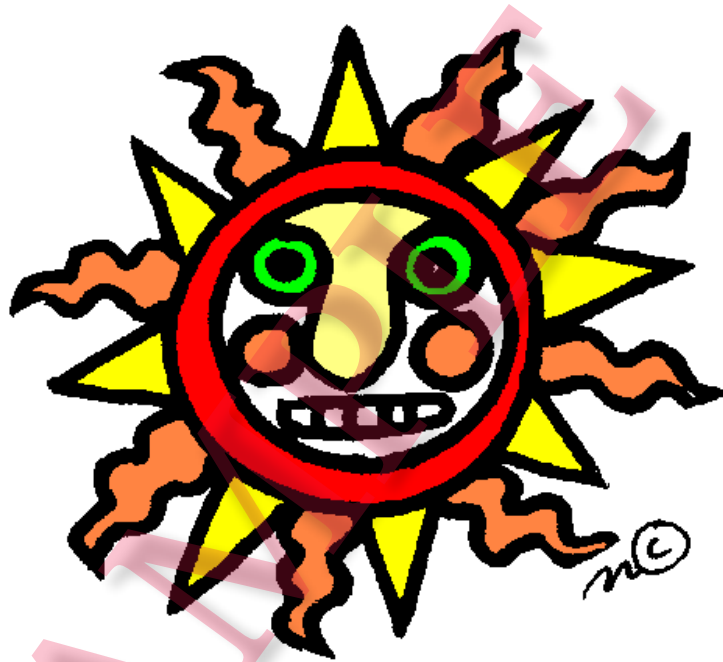


SunSafe in the Middle School Years



Peer Group Manual

SunSafe in the Middle School Years

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Poster Contest Activity

Goal

Promote sun protection messages

- Rub it on (use UVA/UVB sunscreen whenever outside)
- Cover up (wear protective clothing)
- Use your head (wear a hat)
- Grab sunglasses (wear UVA/UVB sunglasses)
- Seek shade (during hot part of day)

Supplies

11 x 14 inch poster board (optional)
Poster contest rules (handout)
Old magazines or other art supplies (optional)

Resources

Websites

<http://www.sunsafety.org/>
<http://www.cdc.gov/ChooseYourCover/>
<http://www.epa.gov/sunwise>

Timeline *(about 5 weeks to complete)*

1 meeting to assign tasks
2 weeks from announcement of contest until due date
1 meeting of subcommittee to judge posters one or two days after due date
1 week to display posters in school

Activity Tasks

Define rules and modify handout
Set due date
Identify contact person (probably Sun Team Mentor)
Announce poster contest over PA
Distribute contest information and supplies
Collect completed posters
Assign a number to each poster to protect anonymity
Judge posters
Notify winner and distribute prizes
Announce contest winners over PA
Notify local paper about contest and name winners (optional)
Display all posters in school -- ribbons on winning posters

TGIF Sun News Activity

Goal

Deliver a sun safe message with the weekend's weather forecast. Include the UV Index to teach students and teachers how to monitor solar radiation. Use interesting and informative bits of information (trivia) that encourage your peers and your teachers to protect themselves from the sun. Think about your audience. Who is hearing your message -- students, teachers, coaches, other adults?

Supplies

Computer with access to Web
Worksheet

Resources

Local Weather Report
www.weather.com
<http://www.sunsafety.org/>
<http://www.cdc.gov/ChooseYourCover/>

Timeline (4-6 weeks)

Announcements made on Friday for four-six consecutive weeks

- Research forecast and write announcement each week - 15-20 minutes
- Read announcement each Friday - about 10 minutes

Activity Tasks

- √ Identify start date and final date
- √ Make arrangements to use school PA system
- √ Identify students who will research weather report and write announcement each week
- √ Identify students who will announce weather report each week
 - how will that student get the weekend report from the researcher?
- √ Make an announcement each Friday
- √ Keep copies of each week's announcement