for counselors
Thank you!

- Camp counselors are **SO** important
  - You keep your campers safe
  - Campers look up to you (and will imitate you!)
This summer...

- Keep yourself and your campers **SUN SAFE** to prevent melanoma!
What is melanoma?

- Deadliest form of skin cancer
- Can spread to other vital organs
- Can be fatal if not caught early
What does melanoma look like?

A. Asymmetry
B. Border irregularity
C. Color variation
D. Diameter >6mm
E. Evolution
Why is this important?

- 2\textsuperscript{nd} most common cancer for teens and young adults ages 15-29

- Melanoma is the most preventable of all cancers
Everyone is at risk!

Increased risk factors:

- UV exposure \( \rightarrow \) (PREVENTABLE)
- Number of moles on the skin
- Skin type
- Family history
What if.....

...I wear sunblock and avoid sunburns?

- **FACT:** There is no such thing as a healthy tan!

![Tan lines from typical summer activities](image-url)
Love the skin you’re in!

“\textit{My friends say I need a tan, but I tell them I like the way I look!}”
SUN SAFE basics

• Seek shade whenever possible
  – Trees, umbrellas, awnings

• SPF 30+ every 2 hours, use generous amounts

• Protective clothing, hats, sunglasses

• Avoid tanning beds, tans, sunburns
Don’t forget to have fun!!!

– Up next are easy ideas for incorporating sun safety into games that you can play every day.
Having fun with SUN SAFETY

Littler kids
• Make up a fun name for sunblock!
  – Magic potion
  – Vampire juice
  – Super spray

  – Can you think of other names?
Littler kids

– Draw pictures

• Make fun designs before rubbing sunscreen in

• “Guess the picture” – the person getting sunscreen closes their eyes and guesses while another person draws a picture with the sunscreen

• Create sunblock “worms” that you want to get rid of as quickly as possible by rubbing the sunscreen in!
Littler kids

– Simon says

• “Simon says put sunblock on your left arm…”

• Mix up sunblock cues with non-sunblock cues when you have more time!
Having fun with SUN SAFETY

Older kids

• Play your campers’ favorite music while they apply sunscreen
Having fun with SUN SAFETY

Older kids

– Make it a cabin “job”
  • Making sure people have sunscreen before activities
  • Reminding people to reapply
  • Carrying the sunscreen on trips

– Drip drip drop (with sunscreen)!
All ages

– Make it a race!
  • E.g. First person to finish applying sunscreen gets the first jump off of the diving board!

– Arts & Crafts
  • Apply sunscreen to colored paper and put it out in the sun – watch the non-sunscreen parts fade away!
High school seniors and college students can become Your Skin Is In Ambassadors at their school and have the chance to win a $1,000 scholarship!
Become A Your Skin Is In Ambassador

✓ Visit yourskinisin.org
✓ Register as a Student Ambassador
✓ Receive your Box of Goodies
  T-shirts, posters, materials, etc.
✓ Check out the Toolkit for ideas
✓ Take the eLearning course online
  • Interactive Trivia Game
  • Video Scenarios
  • Photos Showing UV Damage
✓ Spread awareness at your school
✓ Apply for a $1,000 Scholarship!
To complete your learning...
We hope that you have an amazing, SUN SAFE summer!

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