

# Sun Safety Poster Activity Guidelines for Teachers

Skin cancer is America's fastest growing health epidemic. This year, more than 1.2 million new cases of skin cancer will be diagnosed, more than all cases of breast, lung, prostate and colon cancer combined. Most people do not know that skin cancer is deadly – claiming one life every hour.

Melanoma is increasingly affecting young adults. This correlates with the rise in use of indoor tanning facilities over the past two decades. Overexposure to UV radiation is an important health issue for all skin types. Effects of overexposure, in addition to cancer, include sunburn, dehydration, dry skin, wrinkles, eye damage, and scarring due to skin cancer,

To raise awareness about the importance of Sun Safety, we encourage you to incorporate a Sun Safety Poster Contest with your students or members.

## Guidelines:

Choose from one of the following themes or create your own!

- \* Pretty in Pale – How the tanned look is cooked.
- \* Prevent, Protect and Prevail against skin cancer.

Each submitted poster should:

- ✓ Be creative original work.
- ✓ Be attractive.
- ✓ Include a dynamic message about sun safety.
- ✓ Incorporate at least 3 of the sun safe practices listed below.



## Sun-Safe Practices

Avoid peak hours when UV rays are most harmful (10:00 AM-4:00 PM)

Stay in the shade

Avoid tanning beds and sun lamps

Wear cover-up clothing

Wear a hat

Wear UV protective sunglasses

Apply sunscreen

Check UV, heat, and air quality indexes

Drink plenty of water

Practice sun safety every day, all year long

Posters must be turned in to teacher by the following date: \_\_\_\_\_.

Teachers should clearly identify judging criteria prior to the poster contest.

Suggested prizes or incentives:

Classroom recognition; Extra-credit toward final grade



# 2008 Sun Safety Poster Contest

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Some people think that tanned skin is attractive, but did you know that tanning is an outward sign of damage to the skin? UV rays cause wrinkles, dry skin, and scars from skin cancer! There's nothing pretty about the sun's harmful effects.

## Get involved!

**Create a Poster to raise awareness about the importance of Sun Safety.**

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Remember, teachers will look for posters that creatively demonstrate the importance of sun safety!

