

Resources

Centers for Disease Control and Prevention
Skin Cancer Primary Prevention and Education Initiative
www.cdc.gov/cancer/hscpep

Centers for Disease Control and Prevention
Guidelines for School Programs to Prevent Skin Cancer
www.cdc.gov/cancer/hscpep/guidelines.htm

Environmental Protection Agency
SunWise School Program Information
www.epa.gov/sunwise

National Association of State Boards of Education
Report “*Fit, Healthy, and Ready to Learn: Part II - Sun Safety*”
www.nasbe.org/Educational_Issues/Safe_Healthy.html#Reports
www.nasbe.org/HealthySchools/sun_safety.html (Executive Summary and Sample Policies)

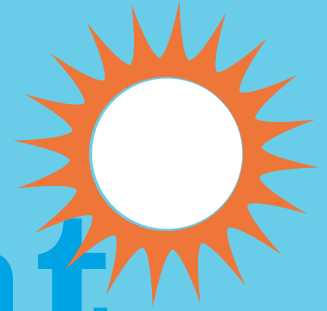
American Academy of Dermatology
www.aad.org

American Academy of Pediatrics
www.aap.org

American Cancer Society
www.cancer.org

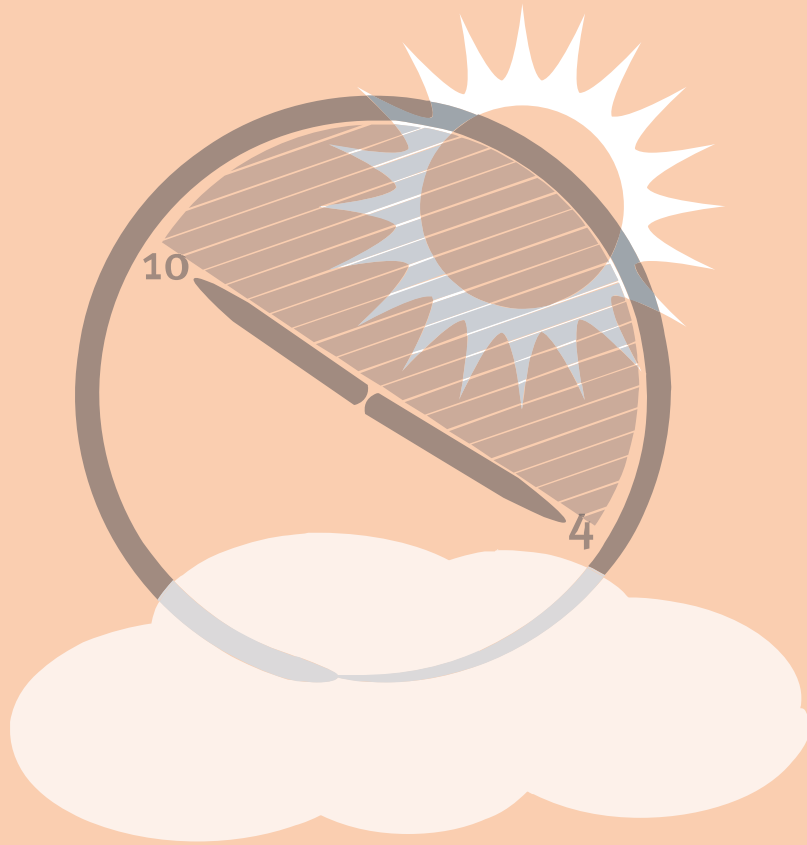


Childhood sunburns
can cause skin cancer.



What You Can Do

This most common type of cancer
in the United States is largely
preventable. School is a place where
young people can learn important sun
safety lessons that can make a
difference lifelong.



Minimize exposure
to the sun between
10 am and 4 pm.

SUN SAFETY FOR

School Administrators and Board Members

- Recognize the importance of sun safety.** Create a supportive, caring environment where sun-safe policies and practices are integrated with other health, safety education and practices.
- Adopt, communicate and enforce simple sun safety policies** that reduce student, faculty and staff exposure to UV (ultraviolet) radiation from the sun. See *“Fit, Healthy, and Ready to Learn: Part II - Sun Safety.”*

If feasible:

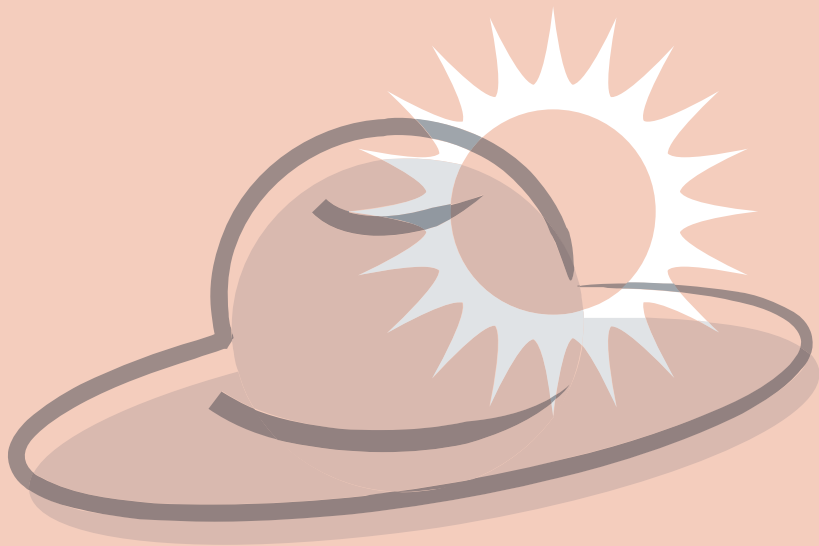
- Schedule recess for times when UV exposure can be minimized;
 - Require students to wear hats, sunscreen, or sunglasses;
 - Specify that uniforms or clothing worn for physical education, band and sports limit exposure to the sun; and
 - Recognize that sun exposure can be an occupational hazard for employees who spend time outdoors and take steps to limit their exposure.
- Conduct sun safety in-service training and programs** for all staff about UV radiation effects, risk factors for overexposure and sun-protection habits.
 - Enhance the school’s physical environment.** Plant trees and build shade structures such as canopies at existing buildings. For new schools and facilities, ensure designs provide for adequate shade adjacent to playgrounds and sports fields.

Seek shade.

SUN SAFETY FOR

Principals and School Nurses

- Promote sun safety awareness** at school assemblies, back to school night or other events that reach all staff, students and parents. Reinforce sun-safe policies and practices through posters, newsletters, the Web, in parent-teacher meetings and student/teacher activities.
- Ask parents to provide hats and sunscreen** to protect children when they are outdoors for recess, physical education classes, sports, after-school activities or field trips.
- Encourage students and staff to wear protective clothing** – such as long sleeve shirts, hats and sunglasses – and to apply sunscreen before going outdoors.
- Recognize staff and students** who practice sun safety.
- Work with others in your community**—dermatologists, local parks and recreation department staff, public health professionals, civic and government leaders — to increase awareness and adoption of practical sun safety measures.
- Make sure that the school health committee addresses health issues such as sun safety.** See *“Fit, Healthy, and Ready to Learn: Part II - Sun Safety.”*



Cover up. Wear a wide-brimmed hat, UV protective sunglasses and tightly woven, loose-fitting clothing that protects the skin.

SUN SAFETY FOR

Teachers and Coaches

- Include sun safety** in the school's comprehensive health education curricula consistent with CDC's *Guidelines for School Programs to Prevent Skin Cancer* and National Health Education Standards.
- Integrate sun-safe lessons into the full range of academic subject areas** to help students recognize the risks of sun exposure and the benefits of developing sun-safe habits.
- Teach students about UV protection** and skin cancer prevention.
- Remind students to practice sun-safe behaviors.** Make hats and shirts as indispensable during outdoor practice as sports equipment.
- Serve as a sun safety role model** for kids and encourage parents to do so too.
- Make sun safety behaviors routine** so that wearing a hat and taking time out to reapply sunscreen become as much a part of athletics and other activities as water breaks are.
- Choose locations with shade for outdoor activities.**



Avoid sunlamps and tanning beds. A tan is evidence that UV rays have damaged the skin.



SUN SAFETY FOR

Community Healthcare Service Providers

- Use check-ups as an opportunity** to educate students and parents about skin cancer prevention.
- Assess patients' sun exposure patterns** and **reinforce sun-safe behaviors.**
- Deliver presentations about skin cancer prevention** to students, families and school staff.
- Provide skin cancer information to educators,** including superintendents, school health coordinators, principals, teachers, athletic directors and coaches.
- Advocate for sun safety policies and practices** with appropriate policy makers, local organizations and businesses.
- Serve on the school's/district's school health council or team.**



Apply sunscreen with a Sun Protection Factor (SPF) of 15 or more.



SUN SAFETY FOR

Parents and Guardians

- Urge your school's parent-teacher association to advocate for sun safety policies** and practices such as ensuring that the dress code allows students to wear hats when outdoors. See *"Fit, Healthy, and Ready to Learn: Part II - Sun Safety."*
- Develop partnerships to help support environmental improvements** such as adding trees to schools property. Reach out to local businesses, the media and recreational programs, as well as nonprofit and civic organizations.
- Participate on your school's health team.**
- Be a good role model** by practicing sun safety yourself.
- Encourage your children to make sun safety a habit.**
- Make sure your children wear hats, cover-up clothing and sunglasses** and apply sunscreen when they participate in outdoor activities.

