 15 minutes!

Use a sunscreen that is 30 SPF or higher!

Use a broad spectrum sunscreen, or a physical sunscreen, which means ingredients like zinc or titanium!

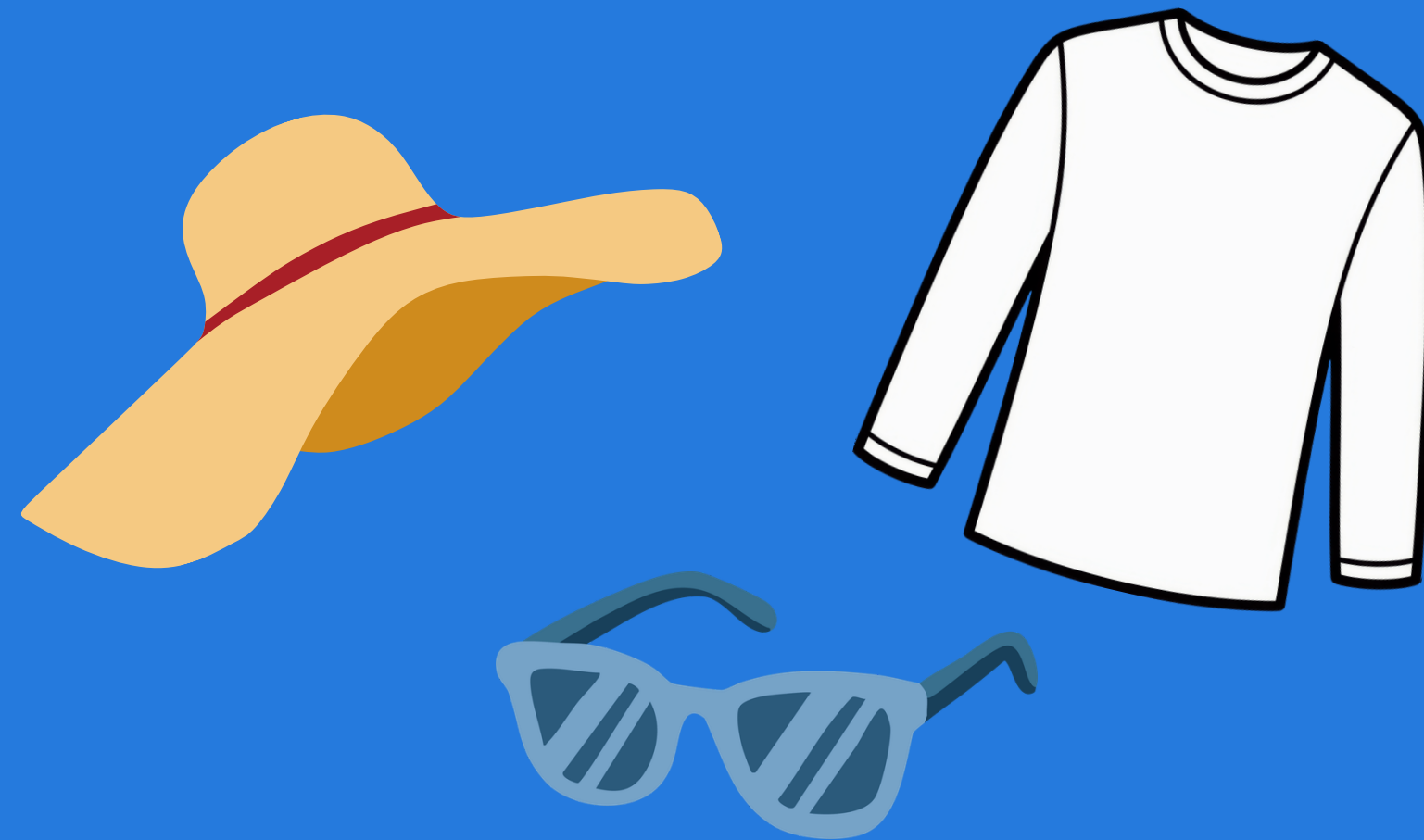


Notes:

-Point out the meaning of SPF and help the students to understand why a high SPF is important!

Protective Clothing

This includes UPF clothing, large brimmed hats, and sunglasses!



Notes:

- Point out the meaning of UPF and help the students to understand why UPF clothing is helpful to prevent skin damage

Shade

Find shade under umbrellas,
trees, and buildings!



Notes:

-Shade is the BEST protector we have from skin cancer! Mention that when we don't have access to sunscreen, stay in the shade!!



HOW DO WE APPLY SUNSCREEN?



Notes:

- Discuss sunscreen application like how we take medicine! You have to use the correct amount at the right times for it to be effective!
- Talk about the different forms of sunscreen and emphasize that all sunscreen must be blended in correctly, including rubbing in spray sunscreens!
- Sunscreen must be reapplied every 2 hours normally, or immediately after swimming, or sweating!

APPLICATION

- It is important to apply the correct amount of sunscreen in an even layer!
- It is recommended to use 2 fingers or $\frac{1}{2}$ of a teaspoon of sunscreen on your face and neck, and around 1 fluid ounce on the entire body.





LET'S PRACTICE!

Notes:

At this point, break out into the sunscreen application activity, find detailed steps for the activity in the Lesson Plan Document!

