

Skin Cancer Prevention

The **Sunsense Program** (York Region Community & Health Services) provides resources including curriculum matched materials to promote skin cancer prevention for school aged children. In collaboration with the York Region SunSense Coalition, we annually host a Sun Smart Poster Contest for grade 1 students and their families. The contest winner is provided with a tree that is planted on their school ground to promote the use of shade. We also provide resources and consultation to develop sun safe school policies and to plan for shade in schools.

These resources and services are available from York Region Community & Health Services or directly from the source listed. A listing here does not necessarily constitute a full endorsement of the resources and /or their contents.

Manuals and Curriculum Resources

Grades 1-3

- **Living with Sunshine** (Canadian Cancer Society). A primary teaching resource on sun protection for grades 1, 2 and 3. By learning how to protect their skin from overexposure to the sun, students will not only be preventing sunburns, but also lowering their risk of developing skin cancer. The lessons include a variety of activities to allow flexibility needed to meet your classroom's grade level and the instructional time available. This teaching resource intentionally avoids discussion of skin cancer, focusing instead on healthy lifestyle choices. Call York Region *Health Connection* at 1-800-361-5653 to order.

Grades 1-8

- **UV Radiation: Science, Sun Protection and the Classroom** (Ontario Sun Safety Working Group). Relating academic science to issues and concerns in the world is one of the key aims of this resource. The study of ultraviolet radiation and sun protection is a natural fit for bringing scientific inquiry into real life experiences outside the classroom. The purpose of this resource is to demonstrate ways in which ultraviolet radiation and sun protection can be integrated into the Ontario Curriculum. Call York Region *Health Connection* at 1-800-361-5653 to order.
- **Sun Savvy Club** (Environment Canada). The objective of this club is to encourage students to practice sun safety and sun protection by making observations of ultraviolet radiation levels in their schoolyards and sharing that information with other schools and their communities by posting findings on the Environment website. In registering for this club, schools are asked to participate in at least 3 of these activities: teach students about sun safety and sun protection; adopt a sun savvy school policy; take UV Index measurements with the UV ray meter and enter the data into our database on the internet; hold a school-wide sun safety event or assembly; reach out to their community by sending pamphlets on sun safety to parents or by hosting a community sun safety event. Schools that register for the Sun Savvy Club will be able to borrow a UV Index ray meter from Environment Canada for the duration of their participation in the program. Available from http://www.msc-smc.ec.gc.ca/education/uvindex/resources/index_e.html.

Grades 9-12

- **Solar UV in our World - Secondary Education Information and Investigations** (Environment Canada). A resource for teachers of secondary school students that provides information and activities about how ultraviolet radiation (UV) affects the weather, how to change the impact of UV radiation, how UV radiation affects us and what we can

do. This resource includes various activities for students and websites for additional information. Available at http://www.msc-smc.ec.gc.ca/education/uvindex/resources/index_e.html.

Videos

- **Sun Safe Play Everyday** (Canadian Dermatology Association). A 7 minute cartoon video that shows a little boy and his dog demonstrating sun safe behaviours while having fun outside, through song. The video is interactive and asks the audience to sing along. Call York Region *Health Connection* at 1-800-361-5653 to order.

Storybook

- **Block the Sun Not the Fun** (Canadian Pediatric Society). A rhyming book that discusses UVA and UVB and actions to take to be protected against them. Call York Region *Health Connection* at 1-800-361-5653 to order.

Guides

- **Shade: A Planning Guide** (York Region Sunsense Coalition). A booklet designed to promote the use of shade for sun protection among individuals and organizations. This planning guide outlines the importance of shade, where shade is essential, how to plan for shade, the different types of shade and how to best utilize and create shaded areas. Call York Region *Health Connection* at 1-800-361-5653 to order.
- **Designing for Shade and Energy Conservation – School Grounds Greening Guide** (Module of York University’s Eco School Program). Built on previous greening programs, EcoSchools is distinguished by its dual focus on school operations and curriculum. It means that classroom learning is matched by environmental concepts being applied in running the school. In the EcoSchools resources, environmental learning expectations in the Ontario curriculum have been given new prominence in activities and tasks designed to connect classroom experience with practical issues in students’ lives. Available at www.yorku.ca/ecoschl/EcoSchools_pdfs/School_Grounds_Greening.pdf.
- **Shade for Kids Workshop-in-a-box** (Evergreen Canada). Want to create more shade on your school ground, but don’t know where to begin? This resource provides you with everything you need to deliver a workshop that addresses all the elements of designing for shade. Available at www.evergreen.ca/en/lq/lq-shadeforkids.html.

Websites & Relevant Organizations

Canadian Cancer Society	www.cancer.ca
Canadian Dermatology Association	www.dermatology.ca/sap/index.html
Environment Canada	www.msc-smc.ec.gc.ca/education/uvindex/resources/index_e.html
Evergreen	http://evergreen.ca/en/lq/lq-shadeforkids.html
Health Canada, Sun Safety	www.hc-sc.gc.ca/hl-vs/securit/sports/sun-sol/index-eng.php
Ontario Ecoschools	www.yorku.ca/ecoschl
World Health Organization	www.who.int/uv/en/
York Region Community & Health Services	www.york.ca

Sunsense Program staff are available for consultation and support on issues related to skin cancer prevention and planning for shade. For more information, call York Region *Health Connection* at 1-800-361-5653 or visit www.york.ca.