

ABOUT US

Sun safety is vital for protecting our kids from harmful melanoma effects. Children are more prone to sunburns and long-term UV damage. As caregivers, it's our duty to educate them about sun safety and establish good protection habits early on. Whether in parks, during sports, or anywhere else, sun safety must be a top priority. Save Your Skin Foundation equips them with the tools they need, like high SPF sunscreen, protective clothing, and seeking shade during peak sun hours. Let's prioritize sun safety to create a safe environment for our children to thrive outdoors. **Let's shine a light on sun safety and empower our children with the knowledge and habits that will protect them from melanoma and other sun-related risks throughout their lives**



CONTACT US

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SCAN THE QR CODE

to view our website & learn more



SHINING A LIGHT ON

SUN SAFETY



Protecting Our Little Ones from Harsh UV Rays in Parks, Sports, Summer Camps and Everywhere Else

[SAVEYOURSKIN.CA/SHINING-A-LIGHT-ON-SUN-SAFETY/](https://www.saveyourskin.ca/shining-a-light-on-sun-safety/)

THE 6 S'S OF SUN SAFETY

Here are six simple ways to stay protected from the sun's dangers:



1 SLIP on a t-shirt to keep shoulders covered as they can easily burn

2 SLOP on a broad-brimmed hat that shades the face, neck and ears



3 SLAP on SPF 30+ broad spectrum, 4 star + UVA sunscreen



4 SEEK shade from the sun, particularly between 10 am and 4 pm



5 SLIDE on quality wrap-around sunglasses



6 SCAN your skin & do a skin check once a month



MELANOMA & SKIN CANCER FACTS

How common is skin cancer?

- Although melanoma is rare in children, it is one of the most common cancers in young adults
- The rate of new melanoma skin cancer is increasing faster than other cancers even though this is a largely preventable cancer

What happens when there is too much sun exposure?

Short term

- Sunburns
- Dehydration
- Heatstroke

Long term

- Skin damage
- Premature skin aging (wrinkles, lines, pigmentation changes, such as age spots and freckles)
- Skin Cancer

HOW OUR PROGRAMME WORKS

Visit our website

Please visit our website to discover which tools work best for you. Whether you're a parent, caregiver, teacher, or work with children in any capacity, you can access and download our materials. Feel free to share these resources with both adults and little ones alike.

Request a presentation session

Whether you're in a classroom, coaching a little league team, or running a summer camp, our virtual training video is here to help!

We highly recommend showing our engaging video to the little ones, as it will help them grasp the importance of sun safety from a young age. To get started, simply fill out the form on our website, and we'll provide you with the video along with a treasure trove of valuable resources. If you require more, we can connect and schedule a live zoom or in-person session