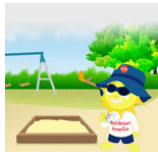


SunSmart America™ Grade 2 Curriculum

Integrated Lessons for Elementary School Classes

Don't Be a Tan Fan





Acknowledgements

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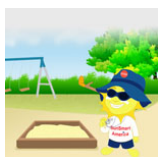
Graphic Design

Jennifer Kay Smith



*is adapted from Be SunSmart with permission from
The Anti-Cancer Council of Victoria, Australia*

A special thank you to Larry and Jane Katzen for funding the rights to utilize the Australian curriculum in the United States, and to the Toppel Family Foundation for supporting the initial development of the SunSmart America Curriculum.



SunSmart America
Don't Be a Tan Fan

Grade 2
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Objective: Students will be able to explain why sun safety rules are important, especially when living or vacationing in sunny places.

Lesson 2: SunSmart Times

Benchmark Correlation: SC.B.1.1.1, SC.E.1.1.2, HE.B.1.1.1, HE.B.1.1.2, HE.B.1.1.4, HE.B.1.1.5, HE.B.1.2.2,

Objective: Students will be able to tell a friend and an adult why it is important for children to protect their skin from the burning rays of the sun, between 10:00 a.m. and 4:00 p.m., when the rays are strongest.

Lesson 3: A Tan is Skin Damage, Too

Benchmark Correlation: SC.G.2.1.2, HE.A.1.1.5, 1.1.7 HE.B.1.1.1

Objective: Students will understand that a tan, or skin made darker by the sun, is a sign of skin damage from the sun.

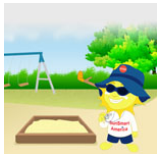
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Objective: Students will be able to identify trusted adults who can help them or someone they know with a health problem.

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Introduction to SunSmart America

The Richard David Kann Melanoma Foundation, in cooperation with the Palm Beach County School District, developed the *SunSmart America* curriculum for High School Science to educate high school students, teachers, and administrators about the prevention and early detection of skin cancer.

As you may know, skin cancer is most often due to overexposure to the sun and is highly preventable. Each year in the United States, more than one million cases of skin cancer are diagnosed- that is one out of every five people. In Florida, it is even worse—one out of every three Florida residents will be diagnosed with skin cancer at some point in their lifetime. We can change that. By teaching children and parents the basics of being 'SunSmart', and by providing the information and mechanisms that support being sun smart, behavioral changes should occur to reduce the epidemic incidence rates of skin cancer in this country.

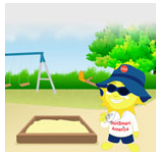
Hundreds of science teachers in Palm Beach County have participated in voluntary training sessions to learn to teach this curriculum and provide life-saving skin cancer education while meeting all Florida Sunshine State Standards in this subject.

In order to meet Florida Sunshine State Standards all *SunSmart America* lessons are benchmarked to correlate with required teaching for the FCAT, thus allowing teachers to use the curriculum for Science, English, Health, and Physical Education. *SunSmart America* has won the American Academy of Dermatology's Gold Triangle Award for Excellence seven times. In addition, in 2002, it was selected by the Centers for Disease Control and Prevention to be part of 2002 National Science Olympiad.

SunSmart America for High School Science was the start of a revolution in education- incorporating challenging, life-saving and engaging science and behavioral information while meeting Florida educational mandates and benchmarks.

As a result of the success of *SunSmart America* for high schools, the following curriculum was developed as part of *SunSmart America* for elementary schools- grades K-5. With your help, we can provide high quality education to our students and provide life-saving information that will help prevent skin cancer.

Welcome to *SunSmart America's* Elementary School Curriculum!



Thank you from the Richard David Kann Melanoma Foundation

The Richard David Kann Melanoma Foundation is a non-profit organization established in 1995 to educate the public on the prevention and early detection of skin cancer. The Foundation provides quality education programs and curriculum in schools and throughout communities, designed to facilitate knowledge and attitudinal changes that will inspire life-saving sun safe behavior and routine skin self-examinations. More than one million Americans will be diagnosed with skin cancer this year – that number is more than all other cancer cases combined — and more than 12,000 will die from it. This is tragic, as this disease is highly preventable and curable, if you know and follow the simple steps for prevention and early detection.

The Foundation was established in memory of Richard (Dicky) Kann who died in 1995 at the age of 44, from late-detected melanoma – the deadliest form of skin cancer. Dicky grew up in Miami Beach and, like many, did not know to pay attention to his sun overexposure. Had Dicky been aware of skin cancer prevention and simple early detection techniques, he might still be alive today. It is in his memory that the Melanoma Foundation has been established – so that no other family suffer this unnecessary and avoidable tragedy.

The Foundation would like to recognize Jane Katzen and Dr. John Kinney for laying the groundwork for the relationship the Foundation has developed with the School District of Palm Beach County. We also want to thank School Board member Bill Graham whose unending enthusiasm and constant support has been more than invaluable over the years, and Dr. Art Johnson for allowing the Foundation to continue growing with the School Board and allowing the School District to collaborate with the Foundation in the hopes of saving lives through high quality curriculum that meet all Florida State Educational Standards.

A special thanks to the School District's Program Planners, in particular Fred Barch and Corinne Measelle. Without their expertise, precious time and support, we could not have made the in-roads we did so quickly and efficiently. And of course, thank you to all the teachers in Palm Beach County and throughout the country who utilize SunSmart America in the classroom and are our children's daily 'lifesavers'.

It is our hope and expectation that through the implementation of SunSmart America, the Foundation's goal of decreasing the morbidity and mortality from skin cancer will become a reality.

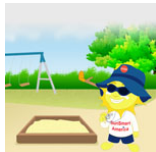
Sincerely,



Debbie Kann Schwarzborg, Founder & President

Richard David Kann Melanoma Foundation, West Palm Beach, Florida, April 2002

Richard David Kann Melanoma Foundation, West Palm Beach, Florida 561-687-2400 www.melanomafoundation.com



Integrated Lessons for Elementary School Classes

Richard David Kann
Melanoma
F O U N D A T I O N



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PALM BEACH COUNTY, FLORIDA

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JENNIFER PRIOR BROWN, ESQ.
CHARLES E. SHAW

September 25, 2012

Dear Richard David Kann
Melanoma Foundation,

An Opportunity to Save Lives

This year marks a renewed effort in education, as we recognize the need to solve a hard problem that plagues our young people - skin cancer, especially melanoma. During the first 18 years of a child's life, they are exposed to more sun than they most likely will experience for the rest of their adult lives. This is the time when they are susceptible to burn which increases their risk of developing melanoma. These are also the years when they are the most malleable and the knowledge that we provide will sustain them during adulthood. One person dies from melanoma every 50 minutes, one in every 50 people will be at risk to get melanoma, and Florida is the state with the second highest incidence of melanoma in the country.

The School District of Palm Beach County partners with the Richard David Kann Melanoma Foundation as we support their development and implementation of a body of work that educates students in grades K-12. These life-saving programs include the SunSmart America™ K-12 curriculum (www.melanomafoundation.com), peer-based Students Against Melanoma (SAM) Clubs in middle and high schools, and the K-12 Melanoma Monday Art Contest in May.

The SunSmart America curriculum contains grade appropriate lessons and activities that have been adapted to meet all FCAT and Next Generation Sunshine State Standards. Students will learn the basics regarding skin cancer, and ***most importantly, the prevention and early detection of a disease that is almost 100% preventable with education!***

I want to thank the Richard David Kann Melanoma Foundation of Palm Beach County for providing valuable resources and educational materials regarding sun safety education. The Foundation has been an active member of our Wellness Task Force.

Sincerely,

E. Wayne Gent
Superintendent

EWG/JA/KO/LP/ES:du



Important Notes to Teachers

Thank you for spearheading the initiative of being sun smart in your classroom by reviewing this curriculum. The intention of *SunSmart America's* Elementary School Program is to raise awareness in children and adults about the importance of skin cancer prevention and early detection from skin damage caused by the sun. The program is designed to assist teachers and parents in developing positive attitudes in their students that will ultimately lead to healthy behaviors regarding being sun smart. It is available in English, Spanish, and Haitian Creole.

To accomplish this, each grade level, in an age-appropriate manner, focuses on the five safety rules of *SunSmart America*: (1) wear protective clothing, (2) wear a wide-brimmed hat, (3) wear sunglasses with UV protection, (4) wear sunscreen and lip balm with an SPF of 30-50+, and (5) seek shade between the hours of 10:00 a.m. and 4:00 p.m. Protective factors that are proven to help reduce many other unhealthy risk behaviors are included in the lessons, specifically life and thinking skills and strong parental involvement. All lessons, at each grade level, are designed in the same format. They have been correlated to the benchmarks of the **Sunshine State Standards**.

There are four independent lessons; four independent objectives at each grade level. Each core lesson will take approximately 30 minutes to complete. A variety of reinforcement activities also are available in each lesson. Obviously, lesson time will increase with the number of activities chosen. Lessons can be integrated into different disciplines including Science, Health, Language Arts and Math. Depending on the lesson, there are persuasive writing activities, social studies activities, mapping, art projects, math calculations and graphing that make lessons cross-disciplinary. All lessons are divided in the following manner:

Testing

A **Pre-Post Test** is available for each grade level to help assess the success of the curriculum. Please administer the test to each student before beginning Lesson 1. Then have each student complete the **same test** again after all four lessons have been completed. If time restraints prohibit all four lessons from being taught, please select those questions that only pertain to the taught lessons.* (See below)

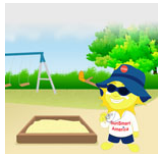
Sunshine State Standards

Each lesson has been correlated to Sunshine State Standards. The Benchmark Correlation appears at the top of the first page of each lesson. The correlations between lessons and standards were made and reviewed by elementary school teachers.

Lesson Design

Objective: Each lesson begins with the objective. The objective relates to the knowledge and skills presented in the lesson. It appears directly under the Benchmark Correlations. Each objective is independent, allowing each lesson to stand on its own.

Pre-assessment: This is the lesson stimulator. The pre-assessment adds significance to the coming lesson through querying the class as to their present understanding of the subject matter in terms of knowledge, skills and experiences. The pre-assessment is presented in



various forms including question/answers, creative definitions, role-plays, drawings, and observations.

Discussion: The discussion presents the students with the knowledge and skills steps necessary to understand the concepts presented in the lesson.

Classroom Activities: Classroom activities direct students to apply what they have learned in the classroom to real life situations. This is done through activities developed around critical and creative thinking skills and life skills such as decision-making and goal setting. These activities focus on one or more learning styles, and target the various levels of learning from knowledge through evaluation, depending on grade level. Each activity is labeled as to the type of skill it targets, the learning style being addressed, and the materials needed.

Home Activities: Family support and involvement is encouraged through *SunSmart America* home activities. These reinforcement projects and worksheets strengthen the learning that has taken place in school and are so essential to the learning process, especially when lesson goals are behavior oriented. Home Activity pages are to be copied and sent home with students. A note to the parent explains the objective of each activity and directions on how to complete the assignment.

Post-assessments: Post-assessments measure student understanding that has resulted from the lesson through independent, group and class activities.

Teaching & Learning Styles

Activities within the lessons have been designed with Howard Gardner's Multiple Intelligence Theory (Gardner, Howard. *Frames of Mind: The Theory of Multiple Intelligences*. New York: BasicBooks, 1983.) in mind and address all types of learners: linguistic, spatial, musical, environmental, math/logical, kinesthetic, interpersonal and intrapersonal. Students write songs, poems and stories, complete art projects, demonstrate through role plays, discuss knowledge, conduct science experiments, and play physical and word games. Skills practice includes goal setting, prediction, decision-making, compare and contrast, reading labels, and communicating. Instructional strategies both are teacher and student directed and target short lecture or discussion, group interaction, working in pairs or independently, working with parents, and using a variety of resources, including the Internet.

Thank you!

The Richard David Kann Melanoma Foundation would like to take the opportunity to thank all of you for your participation in this program. We hope that you will be as enthusiastic about teaching *SunSmart America* as we have been in creating it. With the tremendous time restraints within which all of you must operate, we appreciate your acknowledgement of the importance of teaching children about protecting themselves from the harmful rays of the sun and hope that you will make room in your busy schedules for our curriculum. The Foundation can develop materials to make your job a little easier, but the Foundation cannot reach all of the lives that you as classroom teachers can. That is why we desperately need your help—to be our partners in getting sun safe messages across to the children of Palm Beach County. Together, we can make a difference!



SKIN CANCER INFORMATION SHEET

1. What is Skin Cancer? Skin cancer is a disease of the cells of the skin. Healthy cells that make up the body's tissues grow, divide and replace themselves in an orderly way. This process keeps the body in good repair. Sometimes, however, normal cells lose their ability to limit and direct their growth. They divide too rapidly and grow without order. **This process can result in skin cancer and other cancers.**

There are three different types of skin cancers. Skin cancer is usually curable if detected early and removed as soon as possible.

a. Basal Cell Carcinoma

This is the most common form of skin cancer. Basal cell skin cancer accounts for 80% of all new skin cancer cases.

90% of basal cell cancers are found on the head and neck and other areas of the body that receive sun exposure.

Basal cell looks like a sore that does not heal very well, a reddish patch, shiny bump, or a growth with a sore in the center.

b. Squamous Cell Carcinoma

This is the second most common form of skin cancer.

The majority of these skin cancers are also found on exposed areas.

Squamous cell has a 90% cure rate if found early. If left untreated, it can spread to vital organs or cause structural damage to surrounding tissues.

Squamous cell looks like a scaly lump or patch, or has a sore in the middle. Later it may bleed easily or form an ulcer.

c. Melanoma

Melanoma is the deadliest form of skin cancer.

Melanoma can develop anywhere on the body.

Melanoma is the most commonly occurring cancer in women between the ages of 25 and 29 and the second most frequent in women ages 30-34.

Over 50,000 people will develop melanoma and over 10,000 will die from this disease.

Melanoma can start as a mole or spot on the skin, but there are specific characteristics that help tell it apart from a healthy mole or spot.

THIS IS CALLED THE ABCDE RULE

Asymmetry: When half of the mole or lesion does not match the other.

Border: Melanomas often have blurred, notched, ragged or uneven edges, while healthy moles have smoother, more even borders.

Color: Healthy moles are usually a single shade of brown. Moles varied shades of black, brown and tan often are the first signs of melanoma. Colors of red, white and blue also may appear as the melanoma progresses.



Diameter: Moles that grow larger than a pencil eraser are a cause for concern.

Enlargement: Change in thickness of the mole

2. Reasons to Protect Your Skin

Your skin is the largest organ on your body and protects the rest of your body: vital organs, muscle, blood, ligaments, tendons.

Spending too much time in the sun increases your risk for skin damage: wrinkles, freckles and skin cancer.

A tan is not healthy and is a sign of skin damage, which can lead to skin cancer.

3. More Facts About Skin Cancer

Skin cancer is almost 100% preventable and curable if detected early.

Eighty percent of skin cancer is caused from sun overexposure.

1 person dies every hour from skin cancer.

Melanoma is more common than any other cancer among women 25-29 years old.

1 out of every 5 Americans, 1 million people total, will be diagnosed with skin cancer this year. That's more than all the other cancers combined!

1 to 2 blistering sunburns before the age of 18 doubles your risk for developing skin cancer.

Skin cancer can affect anyone of any skin color. It is more common in Caucasians, but people from all races can and do get skin cancer.

Early detection is key! Skin cancer is almost 100% curable by lesion excision (removal of cancerous area), if detected early.

4. Skin Cancer Prevention

Use a sunscreen and lip balm with an SPF (Sun Protection Factor) of at least 30 or higher. **Generously** apply sunscreen at least 30 minutes before you go outside, and reapply every 2 hours, even if the sunscreen is waterproof.

Reapply after sweating, swimming or other activities. Make sure the sunscreen has both UVA and UVB protection and is broad spectrum.

Stay out of the sun as much as possible between the hours of 10:00 a.m. and 4:00 p.m., when the sun's rays are strongest.

Wear sunglasses to protect your eyes from the UV rays. Make sure that they have both UVA and UVB protection. Too much damage to the eyes can lead to cataracts and even blindness.

Wear protective clothing when outdoors, such as a long sleeve shirt and pants that are lightweight and tightly woven. There is also protective clothing that actually has an SPF in the fabric. FYI: Although a



cotton t-shirt is better than nothing, most only have an SPF of 4 when dry and have no UV protection when wet.

Find shaded areas when outside: trees, umbrellas, buildings etc.

Protect yourself on cloudy days. The UV rays still go through the clouds and can cause your skin to burn or tan.

Wear a hat with a wide brim that goes all the way around the head to protect your ears, side of face and neck.

Stay away from tanning booths! They are just as dangerous as the sun's rays and can burn your skin and can cause skin cancer.

5. UV Radiation

There are 2 different kinds of invisible radiation that come from the sun, UVA and UVB. Both are dangerous, cause premature wrinkles and can increase your chances of developing skin cancer. These rays are always present when the sun is up, even if it is cloudy.

UVA rays are released in greater amounts throughout the day and year round. UVA rays penetrate to the dermis (the inner layer of skin) and cause wrinkles and freckles.

UVB rays are the most damaging and can produce immediate sunburns, UVB rays activate melanin, which causes the skin to tan and burn.

BOTH ARE DANGEROUS!

UVA = Aging/UVB = Burning

6. Skin Examinations

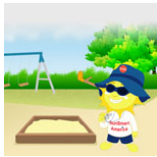
“Know the Skin You Are In!” Look for irregular (according to the ABCDE rules above) moles, spots or freckles on the skin, or any new or changes in existing moles, spots or freckles.

Do regular self-examinations of your skin. Check all over your body and keep an eye on things that look irregular. If you do see something suspicious, go to your dermatologist immediately.

Check your back or hard-to-see parts of your body by using a mirror, and check your scalp by using a blow-dryer to see under your hair.

Everyone, starting in their teen years, should see a dermatologist at least once a year for a regular full body skin examination.

Sources: American Academy of Dermatology, American Cancer Society, Environmental Protection Agency



Kindergarten Reward Cards

Please use these SunSmart reward cards when you catch a student promoting sun safe education or behavior.



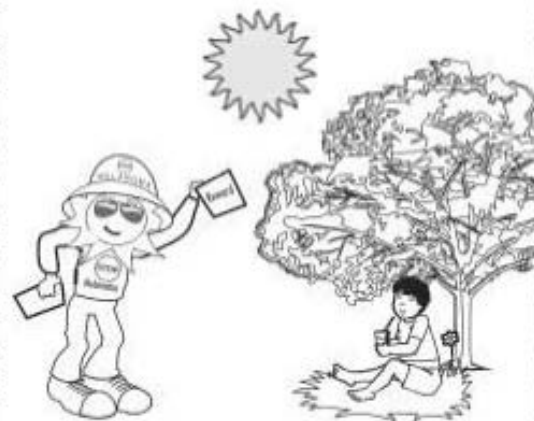
Caught you being SunSmart



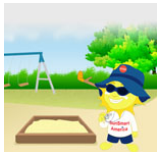
Caught you being SunSmart



Caught you being SunSmart



Caught you being SunSmart



SunSmart America
Don't Be A Fan of Tan
Grade 2
Pre-Post Test

Note to Teacher: The following is a pre-post test to help you assess the success of *SunSmart America*. Please have each student complete the test before teaching the SunSmart lessons. Then have each student complete the same test again after all four lessons have been completed. If time restraints prohibit all four lessons from being taught, please post test only those lessons which are taught selecting only those questions that pertain to the taught lessons.



SunSmart America
Don't Be A Fan of Tan

Grade 2

Pre-Post Test

Student Name: _____

Circle the best answer (a,b,c, or d) to the following questions:

1. Cara is going out to play. She is SunSmart.
 - a. She plays in the shade.
 - b. She plays in the sun.
 - c. She goes on the swings.
 - d. She jumps in the pool.
2. The best time of day to stay out of the sun is:
 - a. Between 6:00 a.m. and 10:00 a.m.
 - b. Between 10:00 a.m. and 4:00 p.m.
 - c. Between 11:00 a.m. and noon.
 - d. At night time
3. There are different signs that tell you that your skin has been hurt by the sun. Your skin has been hurt by the sun if:
 - a. it is sunburned
 - b. it is tan or made darker
 - c. it has freckles
 - d. all of the above
4. When people have something wrong with their skin, they should call a doctor. A doctor who takes care of skin is called
 - a. a nurse
 - b. a teacher
 - c. a dermatologist
 - d. a principal



SunSmart America

Don't Be a Tan Fan

Grade 2

Lesson 1: Follow the Sun Safety Rules

Benchmark Correlation: SC.A.1.1.3, SC.B.1.1.2, SC.F.1.1.1, HE.A.1.1.2, HE.B.1.1.2, HE.C.1.1.2

Objective: Students will be able to explain why *SunSmart America* Rules are important, especially when living or vacationing in sunny places.

Pre-Assessment

Have students draw a picture that shows at least 3 ways to keep their skin from burning in the sun.

Discussion

Explain:

We live in a part of the country that is often called the Sun Belt. This means our state, Florida, is close to the equator and so you have hot weather most of the time. This also means that you need to be very careful, all year, to protect your skin from sunburn and tan. When you are careful to protect your skin from the sun, you are being SunSmart. And remember, the sun is strongest from **10:00 in the morning until 4:00 in the afternoon**. That is when you need to be the Sun Smartest.

In colder climates, you need to be sun smart, too. For example, in New York, it gets cold and snows. But it can be very sunny, too, even in the winter. And Colorado, with its mountains, is very high up and closer to the sun. So you need to be SunSmart when it's cloudy or sunny. Plus snow reflects sun back up to your skin. So, you need to be SunSmart in cooler climates, too.

Ask students to suggest the various ways they can protect their skin from sunburn. Then review the following:

1. The first rule to help you be SunSmart is to play in the **shade**. Trees, roofs, pavilions, tents, umbrellas, and sport shelters all can give you shade from the sun. When you play in the shade, your skin won't burn. Even on cloudy days, shade is important. Your skin can burn on a cloudy day, too! In other words, if it is light outside that means the sun is up, even if it doesn't seem strong or hot outside. Therefore, you should always be sun safe and follow the *SunSmart America* Rules!
2. The second rule to be SunSmart is to wear a **wide-brimmed hat**. A wide-brimmed hat shades your head, your eyes, your neck, and your ears. When you wear a wide-brimmed hat, you are doing something important to help protect you from a sunburn.
3. The third way to be SunSmart is to wear **sunglasses**. The bright sun can hurt your eyes just like it can hurt your skin. Sunglasses shade your eyes and protect them from the sun.
4. The fourth way for you to be SunSmart is to **wear clothes that cover** your skin. When clothes cover your skin, they help to keep it from getting sunburned. A long sleeve shirt covers your arms, your chest, and your back. Long pants or a long skirt cover your legs. When you are playing outside in the sun, long pants and a long sleeve shirt will help to keep you from getting a sunburn.
5. The fifth way to be SunSmart is to wear **sunscreen and lip balm with an SPF number of 30-50+**. Sunscreen is a cream, lotion, or spray that helps to stop the sun from burning your skin. You can see the SPF number of the sunscreen on its container. Sunscreen is like a medicine so you should make sure to have an adult that you trust help you to put it on your skin. You should wear sunscreen whenever you play outside. The best thing to do is to have your parent or trusted adult in your house put it on you before you go out to play, and after you swim or seat a lot.



Classroom Activities

Activity 1: A SunSmart Billboard

Type of Activity: class/group

Type of Skill: application

Learning Style: spatial

Materials Needed: art supplies, magazines with ads that appeal to children

Have students describe their favorite TV commercials. Have them tell you why they like the commercials. Ask them why they think someone wanted to make the commercials. Explain that ads in magazines, newspapers, and commercials on TV are all made to interest you in buying something like a kind of cereal, a new type of toy or video game, or a juice to drink.

Ask students to pretend they have been hired to create an ad for *SunSmart America*. The ad is going to be blown up to the size of a billboard, and is going to be put up along the highway, so all the children who come to visit South Florida with their families—and all those who live here—will know the SunSmart Rules.

Have students design their billboard.

If the activity is done in groups, have the class vote on the best design. Post the best design somewhere in the school so sun safety tips are taught to the students in other classes, and reinforced with your class.

Activity 2: Hot Spots

Type of Activity: pair or small group

Type of Skill: discovery

Learning Style: linguistic

Materials Needed: library resources or Internet; map of the world

Explain:

There are many places in the world that are called Hot Spots. That means the climate in those places is hot most of the time. Florida is a Hot Spot. So is Australia. And so is Venezuela. And so are a lot of other countries.

Display a map of the world, highlighting the hot climate areas (those between the two tropics are the hottest, with South Florida being located only about 45 miles north of the Tropic of Cancer placing everyone living here in danger of sunburns all year round) with colored tapes or paper strips. Have students name some of the countries between the markings. Have them locate Florida, Texas, and Southern California.

Talk about some of the customs people who live in hot climates follow, like siestas (in Latin America and Europe) or types of clothing that cover the body completely (in some Middle Eastern and African countries).

Explain that South Florida may not be the hottest area in the world, but it is close enough to the equator to make the people living here in constant danger of burning their skin.



Integrated Lessons for Elementary School Classes

Pair students or place them in small groups. Have each group select a Hot Spot country to research in the library or on the Internet. Have them discover the following about the country. Then have each group tell the class at least two things that it discovered about the country.

What is the climate like in this country, all year?

How do people dress in this country?

Do people take a siesta during the hottest part of the day?

How do people in this country protect themselves from the sun?

Home Activities

Home Activity 1: SunSmart Diorama

Type of Activity: adult-child

Type of Skill: recall

Learning Style: spatial

Materials Needed: attached Home Activity worksheet called "SunSmart Diorama"

Make copies of the attached Home Activity worksheet called "SunSmart Diorama", one for each student. The activity is designed to be sent home and completed with an adult, then returned to class for display. The objective of the activity is to offer students a creative way to explain the *SunSmart America* Rules.

Explain to students that they are to create a diorama that illustrates the five ways to protect skin from burning in the sun. They are to be as creative as possible, but make sure each rule is represented in the work.

Home Activity 2: SunSmart America Pledge

Type of Activity: adult-child

Type of Skill: memorization

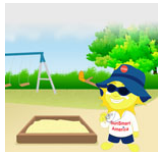
Learning Style: linguistic

Materials Needed: attached Home Activity worksheet entitled "SunSmart America Pledge"

Make copies of the attached Home Activity worksheet entitled "SunSmart America Pledge", one for each child. The activity is designed to be sent home and completed with an adult. The objective of the activity is to help students memorize the *SunSmart America* Rules. The pledge can be practiced in class, too.

Post-Assessment

Have students form a circle and toss a ball around the circle. Each person catching the ball must give a *SunSmart America* Rule or safety tip.



Home Activity 1

Grade 2: Lesson 1

Name _____



SunSmart DIORAMA

Adult /Child Activity



Dear Parent or Guardian:

Your child has been studying about the different ways to protect his/her skin from sun burn, including:

Play in the shade

Wear long pants and a long sleeve shirt when playing outside in the sun

Wear sunscreen and lipbalm with an SPF number of 15 or higher

Wear sunglasses

Wear a wide-brimmed hat

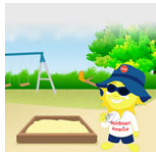


To help reinforce these rules at home, this activity is to create a diorama illustrating the SunSmart safety rules. Using a shoebox and art supplies, please help your child create this three dimensional picture that shows the five ways to help protect skin from sun damage. Your child is to show creativity while making sure that each rule is represented in the work. Have your child bring the finished diorama to class.

Thank you for being a part of **SunSmart America!**



Richard David Kann Melanoma Foundation, West Palm Beach, Florida 561-687-2400 www.melanomafoundation.com



Home Activity 2

Grade 2: Lesson 1

SUNSMART AMERICA PLEDGE

Adult /Child Activity

Dear Parent or Guardian:

Your child has been learning five ways to be SUNSMART.

- Play in the shade
- Wear long pants and a long sleeve shirt when playing outside in the sun
- Wear sunscreen and lip balm with an SPF of **30-50+**
- Wear sunglasses with UVA/UVB protection
- Wear a wide-brimmed hat



Please reinforce this message at home by helping your child memorize the SUNSMART America Pledge.

The SUNSMART AMERICA Pledge



Today I will be a SUNSMART kid
And follow the five SUNSMART rules
I will play in the shade when the sun is hot

At home, and even at school.

Today I will be a SUNSMART kid
And follow the five SUNSMART rules
I will wear a big hat to cover my head

So my friends won't call me a fool.

Today I will be a SUNSMART kid
And follow the five SUNSMART rules

I will wear a shirt that has very long sleeves
And long pants so I can be cool.

Today I will be a SUNSMART kid
And follow the five SUNSMART rules

I will wear sunscreen all over my skin
So it won't burn when I play in the pool.

Today I will be a SUNSMART kid.

Today I will follow the rules.

Cool!



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SunSmart America
Don't Be a Tan Fan

Grade 2

Lesson 2: SunSmart Times

Benchmark Correlation: SC.B.1.1.1, SC.E.1.1.2, HE.B.1.1.1, HE.B.1.1.2, HE.B.1.1.4, HE.B.1.1.5, HE.B.1.2.2,

Objective: Students will be able to tell a friend and an adult why it is important for children to protect their skin from the burning rays of the sun, between 10:00 a.m. and 4:00 p.m., when the rays are strongest.

Pre-Assessment

Assess students' abilities to tell time.

Ask students when they think the sun is strongest.

Discussion

Explain:

The sun is strongest at 12:00 noon. But the sun can burn your skin throughout the day—from 10:00 in the morning until 4:00 in the afternoon. Being SunSmart is protecting your skin from getting a sunburn, or just too much sun, all day long.

Ask:

Who knows why the sun is strongest at 12:00 noon? (*That is when it is closest to the earth's surface. The closer the sun is to the earth, the stronger its rays are and the more quickly it will burn your skin.*)

Classroom Activities

Activity 1: A SunSmart Phone Call

Type of Activity: pairs

Type of Skill: communication; application

Learning Style: linguistic

Materials Needed: none

Group students into pairs. Have one partner pretend he/she is calling the other partner on the phone to invite him/her to play at the park. He must explain to his/her friend why they will go to the park later in the afternoon, after 4:00 p.m.

Activity 2: Your SunSmart Shadow Knows

Type of Activity: pairs or small group

Type of Skill: discovery

Learning Style: spatial

Materials Needed: butcher paper and pencils

Explain:

Your shadow can help you be sun smart! It can let you know when it is safe to play in the light and when you should be playing in the shade. When the sun rises, your shadow looks taller than you really are. But as the sun moves higher in the sky, your shadow gets smaller and smaller. By noon, when the sun is high in the sky, you may not have a shadow at all. Then as the day moves on and the sun begins to set, your shadow appears again.



It begins to grow taller and taller as the sun goes down and down. When your shadow is small, or you can't see it at all, play in the shade because your shadow has told you that the sun is very strong. When your shadow is tall, the sun is not as strong, and it is safest to play out in the open.

Have students go outside early in the morning. Have one child stand at one end of the butcher paper. Make sure the sun is behind the student. Have the other student draw the shadow that is reflected on the butcher paper. Repeat the activity at mid-day, and again at the end of the day. Have the students compare the length of their shadows.

Note to Teacher: Instead of drawing the shadow on butcher paper, the shadows can be drawn with sidewalk chalk, and each time the shadow is recorded another color can be used over the same spot so the class can see how the shadow gets smaller and bigger depending on the time of day.

Home Activity

Activity: SunSmart Times

Type of Activity: adult-child

Type of Skill: time

Learning Style: math/logical

Materials Needed: attached Home Activity worksheet entitled "SunSmart Times"

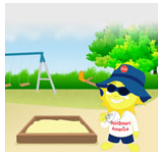
Make copies of the attached Home Activity worksheet entitled "SunSmart Times", one for each child. The activity is designed to be sent home and completed with an adult. The activity is to reinforce the times during the day when it is safest to play out of the shade. Have students return the worksheet to class when completed.

Post-Assessment

Explain:

It is very important to keep yourself safe and healthy. It is also important to help keep others safe and healthy. One way to do this is to share with our friends some SunSmart things we have learned.

Make a SunSmart card for a friend. Create pictures on your card that let your friend know how to be sun safe. Make sure you let your friend know that the safest times to play in the sun are before 10:00 in the morning and after 4:00 in the afternoon, and when to play in the shade (between 10:00 a.m. and 4:00 p.m.).



SunSmart Times

Grade 2

Lesson 1: Home Activity

Name _____

Adult/Child Activity

Dear Parent or Guardian:

Your child has been learning ways to be SunSmart. One way is to play in the shade, especially between the hours of 10:00 am and 4:00 pm, when the sun is most dangerous to the skin.

Using the following worksheet, draw clock hands indicating different times of the day—some that are safe and some that are unsafe to play in the sun. Have your child check off whether or not the time you have drawn is safe or unsafe. Remember, the safest times to play in the sun are before 10:00 a.m. and after 4:00 p.m.

Once your child has completed the worksheet, ask him/her to explain to you why it is important to protect skin from burning between 10:00 a.m. and 4:00 p.m. Have your child return the completed worksheet to class.

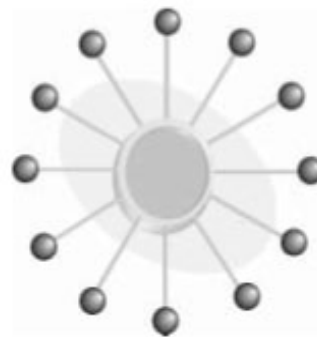
Make different times. Are they safe or unsafe times to be out in the sun?



☐ Safe ☐ Unsafe



☐ Safe ☐ Unsafe



☐ Safe ☐ Unsafe



☐ Safe ☐ Unsafe

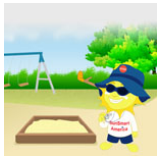


☐ Safe ☐ Unsafe



☐ Safe ☐ Unsafe

Richard David Kann Melanoma Foundation, West Palm Beach, Florida 561-687-2400 www.melanomafoundation.com



SunSmart America
Don't Be a Tan Fan

Grade 2

Lesson 3: A Tan is Skin Damage, Too

Benchmark Correlation: SC.G.2.1.2, HE.A.1.1.5, 1.1.7 HE.B.1.1.1

Objective: Students will understand that a tan, or skin made darker by the sun, is a sign of skin damage from the sun.

Pre-Assessment

When someone's skin is red or made darker from playing in the sun, that person has a sunburn.

Does a sunburn mean your skin is damaged?

When someone's skin color gets darker from playing in the sun, that person has a tan. Does a tan mean your skin is hurt?

When someone's skin gets little brown spots on it from playing in the sun, that person has freckles.

Do freckles mean your skin is hurt?

Discussion

Explain:

When you play in the sun without being sun smart, you can damage your skin. A sunburn, a tan, skin made darker by the sun, and freckles are signs that your skin has gotten too much sun. This damage can cause problems to your skin when you are older, so that is why it is so important to protect your skin now. The sun can make you very sick later from a sunburn that you get now. And the sun can make your skin wrinkle and look very old when you are not very old at all. That is why it is so important to be sun smart and practice the five ways to keep your skin healthy now. You are protecting your skin now so it can be healthy all of your life.

Classroom Activity

Activity: Thumbs Up

Type of Activity: class/independent

Type of Skill: discussion; compare

Learning Style: linguistic

Materials Needed: none

Go around the class and have each student name something he/she thinks is cool (i.e., musicians, games, TV shows, songs, cartoons, foods, etc.) Have the rest of the class give a thumbs up or down to show they agree or disagree with the student's selection of something cool.

Now give a thumbs up only if you agree with the following statement. (Tally the scores and discuss how it is not cool for anyone to get a tan; that a tan means your skin has been damaged by the sun. Damaged skin is unhealthy.)

It is cool to play in the shade.

It is cool to wear sunglasses outside.

It is cool for my mother to get a tan.

It is cool for my teenage sister to get a tan.

It is cool for me to get a tan.



Integrated Lessons for Elementary School Classes

Home Activity

Activity: What Matters to Me

Type of Activity: adult-child

Type of Skill: concluding

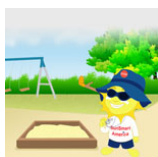
Learning Style: linguistic

Materials Needed: attached Home Activity worksheet "What Matters to Me"

Make copies of the attached Home Activity worksheet entitled "What Matters to Me", one for each child. The activity is to be sent home and completed with an adult. The activity is designed to help students think about things that are important to them and to conclude that health and safety are things that should matter, too! The activity also will reinforce the understanding that a tan as well as a sunburn or any color skin made darker by overexposure to the sun, is unhealthy and should be avoided by protecting oneself from the sun's burning rays. The activity should be returned to class when completed.

Post-Assessment

As a class, together write a rhyme called "Don't Be a Tan Fan".



Name _____

What Matters to Me!

Grade 2: Lesson 3

Home activity

An Adult/Child Activity

Dear Parent or Guardian:

Your child has been learning about the effects of the sun on skin. This lesson has focused on the fact that tan or skin made darker by overexposure to the sun, like sunburn, is an indication that skin has been hurt by the sun. The following activity is designed to help your child think about issues that are important to him/her and to discover that health and safety should matter, too! The activity will reinforce the understanding that overexposure to the sun causing a tan, sunburn, or darkening of the skin, is unhealthy and should be avoided by protecting oneself from the sun's burning rays.



List some things that
you think **are important.**



List some things that
you think **are not important.**

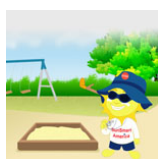
Does it matter to you to have a tan? _____

Does it matter to you to be healthy? _____

Does it matter to you to protect yourself from the sun? _____

Does it matter to you to take good care of yourself? _____

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SunSmart America Don't Be a Tan Fan

Grade 2

Lesson 4: Health Care Professionals

Benchmark Correlation: SC.G.1.1.2, SC.H.3.1.1, HE.A.2.1.1, HE.C.1.1.1, HE.C.2.1.3

Objective: Students will be able to identify trusted adults who can help them or someone they know with a health problem.

Pre-Assessment

Ask students to name all of the different adults they trust to help them when they don't feel well.

Discussion

Explain:

When you don't feel well, you tell a grown-up who you trust. That person might be your mom or dad, your grandparent, your aunt or uncle, or your babysitter. Or if you don't feel well at school, you might tell your teacher, the school nurse, or the guidance counselor.

There are also health professionals in the community that can help you when you are sick. For example, when you have the flu, you probably go to your **pediatrician**. A pediatrician is a doctor who takes care of children. Or you might go the community health clinic where there are lots of doctors and nurses to help you feel better.

There are also health care professionals who only look at your skin. These doctors are called **dermatologists**. A dermatologist is a doctor who takes care of skin that has been damaged, including skin that has been damaged by the sun.

Part of being sun smart is knowing who to turn to if you think there is something wrong with your skin.

If you notice that you have a new spot on your skin that looks a little weird or different to you, tell your parent or another trusted adult. And if you notice a spot on your parent, ask them to be SunSmart and check it out with their dermatologist- their skin doctor.

Classroom Activity

Activity 1: What Should Kelly Say Next?

Type of Activity: class

Type of Skill: problem-solving

Learning Style: linguistic

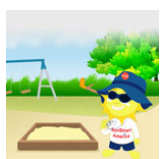
Materials Needed: none

Explain:

Sometimes skin that has been damaged by the sun now can make you very sick later, many years from now. That is why it is so important to be SunSmart today and every day of your life. That is also why it is important to encourage your family to be SunSmart, too!

Read the following scenario to the class.

Kelly is at the beach with her aunt. She notices that her aunt has a dark spot on her arm that she never saw there before. "What's that?" she asks her aunt. Her aunt looks at her arm, and shrugs her



shoulder. "I don't know," she says, "I've had it awhile. It's nothing. Go play in the water and let me relax."

What should Kelly say next?

Take suggestions from the class and guide the students as to how they might respond to Kelly's aunt so that Kelly can inform her aunt about being sun safe and seeing a dermatologist- a skin doctor- to check out the funny spot.

Activity 2: A Visit with a Health Professional

Type of Activity: class

Type of Skill: listening

Learning Style: linguistic

Materials Needed: none

Invite a SunSmart health professional to talk to your class. Call the Richard David Kann Melanoma Foundation at 561-655-9655 to help you set up a visit. Or, invite the school nurse to come in to talk to your class about the skin and protecting it from sunburns, tans and the importance of preventing sun overexposure.

Home Activity

Activity: Dr. SunSmart

Type of Activity: adult-child

Type of Skill: identifying; recall

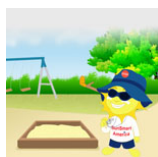
Learning Style: spatial/linguistic

Materials Needed: attached Home Activity worksheet entitled "Dr. SunSmart, the Dermatologist"

Make copies of the attached Home Activity worksheet entitled "Dr. SunSmart, the Dermatologist", one for each child. The activity is designed to be sent home and completed with an adult. The activity is designed to help students identify a dermatologist as a health care professional who takes care of skin. The activity should be returned to class when completed.

Post-Assessment

Have students make a paper doll of a health care professional who can help them or someone they know with a health problem. Then have them make up a short conversation, asking that trusted adult for help with a skin problem.



Name _____

Grade 2: The Dermatologist

Dr. SunSmart

Lesson 4: Home Activity

An Adult-Child Worksheet

Dear Parent or Guardian:

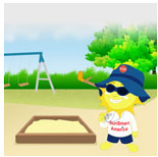
Your child has been learning about SunSmart behaviors. One important SunSmart behavior is to discover the adults who can help with a health problem, in this case a dermatologist – a skin doctor. The following activity is designed to help your child identify a dermatologist as a health care professional who takes care of skin. Have your child color the worksheet and write a sentence under the picture that describes what Dr. SUNSMART does. The activity should be returned to class when completed.

Thank you for being a part of
SunSmart America!

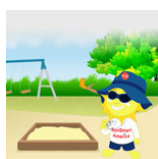
DERMATOLOGY



Richard David Kann Melanoma Foundation, West Palm Beach, Florida 561-687-2400 www.melanomafoundation.com



Parent Open House Handouts



Richard David Kann Melanoma Foundation

Dear Parents and Grandparents-

We are pleased to provide you with the following information on being sun smart.

Our goal is to encourage young people and families to protect themselves from melanoma and other skin cancers by **playing it safe in the sun!**

Skin cancer affects over 1 million people each year in the United States. Melanoma-the deadliest form of skin cancer- affects more than 50,000 people each year and kills more than 10,000. ***Skin cancer does not discriminate. Although people with lighter skin are more at risk, all races, colors and nationalities can and do get skin cancer!***

Protect yourself and your family by following these simple SUNSMART rules:

1. Always **wear sunblock**- with at least an SPF (sun protection factor) of 30-50+ .
Reapply sun block frequently- particularly after swimming, sweating or any outdoor activity.
2. **Wear a wide-brimmed hat.**
3. Protect your eyes from getting damaged, **wear Sunglasses**
4. **Wear protective clothing** including a long-sleeved shirt and pants.
5. **Reduce exposure** to the sun during peak hours- 10 a.m. to 4 a.m.

Don't burn!

Remember that even when it's cloudy, you can burn!

Get to know your skin and that of your family. Look for any new or unusual marks such as moles or freckles and **be aware of any changes over time.**

Schedule regular dermatological check-ups.

Remember: take good care of your skin and teach your children to do the same. "Know the Skin You're In." It's worth it!

In good health,

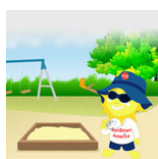
Richard David Kann Melanoma Foundation

Call us with your SunSmart questions!

Phone: (561) 655-9655 Fax: (561) 655-9650

2751 South Dixie Highway Suite 2A, West Palm Beach, FL 33405

E-mail: info@melanomafoundation.com Website: melanomafoundation.com



Richard David Kann Melanoma Foundation

Important Points to Remember

Skin cancer, the most common type of cancer, is increasing at an alarming rate.

Melanoma is the most serious type of skin cancer and can be deadly.

One person every hour dies from melanoma.

The incidence is increasing faster than any other cancer.

1 million people will develop skin cancer each year; 50,000 will develop melanoma.

Best treatment is *PREVENTION!*

Sunscreens are essential!

Always wear sunscreen with SPF (Sun Protection Factor) 30-50+.

Protect your lips and eyes.

Wear sunscreen with both UVA/UVB protection.

Clothing is great protection.

Wide brim hats to protect your face, ears & neck.

Sunglasses with both UVA/UVB protection.

Long sleeve shirts and pants.

Special fabrics with sun protection factor rating.

A Tan is Not Healthy. It is a sign of skin damage and could lead to skin cancer.

A Single Sunburn Increases Your Chances of Getting Skin Cancer.

Early Detection means CURE:

ABCDE characteristics of Melanoma Detection.

(moles or any spot on the skin)

Asymmetry: one half unlike the other half.

Border irregularity: scalloped or poorly circumscribed border.

Color Variation: from one area to another; shades of tan and brown; black; sometimes white, red or blue.

Diameter: >6 mm (diameter of a pencil eraser).

Enlargement: change in thickness.

Most important: Check your skin and beware of any changes!

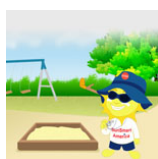
CONSULT A DERMATOLOGIST REGARDING ANY NEW OR CHANGES IN EXISTING MOLES, SPOTS OR FRECKLES.

Call us with your SunSmart questions!

Phone: (561) 655-9655 Fax: (561) 655-9650

2751 South Dixie Highway Suite 2A, West Palm Beach, FL 33405

E-mail: info@melanomafoundation.com Website: melanomafoundation.com



SunSmart/Skin Cancer Education Resources

Richard David Kann Melanoma Foundation

2751 South Dixie Highway Suite 2A,
West Palm Beach, FL 33405
Telephone: 561-655-9655
Facsimile: 561-655-9650
<http://www.melanomafoundation.com>

Australia's SunSmart Program

Council of Victoria
1 Rathdowne Street
Carlton South, Victoria 3053
Australia
Telephone: 6103 9635 5000
<http://www.sunsmart.com.au>

AMC Cancer Research Center

1600 Pierce Street
Denver, CO 80214
303-233-6501
800-321-1557
<http://www.amc.org>

American Academy of Dermatology

930 North Meacham Road
P.O. Box 4014
Schaumburg, IL 60173-4965
Telephone: 888-462-DERM (462-3376)
<http://www.aad.org>

American Cancer Society

1599 Clifton Road, NE
Atlanta, GA 30329-4251
Telephone: 800 ACS-2345 (227-2345)

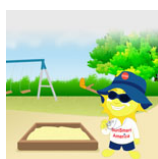
621 Clearwater Park Rd
West Palm Beach, FL 33401
561-366-0013
<http://www.cancer.org>

California Department of Health Service

Skin Cancer Prevention Program
P.O. Box 942732 MS-662
Sacramento, CA 95814
Telephone: 916-322-2154
<http://www.CA5ADAY.com>

Centers for Disease Control and Prevention

Division of Cancer Prevention and Control
4770 Buford Highway
Chamblee, GA 30341
Telephone: 1-888-842-6355, 770-488-4751
<http://cdc.gov/chooseyourcover/>



Integrated Lessons for Elementary School Classes

Melanoma Education Fund

7 Jones Street
Peabody, MA 01960
Telephone: 978-535-3080
e-mail: MEF@skincheck.com
<http://www.skincheck.com>

National Cancer Institute

Cancer Information Service
1-800-4-CANCER
<http://www.nci.nih.gov>

National Safety Council Environmental Health Center

1025 Connecticut Avenue, NW
Suite 1200
Washington, DC 20036
Telephone: 800-557-2366 ext. 2; 630- 285-1121
<http://www.nsc.org/ehc/sunsafer.htm>

SHADE Foundation

<http://www.shadefoundation.org/>

Sun Safety Alliance

413 North Lee Street
Alexandria, VA 22314
Telephone: 703-837-4202
<http://www.sunsafetyalliance.org/>

The Skin Cancer Foundation

245 Fifth Avenue
Suite 1403
New York, NY 10016
Telephone: 212-725-5176
<http://www.skincancer.org>

U.S. Environmental Protection Agency

Sunwise School Program
1200 Pennsylvania Ave. (6205J)
Washington, DC 20460
Telephone: 202-272-0167
<http://epa.gov.sunwise>



SunSmart America **Health Care Services Information**

For skin cancer screenings and early detection services:

1. Make an appointment with a dermatologist. For a list of dermatologists in Palm Beach County, call the Richard David Kann Melanoma Foundation at 561-655-9655. For other locations, contact your local Medical Society or the American Academy of Dermatology for a list of dermatologists in your area.
2. If you do not have health insurance or have trouble getting an appointment, call the following resources in Palm Beach County or in the State of Florida:
 - a. Palm Beach County Health District 561-659-1270
 - b. Florida KidCare for Uninsured Children 1-888-540-KIDS
 - c. Your local office of the Department of Children and Families
 - d. Call your local hospital(s). Many community and university hospitals and clinics sponsor free skin cancer screenings each year.
 - e. The Quality Health Rights Program of the Palm Beach County Medical Society 561-433-3940.
3. In the State of Florida, there is a law called Direct Access that entitles HMO or EPO members to see a dermatologist without a referral from your plan or your primary care physician. For more information, call the Florida Society of Dermatology in Tallahassee at 850-531-8373.