

**EXERCISE TWO:**

*Make your new sun-safety knowledge a lifelong habit!*

Do you go outside without a sunscreen? Do you not wear sunglasses outdoors? That was the old you, it's time for a healthy change! **Use this Sun-Safety Scorecard and check-off your daily sun-safe habits for two weeks and see what a difference it can make!** Plus, after filling it out, bring it to your teacher and you can win a really cool prize (your teacher has the details)!

| Day:   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|--|---|---|---|---|---|---|---|---|---|----|----|----|----|----|
| Avoided sunburn                                    |   |   |   |   |   |   |   |   |   |    |    |    |    |    |
| Sought shade between 10AM and 4PM                  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |
| Applied a skin care product with SPF 15 or higher  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |
| Wore long-sleeved shirt/long pants                 |   |   |   |   |   |   |   |   |   |    |    |    |    |    |
| Wore wide-brimmed hat                              |   |   |   |   |   |   |   |   |   |    |    |    |    |    |
| Wore sunglasses                                    |   |   |   |   |   |   |   |   |   |    |    |    |    |    |
| Wore tightly woven, bright or dark-colored clothes |   |   |   |   |   |   |   |   |   |    |    |    |    |    |

**Eucerin is proud to support The Skin Cancer Foundation's Fun In The Sun 101! We fully support their skin health mission and encourage everyone to use a daily lotion with an SPF 15 (or higher). Our Everyday Protection SPF 15 body and SPF 30 face lotions are two effective products that can help you develop sun-safe habits every day! Try them!**

**Everyday Protection SPF 15 Body Lotion**

- Formulated with a blend of sunscreens including titanium dioxide, it provides broad-spectrum UVA & UVB protection to help prevent skin cancer, long-term skin damage and skin aging
- Non-greasy, moisturizing formula is clinically proven to relieve dry skin for 24 hours
- Anti-oxidant enriched with Vitamin E to help protect from free radical damage



**Everyday Protection SPF 30 Face Lotion**

- Provides UVA & UVB protection to help protect against sun-induced skin damage
- Light-weight, non-greasy formula is fragrance-free, non-comedogenic and provides all day moisturization
- Clinically proven safe for sensitive skin

FOLD

S T U D E N T J O U R N A L



THE SUNSATIONAL GUIDE TO

**SMART SUN SAFETY**

FUN IN THE SUN 101

*Learn more about your skin, track your sun habits and discover how to protect yourself—and your family!*



Made possible by an educational grant from



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This student journal has information about genetics, skin type and sun safety.

**Exercise One** will help you and your family understand your personal skin cancer risk factors and lead you to appropriate steps to protect yourself.

**Exercise Two** will help you put those healthy habits into practice and maybe even win you an MP3 player!

## It's All in the Genes.

**Genetics.** The genes that make you one-of-a-kind not only determine your eye and hair color, and whether you throw with your right or left arm, they also play a role in how the sun's ultraviolet rays interact with your skin to increase your risk of developing melanoma (a form of skin cancer).

In the past 20 years, there has been more than a 100 percent increase in cases of melanoma in kids your age. That's why understanding your family history with skin cancer is so important. Your risk for melanoma is greatest if a close relative (mother, father, siblings) has had a melanoma.

While Caucasians are affected 10 times more frequently than other ethnic groups, everyone is still at risk.

### People at high risk are those who have:

- A family history of melanoma
- Had a melanoma in the past
- Moles larger than 1/4", irregular in shape, and multi-colored
- Fair skin, light hair, light eye color, and a tendency to sunburn easily and tan with difficulty
- Large brown moles at birth
- A record of painful or blistering sunburns, especially when young
- Indoor occupations and outdoor recreational habits
- Considerable outdoor exposure, especially when living in sunny regions



### EXERCISE ONE:

## What's Your Skin Type? (and Your Mom's, Dad's, Brother's...)

Not everyone's skin type is the same. Different skin types react differently to the sun, but they all need protection. Remember, no matter what your skin type, **everyone** must stay protected, because **anyone** can get skin cancer.

#### Assignment steps

- 1) Determine your skin type score and then do the same for each person in your family.
- 2) Go to the website at [www.skincancer.org/school](http://www.skincancer.org/school) and click on the "Skin Quiz" road sign.
- 3) Look up each person's skin type score.
- 4) Review the suggested precautions with everyone in your family.
- 5) What did you learn? Bring your family scores back to class for discussion.

### PART I: Genetics

#### 1. Your eye color is:

- Light green, light gray, or light blue = 0
- Blue, green or gray = 1
- Hazel or light brown = 2
- Dark brown = 3
- Brownish black = 4

#### 2. Your natural hair color is:

- Red or light blond = 0
- Blond = 1
- Dark blond or light brown = 2
- Dark brown = 3
- Black = 4

#### 3. Your natural skin color (before sun exposure) is:

- Ivory white = 0
- Fair or pale = 1
- Fair to beige, with golden undertone = 2
- Olive or light brown = 3
- Dark brown or black = 4

#### 4. How many freckles do you have on unexposed areas of your skin?:

- Many = 0
- Several = 1
- A few = 2
- Very few = 3
- None = 4

### PART II: Reaction to extended sun exposure

#### 5. How does your skin respond to the sun?

- Always burns, blisters and peels = 0
- Often burns, blisters and peels = 1
- Burns moderately = 2
- Burns rarely, if at all = 3
- Never burns = 4

#### 6. Does your skin tan?

- Never = 0
- Seldom = 1
- Sometimes = 2
- Often = 3
- Always = 4

#### 7. How deeply do you tan?

- Not at all or very little = 0
- Lightly = 1
- Moderately = 2
- Deeply = 3
- Very Deeply = 4

#### 8. How sensitive is your skin to the sun? (cracking, chafing, rashes, etc.)

- Very Sensitive = 0
- Sensitive = 1
- Normal = 2
- Resistant = 3
- Very resistant/never had a problem = 4

#### Total score for:

- You \_\_\_\_\_
- Mom \_\_\_\_\_
- Dad \_\_\_\_\_
- Grandmother \_\_\_\_\_
- Grandfather \_\_\_\_\_
- Guardian \_\_\_\_\_
- Brother \_\_\_\_\_
- Sister \_\_\_\_\_
- Other \_\_\_\_\_

### Don't forget these UV sun safety tips:

- Seek the shade between 10AM and 4PM.
- Wear long sleeves and pants, a wide-brimmed hat and sunglasses.
- Use a skin care product with at least an SPF 15.
- Protect yourself in every season because while UVB rays, the primary cause of sunburn, are strongest during summer, both UVB and UVA rays can cause damage year-round.
- Add extra protection at high altitudes, where the air and cloud cover are thinner, allowing more damaging UV rays to get through the atmosphere. For every 1,000 feet of altitude, UV exposure increases 8-10 percent.
- Don't forget that sand, water, snow, ice, and other bright surfaces reflect UV and increase your UV exposure by up to 80 percent.
- Have moles checked as part of any physical exam, and see the doctor if a mole or spot on your skin has changed.
- Melanoma, the deadliest form of skin cancer, can run in families, so if a close family member has had melanoma, see a dermatologist once a year if you're 10 or older, or earlier if you have many moles.