

**LIVE SMART.**

**PLAY SMART.**

PRACTICE SUN SAFETY

**SUN SMART**



[SkinCancer.org](http://SkinCancer.org)

# TRUE OR FALSE?

1. Statement: Skin cancer is rare.

**FALSE**

**Fact:** 1 in 5 Americans will get skin cancer in their lifetime.



# TRUE OR FALSE?

2. Statement: You can die from skin cancer.

**TRUE**

You can die from skin cancer if it spreads to your internal organs. Melanoma is the deadliest form of skin cancer. However, when caught early, about 99% of all melanomas are curable. That's why it's important to go to a dermatologist to catch skin cancer early—so it doesn't spread and become fatal.



# TRUE OR FALSE?

3. Statement: Skin cancer is a disease that affects only old people.

**FALSE**

**Fact:** Melanoma is the second most common form of cancer among 15-29 year olds.



# TRUE OR FALSE?

4. Statement: People with dark skin can get skin cancer

**TRUE**

**Fact:** No one is immune from the dangers of the sun. In fact, skin cancer is rarer but more deadly among darker skinned people.



# TRUE OR FALSE?

5. Statement: Experiencing five or more sunburns can double your risk of developing skin cancer.

**TRUE**

**Fact:** Experiencing just one bad sunburn as a child or teen doubles your risk of getting melanoma. Five sunburns by any age also doubles your chances of developing melanoma.



# TRUE OR FALSE?

6. Statement: Two forms of ultraviolet radiation - UVA and UVB – reach the earth and can cause skin cancer.

**TRUE**

**Fact:** UVA penetrates the skin even more deeply than UVB and damages the inner layer of skin. These rays play a major role in skin aging and wrinkling, as well as skin cancer. UVB is a shorter wave that damages the skin's top epidermal layers. UVB rays are chief causes of skin reddening and sunburn and play a key role in the development of skin cancer, as well as a role in skin aging.



# TRUE OR FALSE?

7. Statement: Though a sunburn is a sign of sun damage, a tan is a sign of health.

**FALSE**

**Fact:** Both sunburns and suntans are signs that your skin cells have been damaged by the sun. There is no such thing as a “healthy tan.” Both sun tans and burns can lead to skin cancer.





# TRUE OR FALSE?

8. Statement: Sunshine clears up acne.

**FALSE**

**Fact:** Sun exposure appears to help acne at first, but in the end it can aggravate it and make it worse. If you use acne medication, be sure to apply sunscreen, wear protective clothing, and seek the shade. Many acne medications make your skin more likely to burn in the sun, which makes you more susceptible to sun damage.



# TRUE OR FALSE?

9. Statement: “SPF” stands for Sun Protection Factor.

**TRUE**

**Fact:** SPF indicates how long it will take for UVB rays to redden skin when using a sunscreen, compared to how long skin would take to redden without the product. For instance, someone using a sunscreen with an SPF of 15 will take 15 times longer to redden than they would without the sunscreen. An SPF 15 sunscreen screens approximately 93 percent of the sun’s UVB rays; SPF 30 protects against 97 percent.



# TRUE OR FALSE?

10. Statement: Tanning beds are safer for you than sunlight.

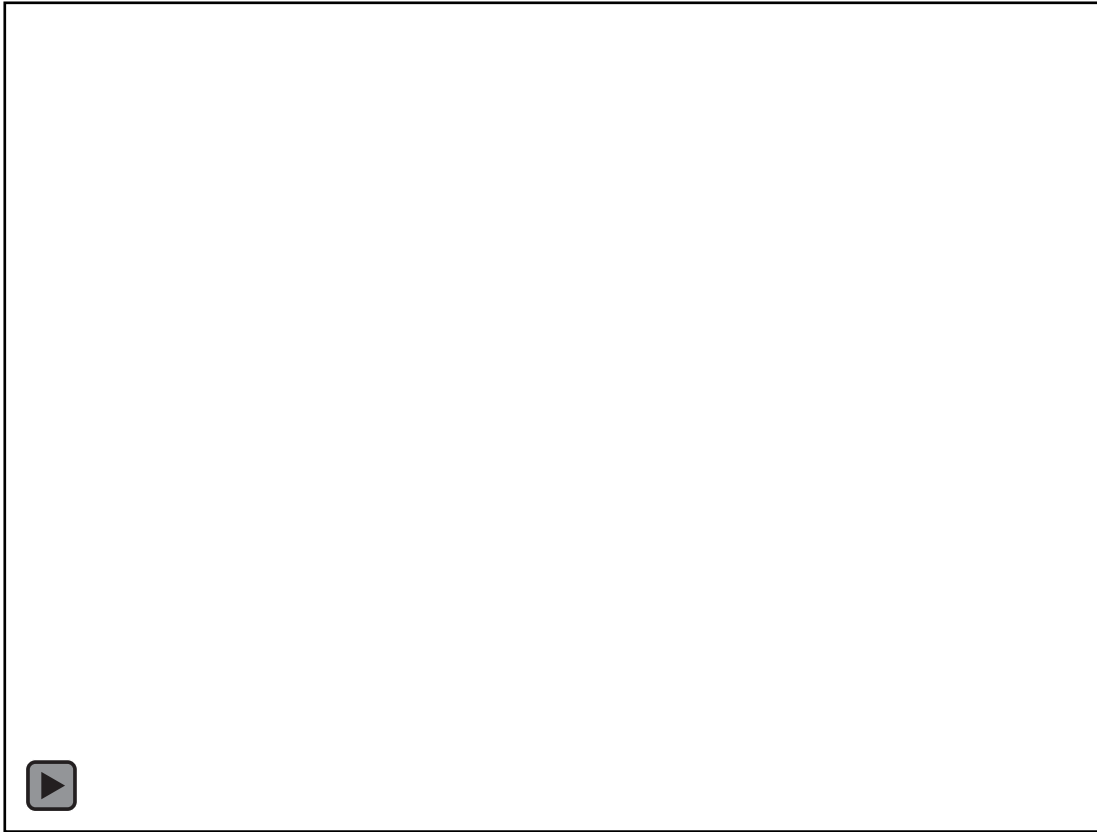
**FALSE**

**Fact:** There is no such thing as a safe tan, especially in tanning beds. People using tanning beds may receive as much as 12 times the annual dose of harmful UVA radiation compared to the dose they receive from sun exposure. Using a tanning bed increases your risk of melanoma by 74%.



# VIDEO SEGMENT 1

## REAL STORY: CHELSEA







**Chelsea**  
**Age 24**  
**Diagnosis: Melanoma**

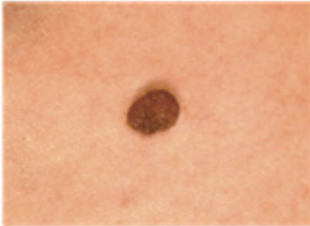

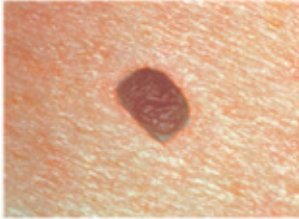


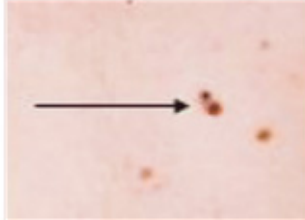


# THE ABCDEs OF MELANOMA

Moles, brown spots and growth on the skin are usually harmless - but not always. Anyone who has more than 100 moles or one or more unusual looking or atypical moles is at greater risk for melanoma. That's why it's so important to know your skin very well and to recognize any changes in the moles on your body. Look for the ABCDE signs of melanoma, and if you see one or more, make an appointment with a dermatologist immediately. The pictures below show normal moles and melanomas.

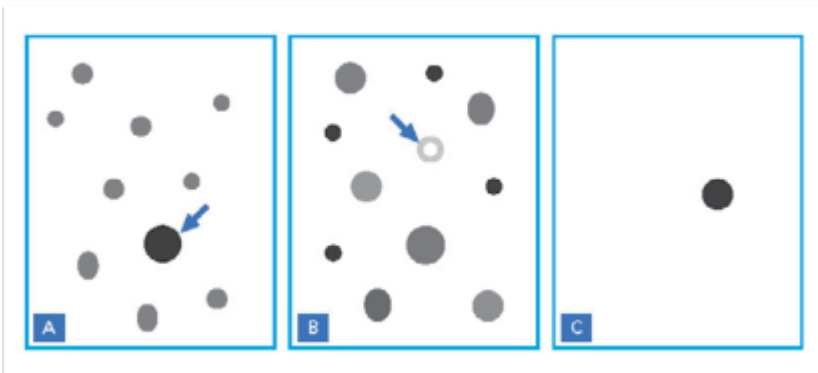
	<b>Benign (Normal)</b>	<b>Malignant (Cancerous)</b>	
Symmetrical			<b>ASYMMETRICAL</b> (the two sides do not match)
Border is even			<b>BORDER</b> is uneven

# THE ABCDEs OF MELANOMA

	<b>Benign (Normal)</b>	<b>Malignant (Cancerous)</b>	
One Color			Two or more <b>COLORS</b>
Smaller than 1/4 inch			<b>DIAMETER</b> is larger than 1/4 inch
Ordinary mole			<b>EVOLVING</b> or changing in size, shape, color or another trait

# The Ugly Duckling Signs

These three different scenarios depict “ugly duckling” moles that should prompt suspicion. Squares A, B, and C each represent a body area such as the back.



- In A, there is a dominant mole pattern with slight variation in size. The “ugly duckling” is clearly darker and larger than all other moles.
- In B, there are two main patterns, one of large moles and other of smaller, darker moles. The “ugly duckling” is small but lacks pigmentation/color.
- In C, there is only one lesion on the back. If this lesion is changing, causing a problem, or deemed unusual or atypical, see a dermatologist and have this “ugly duckling” examined.

An approach combining the ABCDEs and “Ugly Duckling” technique should improve the chances of early detection of all types of melanoma and help save lives.

## OTHER FORMS OF SKIN CANCER AND PRECANCER

More than 3.5 million skin cancers in over two million people are diagnosed annually. If caught early, almost all are curable.

**Basal Cell Carcinoma (BCC)** is the most common form of skin cancer. It can be a raised, translucent, pearly nodule, a scar-like area that is white, yellow or waxy, a reddish patch or irritated area, an open sore that bleeds, oozes or crusts and doesn't heal, or a pink growth with a slightly elevated border and a crusted indentation in the center. It is usually caused by both cumulative and intermittent, intense sun exposure or tanning machine exposure.





## OTHER FORMS OF SKIN CANCER AND PRECANCER

**Squamous Cell Carcinoma (SCC)** can be seen as scaly red patches, raised growths with a sore in the center, open sores that bleed and crust, or wart-like growths that crust and may bleed. Long-term, cumulative sun exposure is the most common cause. A small percentage become deadly.



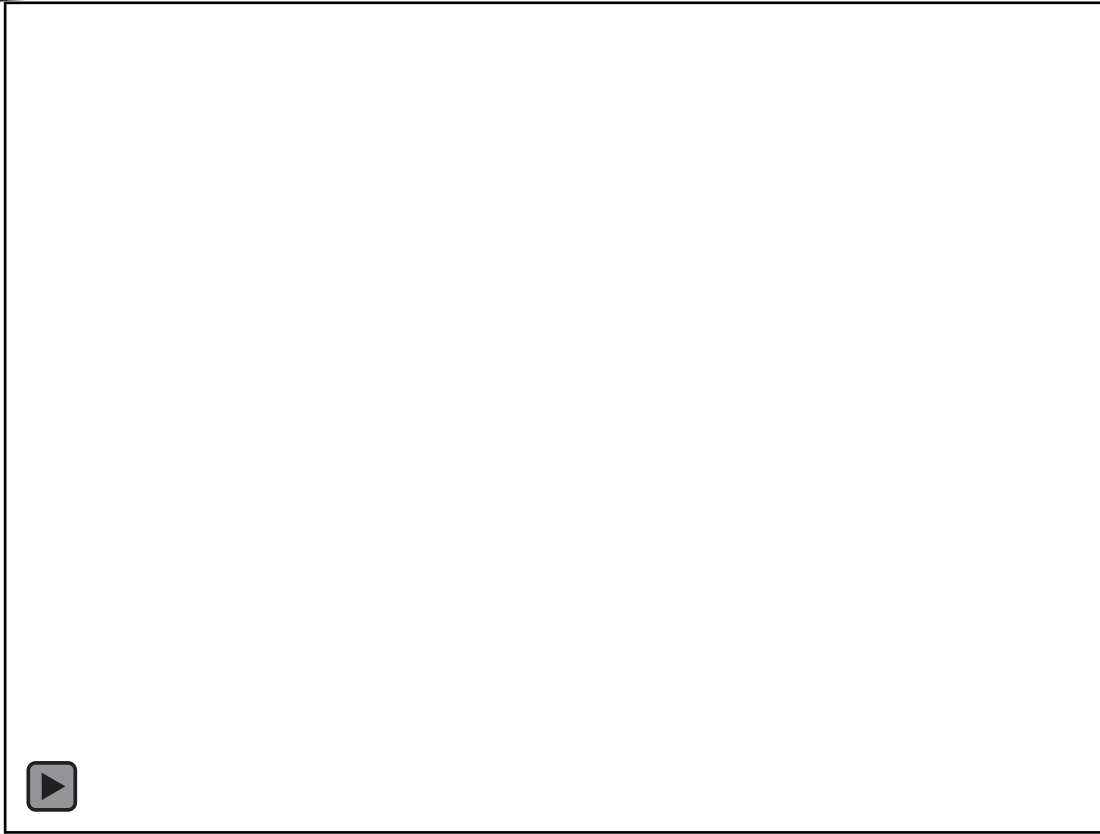
## OTHER FORMS OF SKIN CANCER AND PRECANCER

**Actinic Keratosis (AKs)** are precancers caused by the sun and usually appear as small, crusty or scaly bumps. While most are benign, some can develop into invasive SCCs if left untreated.



RAYS AWARENESS

# SUN SMART STEPS ANIMATION



# SUN SMART STEPS

- **Seek shade** Play is safe in the shade whenever possible and avoid midday sun. UV rays are especially strong between 10 AM and 4 PM.



- **Cover up** Make your own shade with a wide-brimmed hat and long-sleeved shirts and long pants such as blue jeans. Baseball caps and visors shade the face but leave the neck, lower face, and ears exposed. A broad-brimmed hat can help prevent cancer in those areas.

# SUN SMART STEPS

- **Wear sunglasses** Protect your eyes with UV-blocking sunglasses. Look for a tag that says the lenses block 99% or more of UV radiation.



- **Learn not to burn!** Just one blistering sunburn when you're a child or teen more than doubles your risk of developing melanoma (the deadliest form of skin cancer) later in life. Using sun protection every day may be the smartest thing you can do for yourself!

# SUN SMART STEPS

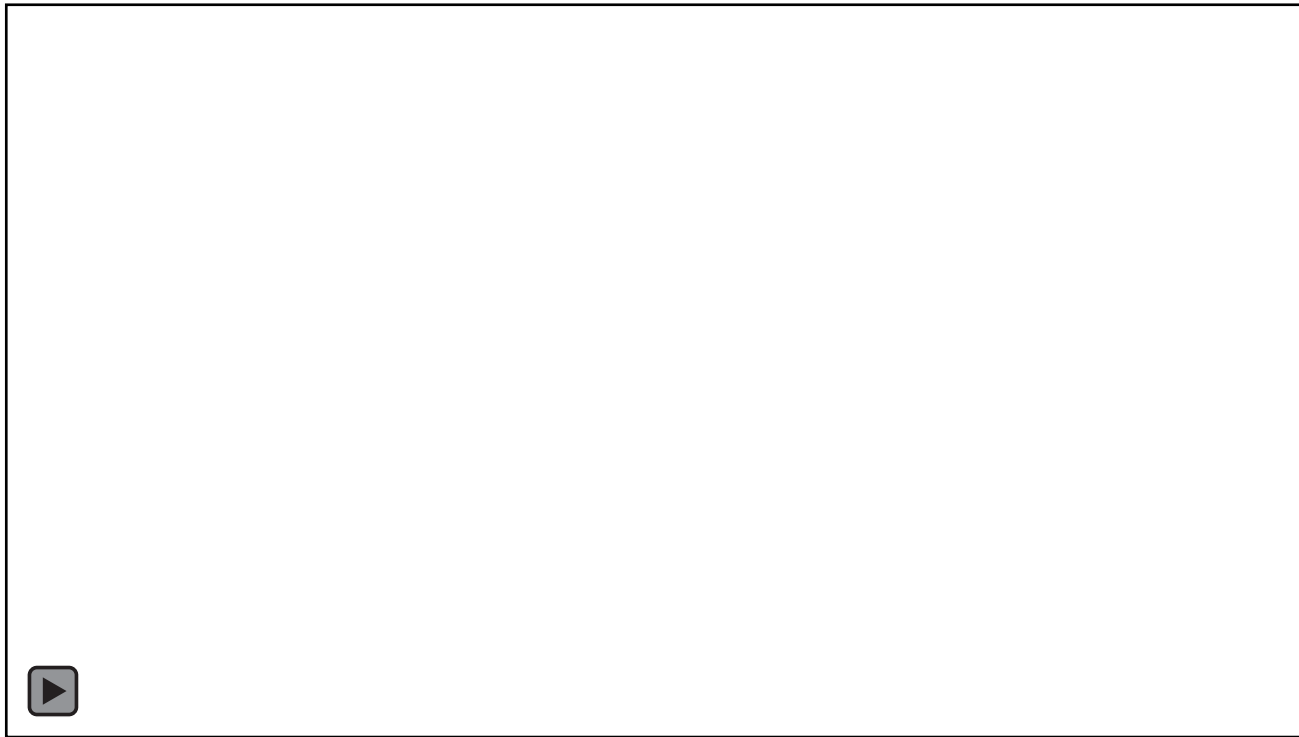
- **Use sunscreen every day** UV rays are strongest during summer, but they can cause damage year-round. Use 2 tablespoons of a broad-spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day—in every season—no matter what your skin color. For extended outdoor activity, use a water-resistant, broad-spectrum sunscreen with an SPF of 30 or higher. Be sure to reapply every 2 hours or after swimming or sweating.



- **Don't use tanning beds** Indoor tanning poses an equally great or greater risk of causing skin cancer than sun exposure.

# VIDEO SEGMENT 2

## GO WITH YOUR OWN GLOW



**Chelsea**  
**Age 24**  
**Diagnosis: Melanoma**



# CELEBRITY SKIN TYPE

SKIN TYPE I:



SKIN TYPE II:





# CELEBRITY SKIN TYPE

SKIN TYPE III:



SKIN TYPE IV:



# CELEBRITY SKIN TYPE

SKIN TYPE V:

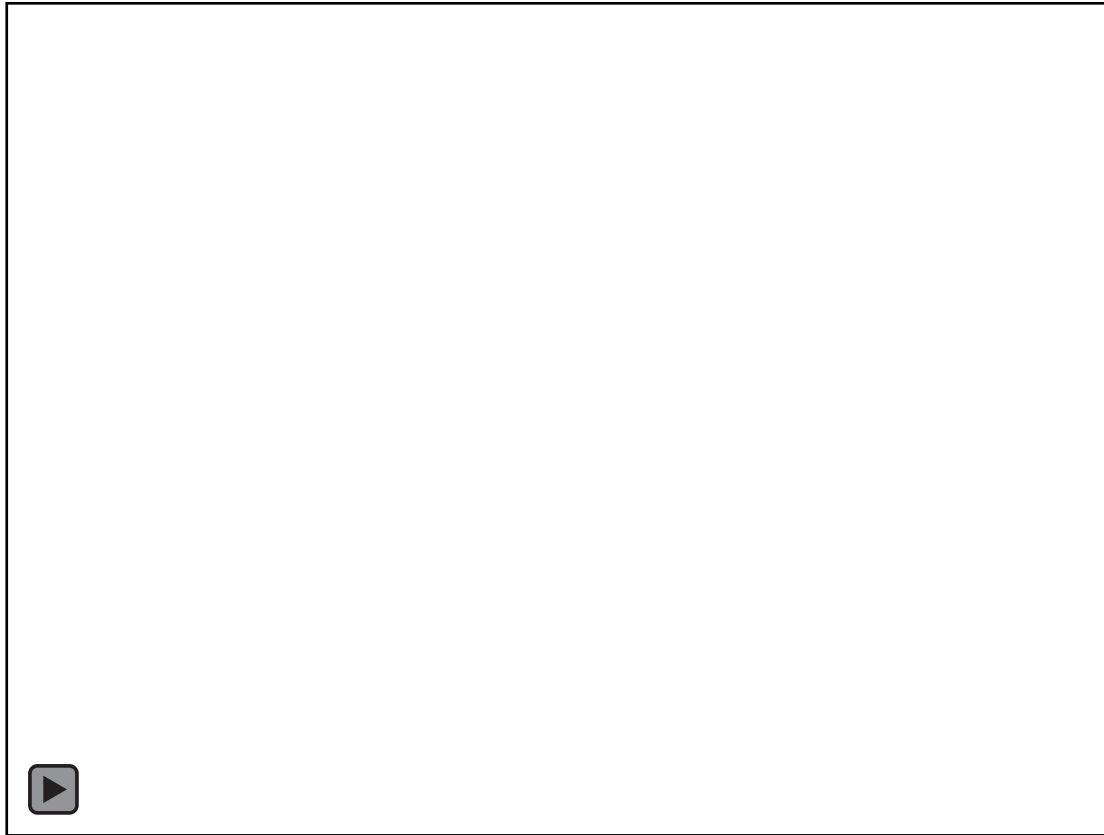


SKIN TYPE VI:



# VIDEO SEGMENT 3

## LIVE SMART



**Chelsea**  
**Age 24**  
**Diagnosis: Melanoma**



LIVE SMART.  
PLAY SMART.



Sun Smart U Interactive Whiteboard elements have been developed and provided as a generous gift from



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1.877.753.7300  
[info@saferock.com](mailto:info@saferock.com)



[SkinCancer.org](http://SkinCancer.org)