



HEALTH AND WELLNESS
POWERED SCHOOLS

SUN SAFETY





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DEAR PARTNER,

We are committed to working with you to support the health and wellness of your community and site. As part of our partnership we support you with tools and materials to support your health and wellness goals. Each quarter, we share a campaign toolkit on a specific area of focus.

These campaign toolkits provide resources, learning tools, and reading materials. We ask that you share the information with your site attendees. Hang and post these materials throughout your site to raise awareness for the topics shared.

This quarter (July-Sept) we have prepared a toolkit for students outside of school hours to ensure that all children are protected from sun damage while enjoying outdoor time.

Sunscreen habits are usually taught at home, but not every parent knows the proper sunscreen guidelines. Additionally, there are common myths about sunscreen use that unknowingly get passed on to future generations. Promoting daily sunscreen use at school ensures that all kids are on the same page about how to stay safe under the summer sun.

Nutrition Education Team
Community Food Bank of New Jersey



RECOMMENDED SUNSCREEN GUIDELINES

Many children are so eager to run outside and play that they often neglect to apply sunscreen. Building the habit at school can help kids who aren't getting proper sunscreen education at home.

- Look for a "Broad Spectrum" sunscreen with SPF 30+



- Check the UV index on your phone's weather app



- Apply 15 mins before sun exposure.
- Reapply every 2 hours.
- Reapply after swimming or after heavy sweating.



Other forms of sun protection:

- Shade
- Sunglasses
- SPF lip balm
- Wide-brimmed hat
- Lightweight long-sleeves



Myth Sun exposure makes vitamin D so sunscreen stops us from getting enough vitamin D.

REALITY Only a small amount of sun exposure is needed, so your body can still make enough vitamin D while wearing sunscreen.

We can also get Vitamin D from our diet, including foods that are fortified with extra vitamins.

SUN PROTECTION FOR BLACK & BROWN KIDS



MYTH:

People with Skin of Color (SOC) do not need sunscreen.



REALITY:

The American Academy of Dermatology (AAD) recommends daily sunscreen use for all people, regardless of skin color.

Melanin

- A pigment that colors our skin.
- Blocks sunlight from damaging our skin.
- Provides SOME natural protection but is weaker than SPF 30.
- NOT enough to provide total protection.



Sunscreen prevents skin damage & skin aging:

Hyperpigmentation
Melasma
Sunburn



Skin Cancer

- It is a MYTH that POC do not get skin cancer.
- Skin cancer is less common for darker skin tones.
- However, skin cancer death rates are HIGHER for Black Americans than White Americans.

SUNLIGHT RELAY ACTIVITY

Objective

The goal of this relay is to show how sunscreen reduces skin damage from the sun.


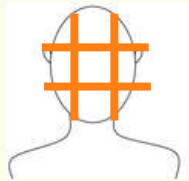


Each team will race back-and-forth to color their drawing with a sunburn, but the sunscreen team is disadvantaged so that it takes longer to complete their sunburn.

It is best to play multiple rounds, rotating the sunscreen conditions so that each team has a chance to win and experience both the easiest & hardest conditions.



SUNLIGHT RELAY ACTIVITY CONT.

Rules:

- Split the group into 3 evenly sized teams & assign a 'condition' to each team:
No sunscreen, SPF 15, and SPF 30.
- Each team should spend a few minutes drawing a person's head onto a sheet of printer paper. Draw gridlines to split the drawing's head into nine sections.
- Next, give each team one pink crayon or marker that they will use to fill in their drawing with a pink 'sunburn'. 
- The teams will race to complete their assigned task, color one of the nine sections pink, pass their pen to the next team member in line, and repeat until the drawing is completely sunburnt.
- Examples of staggered conditions:
 
- No SPF = 10 jumping jacks, SPF 15 = 20 Jj's, SPF 30 = 30 Jj's.
- No SPF = Count to 10, SPF 15 = count to 25, SPF 30 = Count to 50. 
- The game ends when the first team completes their drawing. Compare to other teams to show the effect of sunscreen on slowing down sunburns.

Resources, Handouts & Flyers

How to interpret UV index



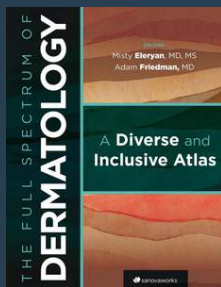
Recommend Photoprotection for Everyone Including Those with Skin of Color



Sun Damage Images



Inclusive Derm Atlas



Photoprotection for Skin of Color



How to Select a Sunscreen

How to Select a SUNSCREEN

Choosing the right sunscreen can help reduce your risk of skin cancer and help your aging caused by the sun.

Sunscreen is an important tool in the fight against skin cancer, including melanoma, the deadliest form of skin cancer.

1 in 5 Americans will develop skin cancer in their lifetime.

The American Academy of Dermatology recommends choosing a sunscreen that says:

- Broad spectrum** - Broad spectrum sunscreens will help protect you from both UVA and UVB rays, both of which can cause cancer.
- SPF 30 or Higher** - SPF 30 and higher sunscreens provide you with better protection.
- Water resistant or very water resistant** - For up to 40 or 80 minutes, Sunscreens are not considered water resistant unless they have been tested for use in water.

One ounce of sunscreen, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body.

Remember, sunscreen alone cannot fully protect you. In addition, seek shade and wear sun protective clothing, including a wide-brimmed hat and sunglasses, whenever possible.

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spot skin cancer

Shining a light on the SPF gap: Why sun protection is so important for children of color

