

TEACHERS

SCHOOLS

COACHES

WHAT YOU CAN DO

BOARD MEMBERS

PARENTS

STUDENTS



Everyone can help young people adopt sun-safe behaviors to prevent skin cancer. Parents, students, teachers, coaches, administrators, school board members and health care providers can work together to help kids learn to be sun safe.

**CHOOSE
YOUR
COVER
COVER
YOUR
STUDENTS**



<http://www.cdc.gov/cancer/nscpep/index.htm>

1

Minimize exposure to the sun between 10 a.m. and 4 p.m.

2

Seek shade from the midday sun when possible.

SUN-SAFE BEHAVIORS

3

Wear clothes, hats, and sunglasses that cover the skin.

4

Use sunscreen with a sun protection factor (SPF) of 15 or more.

5

Avoid sunlamps and tanning beds.

SCHOOL ADMINISTRATORS AND BOARD MEMBERS

- Make sure students' athletic, band and physical education uniforms limit exposure to the sun.
- Address sun safety through in-service training and programs for faculty and staff.



- Recognize that sun exposure can be an occupational hazard for school employees who spend time outdoors, and take steps to limit their exposure.
- Make sure new schools are designed with adequate shade next to play and sports fields. Plant trees and build shade structures at existing buildings.
- Adopt, communicate, enforce and monitor policies to reduce exposure to UV radiation from the sun.

PRINCIPALS AND SCHOOL LEADERS

- Communicate to staff, students and parents the importance of sun safety for children, perhaps through schoolwide assemblies or at family events.
- Tell parents to supply sunscreen and hats for children going on field trips.
- Make indoor areas available as an alternative to going outside.
- Encourage staff and students to wear hats, cover-up clothing and sunglasses and use sunscreen whenever they are outside.
- Work with others in your community—perhaps dermatologists; outdoor recreation facilities like pools, beaches and water parks; health departments; and civic and government leaders—to educate students and their families about sun safety.



TEACHERS AND COACHES

- Teach about UV protection and skin cancer prevention by using curricula that follow CDC's *Guidelines for School Programs to Prevent Skin Cancer* and the national standards for physical education and health education.
- Integrate sun-safe lessons into health education and other subject areas.
- Remind students to practice sun-safe behaviors.
- Be a good sun-safe role model for kids and encourage parents to do so, also (for example, through back-to-school night programs or materials sent home).
- Treat sun-safe practices the same as heat-injury prevention so that time out to reapply sunscreen becomes as much a part of athletics and other activities as water breaks.

PARENTS AND GUARDIANS

- Encourage your children to make sun-safe behaviors a habit.
- Make sure your children wear cover-up clothing, hats and sunglasses and use sunscreen when they participate in outdoor activities.



- Urge your school's parent-teacher association to address the need for sun-safe school policies.
- Seek resources to support environmental improvements, like shaded areas, on school property.
- Be a good sun-safe role model for kids.

- Adopt sun-safe behaviors and make them a habit.
- Encourage friends and family members to practice sun-safe behaviors.
- Encourage the student council to advocate for school policies that reduce exposure to UV radiation.

STUDENTS

HEALTH SERVICE PROVIDERS

- Talk about skin cancer prevention during check-ups.
- Assess patients' sun exposure patterns and counsel youth with sunburns and their parents on sun-safe behaviors.
- Deliver presentations about skin cancer prevention to students, families and school staff.
- Raise awareness with appropriate policymakers, local organizations and businesses.



- Provide skin cancer information to educators at every level, including superintendents, principals, teachers, athletic directors and coaches.