



CheckYourSkin.net™

Check Your Skin Outline

1. Introductions
2. Quiz. Instruct children to put their initials at the top of the page.
 - a. Give them 5 minutes to finish
3. Go over the quiz answers-Tell them not to mark on the quiz once we start going over the answer. We will give them a copy of the answers (Sun Smarts Page)
 - a. Explain the answers as we go:
 - i. Organ: a group of tissues that performs a certain task.
 - ii. Skin keeps in moisture: keeps it from getting dry and brittle; waterproofs your body to keep prevent it from losing or gaining too much water, and helps keep nutrients inside your body. Also helps it to maintain the right temperature
 - iii. Skin keeps out sunlight: the sun damages the cells in your body. The skin protects the cells from the sun's rays. You can help the skin protect your cells by using sunscreen, playing in the shade, and wearing a hat.
 - iv. Skin repairs cuts and burns: to prevent infection and stop bleeding.
 - v. Skin stretches: the skin is like a rubberband. As you grow, it grows too.
 - vi. Can get burned or tanned: too much sunlight damages the skin and causes burning; too much tanning also damages your skin even though you think it looks good.
 - vii. Most damage as a kid: **note:** show photo of young girl and aged woman as a result of sun damage. Damage you do to your skin as a child will help determine how well your skin functions as you get older.
 - viii. When playing outside: want to protect your skin from the sun as much as possible.
 - ix. Wear sunscreen: even though the sun isn't shining brightly, its rays are still harmful, so use sunscreen to help protect you from these rays.

- x. Use of sunscreen: need to use sunscreen every two hours. If you have played in the water, you should reapply because it may have washed off (even if it says your sunscreen is waterproof-better safe than sorry)
 - xi. If cool: sun's rays are harmful no matter what the temperature is
 - xii. Don't sunburn? Still need to use sunscreen to make sure you don't burn.
 - xiii. Tan: Even tanning causes damage to your skin, so you don't have to burn to be hurting your skin. It may look good now, but it won't later.
4. Pass out the Check Your Skin card so they can give it to their parent(s).
 5. Demonstrate sunscreen application (bring different sunscreens with different SPF's)
 - a. Which one is best to use?
 - b. How to apply it; how often
 - i. Ask the kids where they think it is important to put sunscreen
 - c. Dress the kid
 - i. Poster board with a child in a bathing suit
 1. Have stick on clothes of different types and get a volunteer to put on the proper attire.
 6. Post-test
 7. Give them the Sun Smarts! sheet attached to an answer sheet
 8. Use the second test to conduct the drawing for the UV bracelet and/or t-shirt
 - a. 2 bracelets; 1 t-shirt/camp visit