

Sun Safety Starts With You!

3rd Quarter

Welcome Back to Your Sun Safety Newsletter!

This newsletter is here to support you with simple tips, helpful reminders, and engaging information to help keep your child sun-safe every day, in every way. Give your child a bright start with smart sun safety habits!

Note: Students are encouraged to bring their own sunscreen from home to apply at school!

Sunscreen Showdown!

A quick comparison between the two main types of sunscreens available!

Physical

- Has **minerals** that create a barrier on top of the skin that reflects UV rays
- **Works immediately** after applied
- Thicker texture



Chemical

- Has ingredients that **absorb UV radiation and convert it to heat**, which is released from the skin.
- **May take up to 20 minutes** to become effective
- Lightweight and non-greasy texture



How to Tell The Difference...

*Physical sunscreens have ingredients like **zinc oxide** and **titanium dioxide**.*

*Chemical sunscreens have ingredients like **oxybenzone**, **avobenzene**, **octisalate**, **octocrylene**, **homosalate**, and **octinoxate**.*

Sun Smarts!

UV Exposure in Vehicles

While the glass on most vehicles blocks **UVB rays**, it **does not block all UVA rays**, which contribute to sun damage.³

Creating Shady Spaces

Shade comes in many forms! From **sitting under a tree** to bringing an **umbrella or canopy**, it's important to plan shade breaks!⁴

Sun Safety Scenarios

A few real-life situations where you can apply your sun safety knowledge!

On their spring break getaway, a teen gets ready for a full day of exploring and sightseeing with her family. She skips sunscreen, thinking her makeup will protect her from the sun. After a long day of activities, she notices that her skin feels irritated. Her cheeks and forehead are sunburned as well!

How could she have prevented this?

Even though makeup with SPF can provide some protection, more product may need to be used to reach the labelled SPF protection.⁵

But layering her broad-spectrum SPF 30+ sunscreen under her makeup throughout the day would have been beneficial!⁵

Sun Safety: Myth or Fact?

Myth: People with darker skin tones don't need sunscreen.

Busted: People with deeper skin tones can get sun damage. While they have more pigment (called melanin) in their skin that protects from sun damage, it does not absorb all UV rays.⁶

Fact: For every 1000 m increase in altitude, UV levels increase by approximately 10 per cent.⁷

— The World Health Organization

This is why it is important to practice sun safety in such areas, especially when doing physical activities like hiking or skiing!

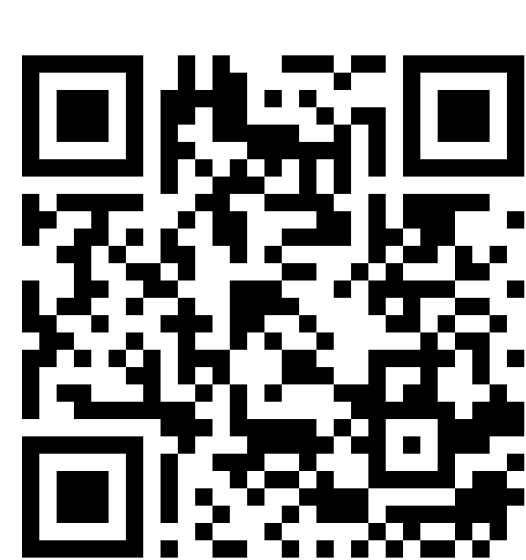
Trivia

Q: What are the two types of sunscreens?

A: Physical and chemical

Q: What are the two types of UV radiation harmful to the skin?

A: UVA and UVB rays



A Quick Questionnaire - 5 Minutes!

Click on the QR code or link to answer a few questions about your sun safety knowledge and practices!

<https://forms.gle/AMQXybkEvGkbgKN57>

References

1. Cleveland Clinic. Mineral vs. Chemical Sunscreen: Which is better? Cleveland Clinic. June 17, 2025. Accessed July 29, 2025. <https://health.clevelandclinic.org/mineral-vs-chemical-sunscreen>.
2. Canada E and CC. Government of Canada. [Canada.ca](https://www.canada.ca/en/environment-climate-change/services/weather-health/uv-index-sun-safety/seasons.html). June 22, 2022. Accessed July 29, 2025. <https://www.canada.ca/en/environment-climate-change/services/weather-health/uv-index-sun-safety/seasons.html>.
3. Axelson GE, Constanza J, Rezaee R, et al. Evaluation of UV-A and UV-B transmission through the windows of gas, hybrid, and electric vehicles. *Archives of Dermatological Research*. 2025;317(1). doi:10.1007/s00403-024-03771-x
4. 1. Sun safety for every day. Canadian Dermatology Association. May 15, 2024. Accessed July 29, 2025. <https://dermatology.ca/public-patients/sun-protection/sun-safety-every-day/>.
5. Kim MA, Jung YC, Bae J, Ha J, Kim E. Layering sunscreen with facial makeup enhances its sun protection factor under real-use conditions. *Skin Res Technol*. 2021;27(5):751-757. doi:10.1111/srt.13010
6. Foundation SC. Are people of color at risk for skin cancer? The Skin Cancer Foundation. February 6, 2025. Accessed July 22, 2025. <https://www.skincancer.org/blog/are-people-of-color-at-risk-for-skin-cancer/>.
7. Radiation: Ultraviolet (UV) radiation. World Health Organization. Accessed July 29, 2025. [https://www.who.int/news-room/questions-and-answers/item/radiation-ultraviolet-\(uv\)](https://www.who.int/news-room/questions-and-answers/item/radiation-ultraviolet-(uv)).