



save your skin
FOUNDATION

save your skin
POSTER CONTEST

2012

Why is Sun Safety Important?

While some exposure to sunlight can be enjoyable, too much can be dangerous. Overexposure to ultraviolet (UV) radiation in sunlight can result in painful sunburn. It can also lead to more serious health effects like skin cancer, cataracts, and immune suppression. Children particularly need sun protection education since unprotected exposure to the sun during youth puts them at an increased lifetime risk for skin cancer.

SYS Action Steps

By following these simple SYS action steps, you can protect yourself from too much sun:

- Do Not Burn
- Avoid Sun Tanning and Tanning Beds
- Generously Apply Sunscreen SPF 30+
- Wear Protective Clothing Such as a Hat, Sunglasses and UV protective Clothing
- Seek Shade during peak hours of sunlight
- Use Extra Caution Near Water, Snow and Sand
- Watch for the UV Index - a forecast of UV intensity
- Get Vitamin D Safely

How to Participate

Create a Poster: Children in grades eight through twelve are eligible to enter the “save the skin you’re in”: 2012 Save Your Skin foundation Poster Contest for great prizes! Submitted posters must:

- be original
- be drawn by hand
- include at least five of the SYS Action Steps
- be on an 8 ½ x 11 piece of paper

Posters will be judged based on:

- Ability to SHOW the SYS action steps (as opposed to using just words)
- Creativity
- Originality
- Quality of artwork

Disclaimer: *The entrant understands that The Save Your Skin Foundation intend to reproduce winning posters on the Web and in future promotional materials. By submitting a poster, the entrant gives a perpetual, royalty free license to the Save Your Skin Foundation to copy, distribute, make derivative works and publicly display the submitted poster.*

Key Dates and Deadlines

March 1, 2012	Campaign Starts
May 1st, 2012	Entries are due
May 15th, 2012	Winner announced and prizes awarded