

IMPLEMENTATION GUIDE
SunSafe in the Middle School Years
*Using an Evidence-Informed Program to develop
a process model for program delivery in the practice setting*

Note: Refer to “Using What Works: Adapting Evidence-based Programs to Fit Your Needs”. Review the appropriate Modules and the handouts provided in each, in order to modify and evaluate this program to meet the needs of your organization and audience.

“Using What Works” is available online at:
http://cancercontrol.cancer.gov/use_what_works/start.htm.

I. Program Administration (Type of Staffing and Functions Needed)

Program Coordinator (or School Health Educator)

- **Identify schools and recruit adult change agents**
- **Provide program training for the multiple components**

Adult Change Agents (Recommended: One or more school administrator, teacher, primary care physician, parent, recreation center staff member, lifeguard, and sports coach. Please note that the number and type of Adult Change Agents may vary depending on community needs.)

- Provide sun safety education in community and schools (teachers)
- Model good sun protection behaviors (teachers and recreation directors)
- Form Sun Teams and guide the peer-led activities (teachers)
- Distribute posters, patient education materials, and other program materials (clinicians and health educators)

II. Program Delivery

For additional information on modifying program materials, refer to the appropriate Module(s) for program adaptation from “Using What Works”.

A. Program Materials (*All listed materials can be viewed and/or downloaded from the Products Page*):

Informational and Educational Materials

- **Sun Safety Fact Sheet:** This two-page information sheet identifies common sun protection myths and corresponding sun safety facts.

- **Parent Information Sheet:** This one-page information sheet provides sun protection recommendations and tips for parents and their children.
- **Branded program materials: These would include program logos and slogans.** The folder contains copies of the “el sol” logo used to brand all project materials. There are different sizes and formats to facilitate use of the logo with locally developed supplemental materials.
- **Fun and Sun Family Guide Sheet:** This one-page information sheet provides recommendations for sun safety including description the UV index.
- **Bookmark Template:** This is a two-page template for a bookmark with sun protection tips on one side and information about UV index on the other.
- **Don’t Fry Poster:** This is a poster with encouraging parents to protect their children from too much sun.
- **Luv Skin Posters:** This is a poster reminding parents that middle school children still listen to their parents and encouraging all family members to practice sun protection.

Manuals

- **Primary Care Practice Manual:** This ten-page manual provides background on the SunSafe project, rationale for incorporating sun-safe practices into regular clinic visits, and suggestions for adopting sun-safe practices. Basic information on the UV index, choosing and using sunscreen, and other sun safety facts are also included in this manual. A reproducible brochure that can be used to recruit clinicians is included.
- **Sports Coach Manual:** This eleven-page manual provides background on the SunSafe project, rationale for incorporating sun-safe practices into regular sports team activities, and suggestions for adopting sun-safe practices. A reproducible family guide for sun protection is included in this manual along with basic information on the UV index, choosing and using sunscreen, and other sun safety facts. A reproducible brochure that can be used to recruit coaches is included.
- **Recreation Center/Lifeguard Manual:** This eleven-page manual provides background on the SunSafe project, rationale for incorporating sun-safe practices into outdoor recreation activities, and suggestions for adopting sun-safe practices for lifeguards and outdoor recreation center patrons. Basic information on the UV index, choosing and using sunscreen, and other sun safety facts are also included in this manual. A reproducible brochure that can be used to recruit lifeguards and recreation center directors is included.
- **School Policy Manual:** This four-page manual provides background on the SunSafe project, rationale for incorporating sun-safe practices into school sponsored activities, and suggestions for developing a school-wide sun safety policy.

- **Peer Group Manual:** This 15-page manual provides background on the SunSafe project and rationale for adopting sun-safe practices. The manual also provides activity outlines for carrying out a school-wide sun safety poster contest and developing a school-wide news announcement encouraging sun safe practices over the weekends. A vocabulary list is provided, along with basic information on the UV index, choosing and using sunscreen, and other sun safety facts.
- **Health Education Teacher Guide:** This 11-page guide provides background on the SunSafe project and guidelines for implementing a health education teaching module dedicated to sun protection. A presentation guide corresponding to each of the Health Education Class Slides is also provided.
- **Teacher Manual for Classroom Activities:** This eight-page guide outlines suggested sun protection activities to incorporate into regular science, math, computer, health, physical education, art, social studies, and English classes. For each subject, the corresponding sun protection activity sheet is listed along with several additional online teaching resources. A reproducible brochure that can be used to recruit teachers is included.

Classroom Activities

- **Health Education Class Slides:** These 36 color PowerPoint slides correspond to the information provided in the Health Education Teacher Guide. Slides can be used in an electronic slide show or as printed handouts.
- **Classroom Activity—Sun: Friend and Foe:** This two-page activity sheet is recommended for integration with science classes. A supply list, estimated activity time, activity outline, and suggestions for adding to the base activity are provided.
- **Classroom Activity—Detecting UV Light Using Tonic Water:** This two-page activity sheet is recommended for integration with science classes. A supply list, estimated activity time, and activity outline are provided.
- **Classroom Activity—Sun Mythology:** This two-page activity sheet is recommended for integration with English, social studies, or science classes. A supply list, estimated activity time, and activity outline are provided.
- **Classroom Activity—SunWise Word Problems:** This one-page activity sheet is recommended for integration with math classes. Four word problems about sun safe products and behavior are included.
- **Classroom Activity—Bargain Shopper:** This two-page activity sheet is recommended for integration with math classes. A supply list, estimated activity time, and activity outline are provided.
- **Classroom Activity—SunWise Flier:** This two-page activity sheet is recommended for integration with art or computer classes. A supply list, estimated activity time, and activity outline are provided.

- **Classroom Activity—SunWise Virtual Vacation:** This four-page activity sheet is recommended for integration with computer, English, or social studies classes. A supply list, estimated activity time, and activity outline are provided.
- **Classroom Activity—Me and My Shadow:** This two-page activity sheet is recommended for integration with health classes. A supply list, estimated activity time, activity outline, and suggestions for adding to the base activity are provided.
- **Classroom Activity—Personal Skin Assessment:** This two-page activity sheet is recommended for integration with health or physical education classes. A supply list, estimated activity time, and activity outline are provided.
- **Classroom Activity—SunSafe Beach Party:** This two-page activity sheet is recommended for integration with health or physical education classes. A supply list, estimated activity time, and activity outline are provided.
- **Classroom Activity—What’s in a Hat?:** This three-page activity sheet is recommended for integration with art or social studies classes. A supply list, estimated activity time, activity outline, and optional reading activity are provided.
- **Classroom Activity—The Sun Shines Around the World:** This two-page activity sheet is recommended for integration with English or social studies classes. A supply list, estimated activity time, and activity outline are provided.
- **Sun Scoop:** This two-page activity sheet is recommended for integration with English classes. A supply list, estimated activity time, and activity outline are provided.
- **DermaScan™ or DermaView.** This machine uses black light to identify sun-damaged areas of skin. Many American Cancer Society offices have a Dermascan™ that they will loan to local programs.

B. Program Implementation

The following steps are used to implement this program:

Step 1: Adult Change Agents (teachers, school staff, sports coaches, recreation staff, lifeguards, parents, primary care physicians) and Teen Peer Role-Models are trained by SunSafe program staff on proper program implementation using the program manuals.

Step 2: Each Adult Change Agent begins direct education of teens. Activities may include:

- Placing SunSafe posters in frequented site areas
- Using the *Ask, Advise, and Assist* steps to address sun protection behaviors:
 1. *Ask* How do you protect yourself from the sun?
 2. *Advise* Recommend ways to implement or improve good sun protection behaviors, always remembering to praise/reward responsible actions.

3. *Assist* Encourage use of sun protection, and provide information as needed or requested.

- Creating a group sun safe policy modeled by Adult Change Agents and reinforced by praise/rewards, including the following practices:
 - Integrating sun protection activities into regular school activities
 - Conducting school-based peer group activities
 - Offering opportunities to view sun damage using a DermaScan™ or DermaView machine

III. Program Evaluation

For additional information on planning and adapting an evaluation, review the appropriate Modules for program implementation and evaluation from “Using What Works”.

http://cancercontrol.cancer.gov/use_what_works/start.htm

For further assistance in designing and conducting an evaluation, consider communicating with members from NCI’s Research to Reality (R2R) community of practice who may be able to help you with your research efforts. Following is a link to start an online discussion with the R2R community of practice, after completing registration on the R2R site:

<https://researchtoReality.cancer.gov/discussions>.