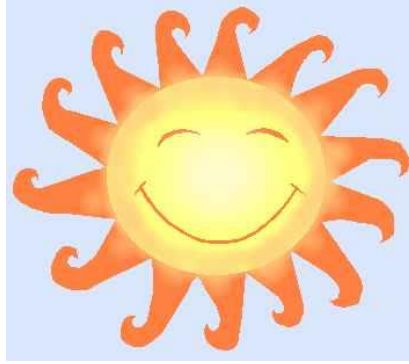




GIRL SCOUTS OF CITRUS COUNCIL  
SUN SAFETY PATCH  
PROGRAM





## Sun Safety Patch Activity Requirements

The patch program activities are separated into three themes:

- Sun Savvy (Sun Safety Concepts)
- Sun Protection (Applying Sun Safety Knowledge)
- Living with Sunshine (Activities to promote Sun Safety)

**All participants must sign the Sun Safety Pledge at the end of the activities.**

### **In addition to the Sun Safety Pledge**

**Girl Scout Daisies** must complete any two additional activities (3 total)

**Girl Scout Brownies** must complete one additional activity from each theme (4 total)

**Girl Scout Juniors** must complete two from both the Sun Savvy and Sun Protection theme and one activity from Living with Sunshine theme. (6 total)

**Girl Scout Cadettes** must complete two additional activities from each theme (7 total)

**Girl Scout Senior** must complete two activities from each theme and one additional activity of your choice (8 total)

**Girl Scout Ambassador** must complete two activities from each of the themes and two additional activities (9 total)

**Contact the Council Shop to purchase your Sun Safety Patches once the requirements are met.**



# Sun Savvy!



## Disappearing Shadows

The sun is highest between the hours of 10 am and 4 pm each day. Though you should always practice good sun safety, during those hours you should limit the amount of time you spend outside and if you have to be outdoors, be extra careful to wear protective clothing and seek shade.

One way to help determine if the sun is in a dangerous position, is to look at the length of your shadow when you are outside – if your shadow is shorter than you are, it's a good idea to go inside.

- On a sunny day select a flat place outside.
- Lie down on a large piece of paper and have a partner trace your outline and label it “my height”.
- Then stand next to the paper putting your feet next to the feet in your outline, so that your shadow shows on the paper.
- Have your partner trace your shadow and label it with the time of day. Is your shadow's outline bigger or smaller than your actual “my height” outline? What does this mean?
- Choose a few different times during the day to trace your shadow and compare their lengths to your actual height – some key times you may want to try are 9 am, 12 pm, 2 pm and 4 pm.
- If you have access to a concrete surface such as a sidewalk or driveway you can also use chalk to draw your outlines on the pavement to track the changes in your shadows.



## Rate the Rays

The UV Index is a scale that measures the intensity of ultraviolet (UV) rays. If skin is exposed to too much UV light it may get sunburned, become wrinkled or even develop skin cancer which can make you very sick.

In the UV Index, each intensity level uses numbers and colors to tell you how risky it is to be outside.

- Look at the chart below that shows what each color and number in the UV Index means,
- Use construction paper, markers or other materials to create UV color cards – one card for each color.
- For at least five days, find out what the UV rating is for the day and display the right cards to tell people the UV report; make sure you put the explanation chart next to the card on display.
- To find out what the UV rating is for your area look at your daily newspaper, watch a weather report or visit [www.epa.gov](http://www.epa.gov) and enter your zip code.
- Post the chart and the cards on your family's refrigerator or discuss at your troop meeting.

Exposure Category	UV Range
Low	< 2
Moderate	3 to 5
High	6 to 7
Very High	8 to 10
Extreme	11 +

## Sunscreen Science

Test the strengths of sunscreen lotions by getting 3-4 non expired lotions with different SPF's. How strong a sunscreen is, depends on its Sun Protection Factor (SPF). The higher the number, the longer it takes your skin to burn when wearing it properly.

- Wipe the sunscreens onto one side of the zipper sandwich bags – each strength on a separate bag. Be sure to label each bag with which SPF it is.
- Add a small scoop of UV-sensitive beads to each of the sunscreen bags. Make sure the bags are zipped and securely closed, and the beads are positioned in an area of the bag that is coated with a thin layer of sunscreen. (these beads can be purchased at any craft store)
- Put a small scoop of UV-sensitive beads into an empty bag and then take all of the bags into the sunlight and observe how the beads change.
  - Do the beads protected by the lotion change as quickly as the beads in the bag with no sunscreen?
  - Are the colors as bright?
  - Are the beads in some bags brighter than the beads in others?
  - What does this mean? (If you can't see the beads, you have too much sunscreen on the bags and should wipe some off.)
- Put the bags in order from brightest beads to lightest and then compare their SPF's. Which sunscreen SPF works best?
- Think about how the beads are like your skin because they both change colors when exposed to UV rays from the sun (skin changes color when it tans or burns), though the beads change a lot faster than our skin does.
- Remember, everyone should use a broad-spectrum sunscreen with at least an SPF of 15.

## UV You Can See

It is important to know that UV light is shining on you, even when you're inside. There are many UV-sensitive products on the market that you can use to make your own UV-detecting tool.

- Make a bracelet from UV-sensitive beads or give yourself a manicure using UV-sensitive nail polish.
- When you see your bracelet or nails change color in the sun, think about whether you're practicing good sun safety.
- You can also make a bracelet to give to a friend and include a note to share the sun safety message.

## Put a Ban on Tan

Do you know someone who always has a tan and looks like they have been in the sun even on a rainy day? There is a good chance this person may use a tanning bed. Girls do not realize how dangerous tanning beds are for their skin. People who visit tanning beds are 75% more likely to develop skin cancer than someone who does not use them.

- Create a commercial or public service announcement to make sure girls get the message about how unsafe tanning is for them
- Legislators are passing laws to help protect you from the damage unsafe tanning salons create. Do some research and find out what the National TAN ACT is and brainstorm other ways to get the message out to girls and women.



# Sun Protection



## Sun Safety Relay Race

One way you can protect yourself from the sun's harmful UV rays is to wear clothing that shields your skin from sunlight. Long-sleeved shirts and pants cover a lot of skin so those areas won't get burned. It is also important to remember to take steps to protect your eyes by wearing sunglasses or a hat with a brim.

- Get your troop together and divide yourselves into two teams to play the Sun Safety Relay Race.
- Gather together two sets of sun protection clothing – each set should have a pair of pants, a long-sleeved shirt, a hat with a brim and a pair of sunglasses.
- Put a set of the protective clothes in a pile next to each team and several feet in front of each team set out a finish line marker, such as a chair.
- At the start of the race, the first girl on each team should dress as quickly as possible in all of the clothing and then run to and around her team's marker before running back to her team.
- Once back with her team, the girl should take off the protective clothes and pass them to the next girl on her team who puts the clothes on and runs around the marker.
- This continues until all the teams have participated
- The team that completes the race first wins.
- Repeat the race a few times and see how fast you can get dressed. Try switching up the teams. Can your troop think of other protective props you can add?



## Toast So You Don't Roast

What you put in your body is just as important as what you put on your body to help you be safe in the sun. When it's hot outside or you play a lot during recess, do you notice that your skin starts to sweat? By drinking the right amount of water, you are able to make sweat which is your body's way of cooling off. Sweat comes from inside your body through your skin, so if your skin becomes sunburned it makes it difficult for your body to cool itself.

Generally, you are supposed to drink about 64 oz of water each day (that's eight 8-oz glasses), and if you're doing exercise or it's a hot day, that number goes up.

- Use a measuring cup to pour out 8 oz of water and put it into your favorite cup so that you can see how much it is.
- For a week, try to drink this amount of water at least eight times everyday.
- Think of creative and fun ways to keep track of the water you drink.
- Try a reusable water bottle and draw a smiley face on a special chart every 8 ounces you drink or pick out eight fun cups so that you can use a different one each time.



## Hats off to the Sun!

Hats with wide brims, sunglasses and umbrellas can protect the part in your hair and shield your eyes. They can also be fun and stylish.

- Get a plain hat or visor, umbrella or pair of sunglasses from a craft store or find one in your closet.
- Use fabric markers or paint to decorate with your hat with images and words that remind you to be sun safe or with materials to bling it up!
- Have a "Hats Parade" to show your creations and take pictures of each girl in her Sun Safety apparel.

## Sunny Says!

This activity is similar to Simon Says but it is called Sunny Says and is a way for girls to understand the importance of protecting themselves.

- Have girls line up side to side.
- Call out the instructions to the group and remind them that they so not move from their area unless the instruction begins with “Sunny Says!”
- Examples
  - Sunny Says grow like a tree
  - Sunny Says put your hat on
  - Take your hat off
  - Sunny Says protect your nose
  - Sunny says sprout like a flower
  - Sunny Says put your shades on
  - Take your shades off
  - Sunny Says put sunscreen on your arm

You do not have to have props for this activity. Girls can pretend to put on a hat and take one off. The girls will move forward with each “Sunny Says” command. Girls responding to a non-Sunny Says command will be eliminated. The girls that reach the finish line win!

## Question and Answer

You can cut down your risk of skin cancer if you take the right steps, and if it does develop and you catch it early enough, doctors can usually treat it.

- Invite someone who has dealt with skin cancer to come talk to your troop about her experiences. Maybe a friend or relative is a doctor or nurse who helps take care of people who have skin problems from the sun.
- Before the person arrives, your troop should brainstorm some questions to ask.
- You might want to ask her how she helps people with skin problems and share some sun safety information you’ve learned.

## Interview a Skin Cancer Survivor

Many cancer survivors want to share their stories to help others.

- Invite a skin cancer survivor to meet with you. Before the interview, brainstorm some questions to ask.
- You might want to know how old she was when she found out she had skin cancer?
- What habits have changed since the diagnosis?



# Living with Sunshine



## Making Light of Art

You can use sunlight to make artwork.

- Find a dark colored piece of construction paper and put it in a spot that receives a lot of sun. Find some objects with interesting shapes and put them in different places on the paper.
- Let the paper and objects sit undisturbed for several days.
- After about a week, look to see what sun prints were made on your paper.
- Use your new sun-printed paper to make a note card to write a sun safety message to a friend or frame it and put it on your wall as a reminder to yourself of the sun's power.



## Sun Safety Tunes

- Create a Rap song including the following words in your lyric or add some of your own Sun Safety Words: sunscreen, protection, hat, sunglasses, shade, lotion
- Perform your Rap song for your group
- Video tape the song and give it to troops or groups in your area to educate them about Sun Safety!



## Baking Bonanza

The sun's heat can be used to make energy that powers things you can use.

- Make your own solar-powered oven by covering one side of a piece of white typing paper, completely with aluminum foil and gluing it in place.
- Roll the paper into a cone—foil side in—and use tape to hold it together.
- Try using your solar cone oven to make a Girl Scout S'more treat.
- Place half of a graham cracker into the cup of the cone so it sits firmly in place and makes a ledge.
- Add chocolate and marshmallows on top of the cracker and then cover the cone opening with clear plastic wrap and secure it with a rubber band.
- Put your oven in a tall drinking glass and set it outside in a place that gets a lot of direct sun. Wait for the chocolate and marshmallows to melt a bit and then take everything out and put the other half of the graham cracker on top.
- Enjoy your Sun S'more!



## Sunflower Power

Not only do sunflowers look like mini suns because of their large centers and bright yellow petals, as they grow, their heads turn to face the sun and follow its course through the sky.

- In honor of this solar-powered flower, learn one fact about sunflowers or find one product that can be made from them.
- Then try this tasty sunflower-inspired snack:
  - Spread some peanut butter evenly on one side of a piece of bread and then use a flower-shaped cookie cutter to cut out a flower from the bread.
  - Sprinkle a few actual sunflower seeds (with shells removed) onto the center of your mini sunflower and enjoy your treat.

## Media Meltdown!

It is time to make smart decision about Sun Safety no matter what TV or magazines want you to believe! Do this exercise as a group in a troop meeting, at home with your family or by yourself.

- Collect advertisements in magazines or on the internet that promote outdoor activity.
- Categorize these advertisements into 2 areas:
  - Promotes Sun Safety
  - Promotes Unsafe sun activities
- Create a collage showing safe and unsafe protection from the sun!

## My Sun Safety Promise

Complete the patch requirements by making a Sun Safety Pledge.

A pledge is a promise to do—or not to do—something. Think about what you learned by working on this patch program – what will you do to keep yourself and your friends and family sun safe?

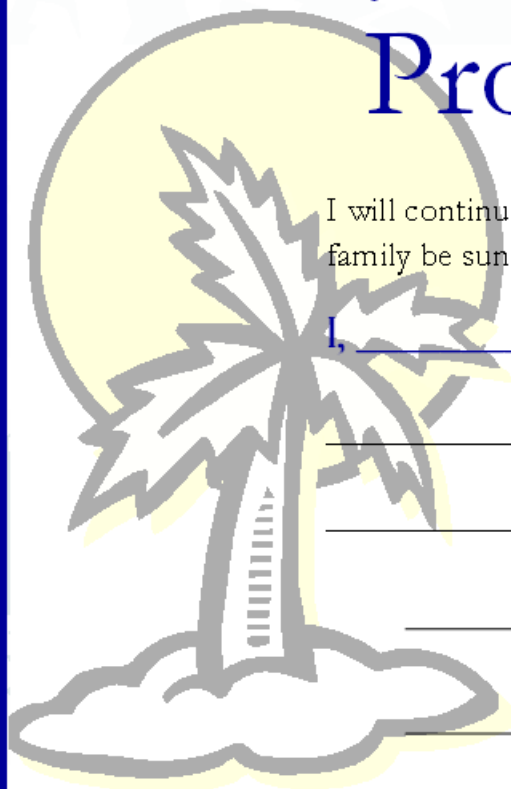
Maybe you can promise to make sure you find shade in the middle of the day, or check the sunscreen in your house to make sure it isn't expired. Write down or draw a picture of your pledge and be sure to share it with others. Read the words of the Girl Scout Promise and the Girl Scout Law to help you.

## Pink Lady Bug

Looking for a resource to continue your education on Sun Safety? Check out Girl Scout Gold Award recipient Jacklyn Dougherty's [Pinkladybug.org](http://Pinkladybug.org) page for more information.



# My Safe Sun Promise



I will continue to practice Sun Safety and help my friends and family be sun safe, too!

I, \_\_\_\_\_ *girl's name* \_\_\_\_\_, PLEDGE TO...

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
*Signature (girl)*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Signature (leader/parent)*

\_\_\_\_\_  
*Date*