



Sun Safety Education Program

Teachers' Manual

Version 1.0

Welcome to the Canadian Skin Cancer Foundation GoSafe Education Program.

Thank you for your interest in educating youth in your community about skin cancer, sun safety, early detection and the risk associated with the use of tanning beds.

Skin cancer is preventable! It's pretty simple – by the actions of each individual, skin cancer can be prevented. And yet more than 80,000 Canadians are diagnosed with skin cancer each year, 900 of whom die and thousands of others of whom are scarred for life both physically and emotionally. Canadians born in the 1990s have a one in six chance of getting skin cancer – so we need to get the message out.

This manual gives you a step-by-step guide provides some option for teaching sun safety, from in-class presentations made by volunteer university students to an on-line class that can be taken by individual students.

If, after reading this manual, you have any questions, please do not hesitate to contact us at 780.423.2723 or through our website at www.igosafe.ca/education.

Once again, thank you for outstanding commitment. Together we can eliminate skin cancer in Canada – wouldn't that be great!



INTRODUCTION

The GoSafe Sun Safety Education Program focuses on promoting safe sun attitudes and behaviours in children and young adults. The program explores age appropriate scientific information about skin cancers, prevention techniques, the ABCDE's of detection and the dangers of artificial tanning.

The GoSafe Education Program offers a number of teaching tools from which teachers and others can choose. These include, depending on geographic location and time allocated to this lesson:

- An interactive presentation delivered by university students who demonstrate a commitment to health promotion within the community. This program includes, where and when resources are available:
 - An in-school presentation
 - Sun safety brochures, sunscreen samples and UV sensitive bracelets for distribution to each participant (dependent on availability and funding)
- PowerPoint presentations and scripts at two different levels:
 - Grades 5 and 6
 - Junior and Senior High School Students
- An interactive online learning tool at two different levels:
 - Grades 5 and 6
 - Junior and Senior High School Students
- Downloadable GoSafe posters and brochures
- Links to other resources in the community

While skin cancer is the most common type of cancer, it is also one of the most preventable. The program aims to have a positive impact on future attitudes and behaviours related to skin cancer awareness and sun safety. Early education has been studied and proven to decrease the number of sunburns in children and have a positive impact on future decisions concerning sun safety. Furthermore, the early detection of skin cancers provides the best opportunity for successful treatment.

HAVE A UNIVERSITY STUDENT MAKE A SUN SAFETY PRESENTATION IN YOUR SCHOOL OR CLASSROOM

In order to determine if there is a GoSafe Sun Safety Education Program at your local college or university, please visit the Canadian Skin Cancer Foundation's (CSCF) website at www.igosafe/teachers.

If there is a program in your area, the first step in securing an in-school presentation is to register using the CSCF's online registration system. This program will ask for the following information in order to help student volunteers meet your presentation request(s):

- a) Name of teacher, email address and phone number
- b) Name and address of school
- c) Up to three dates/times for each class requesting a presentation
- d) Approximate number of students in each classroom
- e) LCD capabilities (for PowerPoint)

It is important for teachers to submit their presentation request(s) **early** in order to give student volunteers enough time to sign-up for their requests and to organize the appropriate resources needed to conduct the GoSafe Sun Safety Education presentation. In most cities, student volunteers will be available to conduct classroom presentations during the months of **April and May**, which means schools should register **before the end of March**. We feel that this is the best time to teach students about the importance of sun safety in the hopes that they will implement several sun safety techniques during their summer holidays.

CONDUCT YOUR OWN SUN SAFETY EDUCATION PRESENTATION

If you wish to conduct a GoSafe Sun Safety presentation yourself within your own classroom or school, please visit www.igosafe.ca/education. Here you will find a downloadable version of two GoSafe Sun Safety Education PowerPoint presentations, along with scripts, for each of Grades 5/6 and Jr/Sr High School.

The Sun Safety Education Presentations are designed to be fun and interactive presentations that focuses on promoting sun safe attitudes and behaviours in children and young adults. The scripts include step-by-step instructions on how to deliver an effective Sun Safety Education presentation. They also provide more detailed information on skin cancers and prevention techniques – this will help equip you with the knowledge to answer any questions your students may have about the presentation material.

ADDITIONAL ONLINE LEARNING RESOURCES

In order to ensure that your students receive the best educational experience possible, the GoSafe Education website also offers teachers several additional tools that can be used to supplement or replace the in-class Sun Safety Education presentation. Teachers can access these online learning resources by visiting www.igosafe.ca/education

GoSafe Sun Safety eLearning Class

The online GoSafe Education program takes about 20 minutes to complete and can be used independently as a teaching tool or as a means to review the most important concepts covered in the Sun Safety Education presentation. The online program is interactive, with several short “quizzes” that are designed to enhance student learning.

Students who successfully complete the online GoSafe Education program will be able to print off a Sun Safety Certificate that they can present to their teacher and classmates or share with family members. This is an excellent opportunity for students to engage in a fun, educational experience and to share the importance of sun safety with their family, friends and loved ones.

Other online educational resources include:

- Downloadable GoSafe Sun Safety poster
- Downloadable ABCDEs of Early Detection poster
- Downloadable Dangers of Tanning Bed poster
- Downloadable Sun Safety brochure

Links to additional resources are also provided.

CONTACTS AND ACKNOWLEDGEMENTS

Contacts

The Canadian Skin Cancer Foundation
PO Box 67178, Meadowlark RPO
Edmonton, Alberta T5R 5Y3
Phone: 780.423.2723
Email: cscf@telus.net
www.canadianskincancerfoundation.com

Authors and Contributors

Ali Dixon
University of Alberta

Gillian Richardson
Founder & Program Coordinator 2005-2009

Danny Guo, M.Sc.
MD Class of 2014
University of Calgary

Jessica Romaniuk
Program Coordinator 2009 – 2013
BScNursing After-Degree Class of 2013
University of Alberta