



## Daisies/Brownies Sun Safety Patch Requirements

### Directions:

1. Read the sun safety article on page 2 (or have an adult read it to you).
2. Complete the sun safety quiz.
3. Select one of the activities to complete. These activities may be completed by the individual Girl Scout(s) or as a troop.
4. Once you have completed steps 1-3, reflect on what you learned:

### Reflection Questions:

*What did you learn about ways of protecting your skin from the sun and keeping it safe when you are outdoors?*

*What did you learn about the link between sun exposure and skin cancer?*

*Will you do anything differently in regard to sun exposure based on what you learned? If so, what will you do differently?*

**WE WANT TO HEAR FROM THE COUNCILS!** Let Outrun the Sun know the activities that your scouts are completing. Take photos of the Girl Scouts involved in activities and submit them to us. We will post updates on our social media and web site and would like to feature **your** council.

Please tag us while you complete your patch activities!

[Instagram @outrunthesuninc](#)

[Facebook @OutruntheSunInc](#)

[Twitter @OutruntheSunInc](#)

# Daisies-Brownies Sun Safety Article

Everyone loves to be outside with friends. In the summer, it's fun to play outside and to go swimming or ride a bike. Sometimes if you're outside in the sun too long, you can get a sunburn. Have you ever had a sunburn? They can hurt, and anyone can get a sunburn! Not only can they cause you pain for several days, but they also can hurt your skin forever. Sometimes sunburns can cause skin cancer as you get older. No one wants to get skin cancer.

Did you know that you can prevent sunburns? It's true. You can help prevent sunburns by doing these three things.

1. Always protect your skin. One way is to wear sunscreen. It is important to wear sunscreen whenever you spend time outside. Doctors recommend using sunblock with a sun protection factor (SPF) of 30 or higher.
2. Don't swim or play outside in direct sunlight from 10AM to 2PM. The sun's rays are the most powerful at that time. If you are outside during these times, wear sunscreen and play under shade.
3. Cover your skin. You can wear a hat to protect your head. Long-sleeved shirts and long pants can protect your arms and legs. Sunglasses can protect your eyes.

It's easy as 1-2-3 to be sun safe!!

**Learn more about sun safety and skin cancer prevention at:**

[www.outrunthesun.org](http://www.outrunthesun.org)

*Note to leaders or parents: Some people may be allergic to sunscreen. There are sunscreens available that are mineral based, which may cause fewer allergic reactions. Please see a dermatologist for specific information. It is still easy to protect skin by wearing sun-protective clothing and spending time in the shade.*

*Make sure you check the date on your sunscreen bottles before applying. Expired sunscreen does not effectively block UV rays and may cause skin irritation. While outside, keep your sunscreen out of sunlight and excessive heat. Tips: always close the cap on the bottle and keep sunscreen wrapped in a towel in the shade.*

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## Quiz for Daisies/Brownies

<b>True or False?</b>	
<u>      </u>	1. Wearing hats can protect you from the sun's rays.
<u>      </u>	2. You can't get sunburns if you are swimming in the water.
<u>      </u>	3. Playing in the shade will help you protect your skin from the sun.
<u>      </u>	4. Anyone with skin can get a sunburn.
<u>      </u>	5. Sunscreen can protect your skin from the sun.

Answer KEY:

(T, F, T, T, T)

1. Yes. Hats can protect your scalp. Your hair does not protect your head from the sun.
2. Your sunburns can be worse when you are in or near water because the water reflects sun. Keep in mind that you can also get a sunburn even when it is cloudy outside!
3. It is a good idea to seek shade when playing outdoors.
4. It doesn't matter what color your skin is---everyone can get a sunburn.
5. Sunscreen is a good way to protect your skin. You can also wear protective clothing.

## **Activities (Please select one of the following):**

These activities may be completed by the individual Girl Scout(s) or as a troop.

### **Choice #1:**

Are you a visual artist? Create a poster, that will help increase awareness of sun safety and skin cancer prevention. Be creative and ask your school to hang your poster for viewing or ask your school nurse to hang it in the clinic.

-Post your image/video on Twitter, Facebook, Instagram or other social media with a sun-safe message. Tag Outrun the Sun on Facebook, Twitter and Instagram @outrunthesuninc and your posts might be shared!

### **Choice #2:**

Are you a fashionista? Design a new sun-safe hat that can help protect people from the sun. Create the product or draw a detailed sketch of your design. Write a detailed explanation of why you think your product will help keep people sun safe.

### **Choice #3:**

Can **YOU** Outrun the Sun? Outrunning the sun means taking steps to be sun safe when you are outdoors. Make a commitment to outrun the sun while enjoying one of the following activities:

**Walk** one mile, **Run** one mile, **Bike** one mile, or **Ride** one mile (in a wagon, for instance)

First, bring a parent or other adult with you as you embark on your 'Outrun the Sun' activity. Next, write down four ways that you plan to 'outrun the sun.' (Examples: 'I will ride one mile at 9:00 am, before the sun's rays are at their highest and most harmful'; 'I will cover my skin with sun-protective clothing before riding one mile.')

Lastly, make sure that anyone who is accompanying you is also being sun safe. Now---go 'outrun the sun.' Since you are taking steps to be sun safe, you can enjoy the outdoors knowing that your skin is protected from over exposure to ultraviolet radiation, which can cause sunburn and possible skin cancer.