

Sun Safety Starts With You!

1st Quarter



A Quick Questionnaire - 5 Minutes!

Before reading the rest of this newsletter:
Your child can click on the QR code or link to answer a few questions about their sun-safe practices and knowledge!

<https://forms.gle/U3XLLT5rSWthSDgz8>

Please note: This survey is for a research study and will require a consent form (and an assent form for kids) before you can take part.

Did you know: Getting even one bad sunburn as a child or teenager more than doubles your risk of developing a serious skin cancer (melanoma) later in life.¹

Why is it Important to be Safe in the Sun?

Being sun safe is a **balance**. It means enjoying the good benefits of the sun, like helping our bodies make vitamin D and stabilizing our mood,^{2,3} while also being careful not to cause sunburns and damage our skin.⁴

Risks of Sun Damage

Sunburns⁵

Fine lines and deep wrinkles⁶

Skin cancer⁵

Pigment changes (melasma, freckles, and age spots)⁶

Uneven skin color and texture⁶

Reduced skin elasticity (for example, sagging)⁶

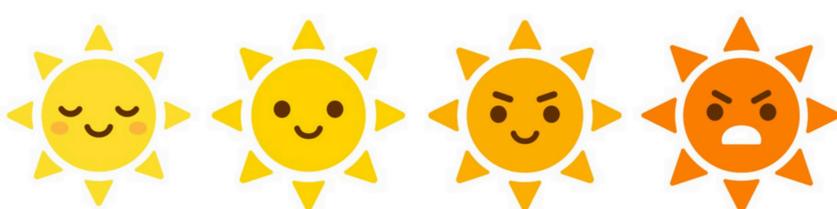
Sun Smarts!

Everything UV!

The UV index measures the strength of the sun's rays. The **higher** the number, the **stronger** the sun!

When the UV index is **3 or higher**, extra precautions should be taken when going outside.⁷

The UV index is available on the [Weather Network](#)



1

2

3

4

5

6

7

8

9

10

11

Low

Moderate

High

Very High

X
treme

The Three S's of Sun Safety!

Be Smart with Your...



Shade

- Try to stay out of the sun from between **11 AM to 3 PM**⁷
- Do the shadow test: if your shadow is **shorter** than you, the sun's rays are strong and extra precautions should be taken



Sunscreen

- Remember to check the expiry date!
- Choose broad spectrum **UVA and UVB**
- Choose an SPF of **at least 30**
- Look for the **CDA logo** to find sunscreens approved by dermatologists



Sunnies

- You can protect yourself by wearing:
- Wide-brimmed hats
 - Sunglasses
 - Lip balm with SPF
 - Protective clothing

Being a Sun Safety Role Model

Parents and caregivers play a big role in modelling actions that show children how to be safe in the sun. When parents practice sun safety, their children are more likely to do the same. **Remember, sun safety starts with you!**⁸

Trivia

Q: At what UV Index level should you start taking extra sun precautions?

A: 3 or higher

Q: What's the minimum SPF number you should wear daily?

A: SPF 30

References

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3. Nurtured by nature. Monitor on psychology. Accessed July 15, 2025. <https://www.apa.org/monitor/2020/04/nurtured-nature>.
4. Canadian Cancer Society / Société canadienne du cancer. Enjoy the sun safely. Canadian Cancer Society. Accessed July 15, 2025. <https://cancer.ca/en/cancer-information/reduce-your-risk/be-sun-safe/enjoy-the-sun-safely>.
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