



Sun Safety Instruction for Grades 3-5

Skin cancer is the most prevalent cancer in America. Skin cancer affects people of all ages and ethnicities, yet it is highly preventable if individuals follow sun safe practices. According to the American Academy of Dermatology (AAD), **children who get sunburns at an early age have an increased risk for developing skin cancer and melanoma later in life.** Approximately 40-60% of sun exposure occurs before the age of 20. A person's risk for melanoma can double if they have had more than five sunburns.

Outrun the Sun, Indiana's only nonprofit organization supporting skin cancer education and melanoma research, has created sun safety educational units for the Indiana Department of Education. This information helps students learn how to protect themselves from skin cancer. **These educational units also help fulfill many of the requirements set forth in the Indiana Department of Education Health and Wellness Standards.** This unit for grades three through five addresses the following Department of Education standards:

- 5.8.3 Locate evidence about the health or safety issue.
- 5.8.4 Identify groups, or others who advocate for the health issue.
- 5.8.6 Take a clear health-enhancing stand.
- 5.8.7 Use a communication technique to inform others about a health or safety issue.
- 5.8.8 Identify an audience and adapt the health or safety message and communication technique to the characteristics of the individual or group.



Student Page

Everyone loves to be outside with friends. In the summer, it's fun to play outside and to go swimming or ride a bike. Sometimes if you're outside in the sun too long, you can get a sunburn. Have you ever had a sunburn? They can hurt, and anyone can get a sunburn! Not only can they cause you pain for several days, but they also can hurt your skin forever. Sometimes sunburns can cause skin cancer as you get older. No one wants to get skin cancer.

Did you know that you can prevent sunburns? It's true. You can help prevent sunburns by doing these three things.

1. Always protect your skin. One way is to wear sunscreen. It is important to wear sunscreen whenever you spend time outside. Doctors recommend using sunblock with a sun protection factor (SPF) of 30 or higher.
2. Don't swim or play outside in direct sunlight from 10AM to 2PM. The sun's rays are the most powerful at that time. If you are outside during these times, wear sunscreen and play under shade.
3. Cover your skin. You can wear a hat to protect your head. Long-sleeved shirts and long pants can protect your arms and legs. Sunglasses can protect your eyes.

It's easy as 1-2-3 to be sun safe!!

Learn more about sun safety and skin cancer prevention at: www.outrunthesun.org

True or False

- ____ 1. Wearing hats can protect you from the sun's rays.
- ____ 2. You can't get sunburns if you are swimming in the water.
- ____ 3. Playing in the shade will help you protect your skin from the sun.
- ____ 4. Anyone with skin can get a sunburn.
- ____ 5. Sunscreen can protect your skin from the sun.

ANSWERS: (T, F, T, T, T)

1. **TRUE**- Hats can protect your scalp. Your hair does not protect your head from the sun.
2. **FALSE**-Your sunburns can be worse when you are in or near water because the water reflects sun. Keep in mind that you can also get a sunburn even when it is cloudy outside!
3. **TRUE**- It is a good idea to seek shade when playing outdoors.
4. **TRUE**- It doesn't matter what color your skin is---everyone can get a sunburn.
5. **TRUE**- Sunscreen is a good way to protect your skin. You can also wear protective clothing.

Sun Safety Projects

Choice #1:

-Are you a visual artist? Take a series of photographs, design a graphic or a poster, or film a short video that will help increase awareness of sun safety and skin cancer prevention. (Be creative! Engage your family, friends or classmates.)
-Post your image/video on Twitter, Facebook, Instagram or other social media with a sun-safe message. Tag Outrun the Sun on Facebook, Twitter and Instagram @outrunthesuninc and your posts might be shared!

Choice #2:

-Are you a musician? Write a song or a jingle about the importance of being sun safe.
-Find an audience and perform! You can share it with your class, your school, your family, or even post it on social media. Remember to tag Outrun the Sun on Facebook, Twitter and Instagram @outrunthesuninc and your posts may be shared!

Choice #3:

-Are you a designer or engineer? Design a new sun-safe product (a hat, umbrella, skirt or shirt) that can help protect people from the sun.
-Create the product or draw a detailed sketch of your design.
-Write a detailed explanation of why you think your product will help keep people sun safe.

Choice #5:

Can **YOU** Outrun the Sun?

'Outrunning' the sun means taking steps to be sun safe when you are outdoors. Make a commitment to outrun the sun while enjoying one of the following activities:

Walk one mile, **Run** one mile, **Bike** one mile, or **Ride** one mile (in a wagon, for instance)

First, bring a parent or other adult with you as you embark on your 'Outrun the Sun' activity.

Next, write down four ways that you plan to 'outrun the sun.' (Examples: 'I will ride one mile at 9:00 am, before the sun's rays are at their highest and most harmful'; 'I will cover my skin with sun-protective clothing before riding one mile.')

Lastly, make sure that anyone who is accompanying you is also being sun safe. Now---go 'outrun the sun.' Since you are taking steps to be sun safe, you can enjoy the outdoors knowing that your skin is protected from over exposure to ultraviolet radiation, which can cause sunburn and possible skin cancer.