



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

Seniors/Ambassadors (Grades 9-12)

1. Read the sun safety materials.
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:

- 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 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 #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 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.

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?

WE WANT TO HEAR FROM THE COUNCILS! Let Outrun the Sun know the activities that your Scouts are completing. Take photos of the Scouts involved in activities and submit them to us. We may post updates on our social media and would like to feature **your** council.