

Sunsense Challenge

The Sunsense Challenge focuses on increasing awareness of how girls and guiders can protect themselves from the harmful rays of the sun. The goal of this challenge is to have fun in the sun but to also be SunSmart!

Background Information: Skin cancer is one of the most common cancers. Of the Skin cancers, Melanoma is the most dangerous and is one of the most common cancers in young people. Most Skin cancers are highly curable if caught early. Skin damage and accompanying Skin cancer risk never disappear but continues to accumulate for a lifetime. It is estimated that the majority of UV exposure occurs before the age of 18.

Click [here](#) to find out about the Canadian Cancer Society.

By taking the Challenge you will learn that:

- The sun's ultraviolet rays can damage your skin and eyes
- Sun related skin damage is additive and does not go away
- Sunburns before the age of 18 increase your lifetime risk of Skin cancer
- Unprotected sun exposure is the most important cause of Skin cancer
- Skin cancer is a common and preventable cancer

You will also learn:

- To avoid sun exposure between 11:00 am and 4:00 pm
- To seek and/or create shade
- To Slip! on clothing to cover your arms and legs and sunglasses to protect your eyes
- To Slap! on a wide brimmed hat
- To Slop! on sunscreen with SPF15 or higher

In the end, you will understand:

- How to select proper protective clothing, eyewear and sunscreen
- The proper sunscreen application technique
- That you need sun protection on cloudy days, for water activities and during the winter
- The importance and methods of early detection for skin cancer
- That there is no such thing as a safe or healthy tan
- That tanning parlors and sunlamps are not a safe way to tan

SUNSENSE CHALLENGE - SPARKS

Part A:

- *Why can too much sun harm you?
- *Discuss the positive and negative effects of the sun with your unit.
- *Know the dangers of cloudy and sunny days, and the most harmful hours of the day for sun exposure.
- *Discuss why some people sunburn faster.

Part B:

- *Learn about the elements of a Sun Protection Plan
- *Sing the SLIP! SLAP! SLOP! song with the actions
- *Learn about the use of waterproof sunscreen when playing in the water
- *Why should you apply sunscreen every two hours?
- *What do we do if we still get sunburned after taking all the precautions?
- *Is it important to drink lots of water?

Part C: Complete at least one of the following:

- *Have a fashion show with your favorite doll or paper dolls or friends to showcase the elements of the Sun Protection Plan
- *Draw a picture of the proper way to protect yourself in the four seasons.
- *Decorate a sun hat that you can use to protect your face, nose, ears and neck from the sun.



SUNSENSE CHALLENGE - EMBERS

Part A

- *Why can too much sun harm you?
- *Discuss the positive and negative effects of the sun
- *What about cloudy and winter days?
- *When are the danger hours that are the most harmful from sun exposure?

Part B

- *Learn about the elements of the Sun Protection Plan
- *Sing the SLIP SLAP SLOP with actions
- *What does SPF stand for?
- *Learn about the use of waterproof sunscreen when playing and swimming.
- *Why should we apply sunscreen every two hours and what areas of your body need more protection?
- *What do we do if we still get sunburned.
- *Is it important to drunk lots of water while in the sun? Why?

Part C

- *Decorate a shirt, hat or sunglasses to wear out in the sun.
- *Have a fashion show to showcase the elements of a Sun Protection Plan in the different seasons.
- *Draw a picture of how you can protect yourself from the sun's strong rays.



SUNSENSE CHALLENGE - GUIDES

Part A:

- *Too much sun can damage your skin and eyes. Learn how to select proper clothing and sunscreen.
- *Discover who is the most at risk in your group and family to sunburn faster. Why?
- *When applying sun screen which parts of your body needs the most protection?



Part B

- *Learn about the elements of a Sun Protection plan.
- *Sing the song SLIP! SLAP! SLOP! with actions
- *Is sun protection the same in all seasons?
- *What are the danger hours for sun exposure?
- *When playing outside in the sun why is it important to take frequent breaks and drink lots of water?
- *Learn about heat stroke and heat exhaustion and the signs to be aware of.
- *Learn how to choose the proper sunscreen for you.

Part C:

- *Have a fashion show of how you can dress for the weather in the four seasons.
- *Decorate a shirt or umbrella for outdoor protection.
- *Play a game with your group or perform a skit with your patrol about being SunSmart.
- *Make a SLIP! SLAP! SLOP! kite.
- *Learn how to provide first aid for sunburn

SUNSENSE CHALLENGE - PATHFINDERS, RANGERS and GUIDERS

Part A:

- *Learn about the effects of the sun's rays on the skin
- *Discuss how to select proper protective clothing, eyewear and sunscreen.
- *Discuss heat stroke and heat exhaustion
- *Learn about the layers of skin and what skin cancer is.



Part B:

- *Learn about the elements of a Sun Protection Plan
- *What does SLIP! SLAP! SLOP! mean?
- *What is the difference between UVA and UVB protection?

Part C:

- *Have everyone bring a sunscreen from home. Test out the different sunscreens and decide which ones you prefer and why. Discuss what you should look for in choosing a sunscreen.
- *Design a brochure, poster or webpage that explains why tanning parlors and sunlamps are not safe ways to tan.



*Include a sun protection plan when planning your next outdoor event or camp. Some ideas you can try out include keeping a sun exposure log, building a shade structure or tree planning.

*Host a bridging event and organize SunSmart challenge activities such as a SLIP SLAP SLOP kite, a fashion show on how to dress for the weather.

*Learn how to provide first aid treatment for sunburn.

*Invite a skin cancer survivor or local dermatologist to give a talk to your unit.