



## **CALLING ALL SUN SAFETY ADVOCATES!**

### **OUTRUN THE SUN 'SUN SAFETY PATCH' PROGRAM**

#### **Patch Criteria**

##### **Daisies/Brownies**

1. Read the sun safety materials (or have an adult read them to you).
2. Complete the sun safety activity/quiz.
3. Select one of the activities to complete.
4. Once you have completed steps 1-3, reflect on what you learned:

What did you learn about ways of protecting your skin from the sun and keeping it safe when you are outdoors?

What did you learn about the link between sun exposure and skin cancer?

Will you do anything differently in regard to sun exposure based on what you learned? If so, what will you do differently?

##### **Juniors/Cadets**

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## Seniors/Ambassadors

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## Activities (Please select one of the following):

These activities may be completed by the individual scout or as a troop.

### 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 scout troop, 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 fashionista? 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 #4:

Think about what you can do to make the world a more sun-safe place.

- Identify a certain group that could benefit from being more sun safe (i.e. swimmers, tennis players, road crews, etc.) Then, write down your ideas about:

- What needs to change within their environments for them to be more sun safe?
- What are processes that could be put in place to support this sun safety initiative?
- Who can make those changes happen?
- Is there anything that *you* could do to help make those changes happen?

Take action within your own environment!

- Talk with people at your school, local park or at your local swimming pool, tennis club, or camp, about creating a sun safety program.
- Write to your elected officials to express your ideas about increasing sun safety and how they could help support sun safety.

### **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.

### **Choice #6:**

Conduct the following experiment to show how damaging the sun’s rays can be when your skin isn’t protected with sunscreen or sun-protective clothing.

### **Supplies**

A piece of black construction paper, sunscreen, a paintbrush or cotton ball, and sunlight

### **Instructions**

Fold a piece of construction paper like a book. Open the paper and lay it flat so you can see the crease running down the center. Squeeze a bit of sunscreen onto a paintbrush or cotton ball. Dab the sunscreen on one half of the paper, leaving the other half untouched. Leave spots without sunscreen. Carry the paper outdoors and place it in a sunny area. Place rocks or

weights on the corners of the paper. After several hours, check your paper and answer the following questions:

1. Is there a difference between the side with sunscreen and the side without?
2. How is the sunscreen affecting the paper?
3. Were you surprised by the difference between the side with sunscreen and the side without sunscreen?
4. Did the experiment make you think differently about how the sun affects your skin?

### Quiz for Daisies/Brownies:

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.

(T, F, T, T, T)

- Yes. Hats can protect your scalp. Your hair does not protect your head from the sun.
- 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!
- It is a good idea to seek shade when playing outdoors.
- It doesn't matter what color your skin is---everyone can get a sunburn.
- Sunscreen is a good way to protect your skin. You can also wear protective clothing.

### Quiz for Juniors/Cadets:

True or False

1. The sun's ultraviolet (UV) rays are the highest during the early morning hours.
2. Your hair protects your scalp from the sun's rays.
3. You should protect your skin from UV rays.
4. Tanning beds should be used to help you get a base tan.
5. Skin cancers do not spread to internal organs.

(F, F, T, F, F)

- The sun's rays are the highest between 10 am and 4pm.
- The sun's UV rays penetrate your hair. Wear a hat!
- You should always protect your skin with sunscreen or protective clothing.
- Using tanning beds before age 35 can increase a person's risk for getting melanoma (a form of skin cancer that can be fatal) by as much as 75%.
- Skin cancers, especially melanoma, can spread deep into the skin's layers and can reach internal organs through the lymph system.

## Quiz for Seniors/Ambassadors:

### True or False

1. Skin cancer is not a serious cancer.
2. Getting a base tan protects you from sun damage.
3. Sunscreen with an SPF of 10 is adequate protection.
4. Melanoma is the second most common cancer in people ages 15 to 25.
5. People who use tanning beds have a higher risk of developing melanoma.

(F, F, F, T, T)

-Melanoma, a form of skin cancer, takes the life of one American every hour.

-Any type of tan is a signal of skin damage. Tanned skin is damaged skin and there's no such thing as a safe tan.

-A broad spectrum sunscreen with an SPF of 30 or higher is recommended.

-Melanoma is also the most common cancer in people ages 25 to 29.

-Using a tanning bed before age 35 increases a person's risk for melanoma by up to 75%. Risk increases with each use.

*Facts and statistics provided by the American Academy of Dermatology and the American Cancer Society.*

## GIRL SCOUTS SUN SAFETY PATCH ARTICLES

### Daisies-Brownies

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](http://www.outrunthesun.org)**

*Note to leaders or parents: Some people may be allergic to sunscreen. There are sunscreens available that are mineral based, which may cause fewer allergic reactions. Please see a dermatologist for specific information. It is still easy to protect skin by wearing sun-protective clothing and spending time in the shade.*

## Juniors/Cadets

Have you ever heard of a dermatologist? A dermatologist is a skin doctor. A dermatologist treats skin issues like acne and diseases including skin cancer. You may be thinking that you are just a kid and that your skin looks pretty good right now. This is true! Most people your age don't need to worry about having skin problems or skin cancer, but what if you were told that practicing healthy skin habits right now can keep your skin safe and always looking its best?

Have you ever looked at certain people (who weren't so old) and thought that they looked really, really old? Maybe they had HUGE wrinkles or skin that looked like leather. Do you know why these people looked so old? It could be that they spent a lot of time in the sun without practicing sun safety when they were young. Perhaps they didn't use sunscreen, sunglasses or hats to protect their skin, eyes and scalps. Not only does the sun cause wrinkles, it can cause skin cancer.

Skin cancer is the most prevalent cancer in America. There are two general types of skin cancer: melanoma and non-melanoma skin cancer (NMSC) (i.e. basal cell carcinoma and squamous cell carcinoma.) Skin cancer is an uncontrolled growth and spread of cells or lesions in the epidermis (the outer layer of skin). Excessive exposure to ultraviolet (UV) radiation from the sun or other sources, like tanning beds, is the greatest risk factor for developing skin cancer.

Using tanning beds when you are a teenager, or in your 20s, can increase your risk of developing melanoma by up to 75%. Melanoma is the most dangerous type of skin cancer because it can spread beneath your skin and throughout your body. People can die of melanoma, so you want to do all that you can to protect yourself and prevent it.

Being sun safe is easy! You just need to remember this: Protect Your Skin. Protect Yourself. Protect Your Life. Here are some simple steps to being sun safe:

Sunscreen: You should wear sunscreen every time you spend time outside whether you are playing, swimming, biking or even attending a ballgame. People can even get sunburns on cloudy days, so sunscreen is always important.

Here are three things to remember about sunscreen:



1. Use a sunscreen with a sun protection factor (SPF) of at least 30.
2. Apply it twenty minutes before going outside so that it can absorb into your skin. Make sure that your sunscreen hasn't expired.
3. Reapply every 80 minutes to two hours. It's important to put sunscreen on throughout the day if you are outdoors for a long time or if you are swimming or sweating.

Ultraviolet (UV) rays: The sun is the most powerful from 10AM to 2PM. This is when the sun's UV rays are the highest and can lead to a sunburn. During these hours, you should pay special attention and take cover to protect your skin---even your scalp because the sun can penetrate through your hair. The sun reflects water and snow, making UV rays even stronger. So, be aware. Stay in the shade or wear sunscreen, a hat, long-sleeve shirt, and sunglasses. It's that easy!

As a Girl Scout, you learn how to respect and take care of yourself. This also means taking care of your skin. We all have a job to help make the world a better place. You can achieve this by protecting yourself and also by teaching others to be sun safe!

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## Seniors and Ambassadors

As a Girl Scout, you learn how to respect and take care of yourself. You also have a responsibility to make the world a better place. Did you know you can achieve both goals by practicing sun safety? It's true. You can respect your own skin by protecting it from over exposure to harmful ultraviolet (UV) rays. You can also teach others to protect their skin from skin cancer.

The average person has 20 square feet of skin on his/ her body. Your skin is your largest organ and it protects you from microbes, helps to regulate your body temperature and allows for the sensations of touch, heat and cold. Having healthy skin is a big deal, and being healthy starts now.

Did you know that one bad sunburn as a child can raise your chances of developing skin cancer by 50%? Skin cancer is the most prevalent cancer in America. There are two general types of skin cancer: melanoma and non-melanoma skin cancer (NMSC) (i.e. basal cell carcinoma and squamous cell carcinoma.) Skin cancer is an uncontrolled growth and spread of cells or lesions in the epidermis (the outer layer of skin). Excessive exposure to ultraviolet (UV) radiation from the sun or other sources, like tanning beds, is the greatest risk factor for developing skin cancer. Overall, skin cancers affect more people than lung, breast, colon and prostate cancers combined.

People often think that a tan makes them look healthy. Unfortunately, UV radiation from the sun or indoor tanning beds damages healthy skin. Tanning beds can significantly increase your risk of developing skin cancer, especially melanoma, which is the most deadly form of skin cancer. In fact, some experts say that tanning beds can increase your risk for melanoma by up to 75%.

Melanoma is the second most common type of cancer in people ages 15 to 25. It is important to protect your skin whenever you are outdoors. Keep in mind that you can even get a sunburn when it's cloudy. So, don't forget your sunscreen!

Here are five things to remember about sunscreen:

1. Use a sunscreen with a Sun Protection Factor (SPF) of at least 30. Make sure that it is a broad spectrum sunscreen that protects against both UVA and UVB rays because they affect your skin differently.

2. Apply sunscreen twenty minutes before going outside so that it can absorb into your skin.
3. Reapply sunscreen at least every two hours. Sunscreen doesn't last all day long. Reapply!
4. Check the expiration date to make sure it isn't expired.
5. The average size person needs to use about one ounce of sunscreen. This may seem like a lot but you need to cover all exposed areas of your skin.

Other ways to protect your skin include wearing sun protective clothing (long sleeves, hats, sunglasses, long pants.) Some clothing has a UPF factor built into the fabric, which helps to protect your skin. You can always seek shade too!

## The Role of the UV Index:

The UV Index is a rating scale that measures the harmful ultraviolet (UV) rays from the sun, so that you can be prepared when you go outdoors. You can find the daily UV index for your local area at [www.weather.com](http://www.weather.com).

| UV Index Number | Exposure Level | Precautions                                                                                                                                                                    |
|-----------------|----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 0-2             | Low            | Wear sunscreen and sunglasses                                                                                                                                                  |
| 3 to 5          | Moderate       | Wear sunscreen, sunglasses, cover up, seek shade near midday hours.                                                                                                            |
| 6 to 7          | High           | Wear sunscreen and protective eyewear and clothing. Reduce time in sun between 10 a.m. - 2 p.m.                                                                                |
| 8 to 10         | Very High      | Wear sunscreen and protective eyewear and clothing. Take extra precautions. Unprotected skin will be damaged and can burn quickly. Reduce time in sun between 10 a.m. - 2 p.m. |
| 11+             | Extreme        | Extreme high risk of harm. Take all precautions. Unprotected skin can burn in minutes. If possible stay inside.                                                                |

## Who Gets Skin Cancer?

Everyone one is susceptible to getting skin cancer. However, some people are more prone to developing the disease.

- **Fair to light-skinned complexion.** There is a greater chance of getting melanoma if you have a light or fair complexion. Freckles are an indicator of sun sensitivity and sun damage.
- **Hair and eye color.** People with natural blonde or red hair and people with blue or green eyes are more susceptible to a higher risk of developing melanoma.
- **Multiple or atypical nevi (moles).** People who have a large number of moles (more than 50) often have a higher risk of developing melanoma.
- **Family history.** The risk for developing melanoma is greater for someone who has had one or more close relatives diagnosed with the disease.
- **Excessive exposure to UV radiation from the sun and tanning beds.** The US Department of Health and Human Services and the International Agency of Research on Cancer panel has found that exposure to sunlamps or sunbeds

is known to be a human carcinogen based on sufficient evidence of carcinogenicity from studies in humans.

- **History of sunburn.** Sunburn at an early age can increase a person's risk for developing melanoma and other skin cancers as they age.
- **Diseases that suppress the immune system.** People who have a weakened immune system, or who are being treated with immune-suppressing medicines, have an increased risk for melanoma.
- **Those with history of basal cell or squamous cell skin cancers.** (These are the non-melanoma types of skin cancer.)
- **Occupational exposure to coal tar, pitch, creosote, arsenic compounds, radium or some pesticides.**

### How do you recognize possible signs of melanoma?

Know your skin: It is important to note any changes to your skin. Do you have any moles that are changing or growing? Do you have any new moles? Use the following 'ABCDEs' of melanoma as a general guide when performing monthly self-skin exams. Also, it is recommended that people see a dermatologist for an annual full-body exam.

**A: Asymmetry.** If you were to divide the mole in half vertically would it be the same on both sides? What if you divide it in half horizontally, or diagonally? You want your moles to be the same no matter which way you divide them in half.

**B: Border.** What does the border of your mole look like? Is it smooth? Is it irregular, blurred or poorly defined? The border of your moles should be smooth, well defined and even.

**C: Color.** Moles can come in a variety of different colors: black, white, red, brown and even blue. What you're looking for here is that your mole is the same color throughout. You want to make sure your mole does not have different shades of the same color or completely different colors from one area to the next.

**D: Diameter.** How big is your mole? Melanoma can be in any sized mole but most healthy moles do not exceed the size of a pencil eraser, about ¼ of an inch, 6 millimeters. If your mole is bigger it should be examined by a dermatologist.

**E: Evolving.** Has your mole been changing over time? The best tip here is to take a picture of it every month so you can compare each time you do a self-exam. You are looking for any difference here—color, shape or size.

If you find a mole that does not pass one or more of the ABCDEs of melanoma see a dermatologist. Also see a dermatologist if you have a mole that itches or bleeds or if you find a nodule under your skin.

You can easily protect your skin from UV rays that can turn healthy skin into damaged skin or, even worse, lead to skin cancer. Girls and women of all ages and ethnicities are the most beautiful in the skin they were born in! Please practice sun safety and share your new knowledge to help make your family and community more aware about ways to be sun safe.

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