



CALLING ALL SUN SAFETY ADVOCATES!

SUN SAFETY PATCH PROGRAM

Sun Safety Patch

Text for Activity Program Guide:

Your skin is your body's coat. It protects you from cold and heat. It keeps your insides in and the bad stuff—like germs—out. Did you know that your skin is your largest and fastest-growing organ? It's important to take care of your skin by protecting it from harmful ultraviolet (UV) radiation from the sun and indoor tanning beds. Over exposure to UV can cause skin cancer, the most prevalent cancer in America. Outrun the Sun, Inc., a nonprofit organization supporting sun safety and skin cancer prevention, is offering Girl Scouts of America a Sun Safety Patch. You can earn this special patch by being a sun safety advocate. Learn ways of protecting your skin and also teach others through hands-on activities and social media!

Cost: \$ ---/scout \$ ---/adult

(Councils may designate the cost associated with earning the patch.)

Note: *This patch may be adopted by councils and offered through individual troops or at scout camps. Councils and troops may choose to purchase UV-sensitive wristbands from Outrun the Sun, Inc. to provide to each Scout once patch requirements are fulfilled. Wristbands turn color when exposed to sunlight to show the effects of UV radiation and to remind scouts to be sun safe. Wristbands may be purchased from the Outrun the Sun web site at outrunthesun.org.*

Patch Criteria

Daisies/Brownies (Grades K-3)

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?

Activities (Please select one of the following):

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

Choice #1:

Complete the Daisies Brownies coloring sheet.

Choice #2:

Daisies Brownies Sun Safety Items Sheet

1. Have the scouts circle the sun safety items on the sheet.
2. Have the scouts color the sheet.

Answers: sunscreen, umbrella, sunglasses, hat (The t-shirt is short sleeved which does not protect your arms.)

Choice #3:

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 #4:

Are you a designer? Design a new sun-safe product (a hat, shirt, free-standing umbrella or shade cover) 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 or **Run** one mile, **Bike** one mile, or **Ride** one mile (in a wagon or on a scooter, 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.