

Help Your Child Have a Sun-Safe School Year



**Health
In Hand**[™]
Simplifying Self-Care

Dear Parents & Caregivers,

Sun safety isn't just for summer. It's for every day — and every school day, too!

As you may know, many states now have laws that allow schools to include education on sun exposure and encourage students to use sun protection, including sunscreen and sun-protective clothing. To learn about your state's policy and for more information, go to bit.ly/4OAS3X3 and/or speak with your school district leaders.

Stay sun-smart this school year by developing sun safety habits for your child that will last a lifetime.

Why sun protection is important

- Just **one blistering sunburn** at a young age can double the chance of developing melanoma — the deadliest form of skin cancer — later in life.¹
- Studies show that **regular daily sunscreen use and other sun-protective measures like wearing hats and sunglasses can save lives** by helping to prevent melanoma and non-melanoma skin cancers.²
- It's a myth that those with darker skin tones don't need sunscreen. **Everyone, no matter their skin color, should practice sun safety habits** to protect against sunburn and skin cancer.

Create a school-day routine



Keep sunscreen next to your child's toothbrush and **apply before school**.



Put **sunscreen, a hat, and sunglasses** in your child's school backpack.



Develop a plan for your child to **practice sun-safe behaviors throughout the school day** — before recess, before afterschool sports, and before any other outdoor events.



Practice these sun safety tips:

- **Choose a "broad spectrum" sunscreen** that protects from both UVA and UVB rays.
 - Use SPF 30 or higher for daily use — even on cloudy days or in the car.
 - Use water-resistant SPF 50 or higher for swimming/outdoor activities.
 - Reapply every 2 hours to stay protected.
- **Seek shade**, especially between 10 AM and 4 PM when UV rays are strongest.
- **Cover up** with protective clothing including long-sleeved, breathable shirts, skirts, or pants, a wide-brimmed hat, and UV-blocking sunglasses. If possible, choose sun-protective clothing with an ultraviolet protection factor (UPF) of 50.

Learn more at
healthinhand.org/sunscreen

1. melanomafocus.org/news-blog/childhood-sunburns-are-raising-the-risk-of-melanoma-skin-cancer

2. healthinhand.org/sunscreen



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