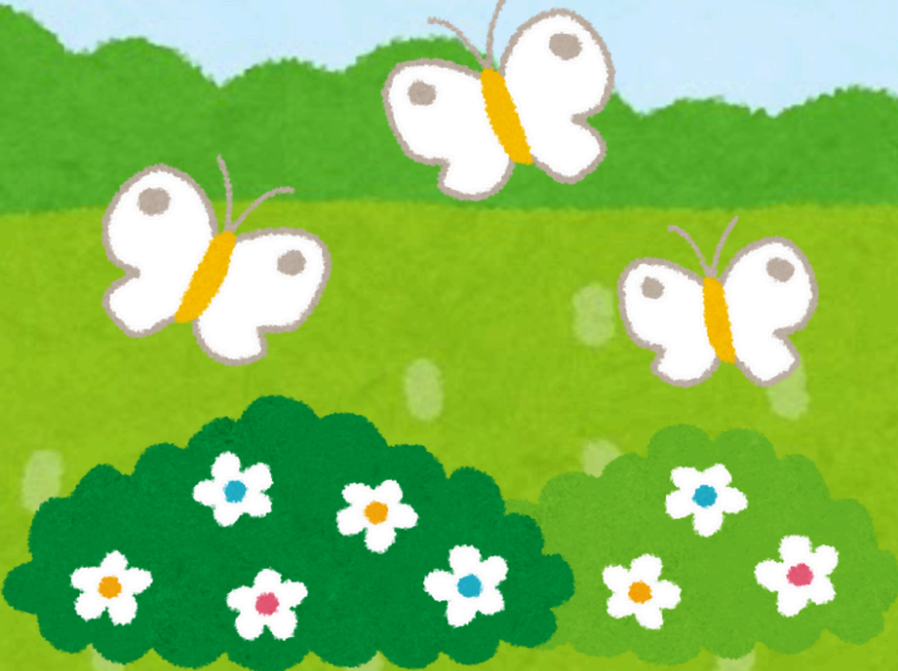
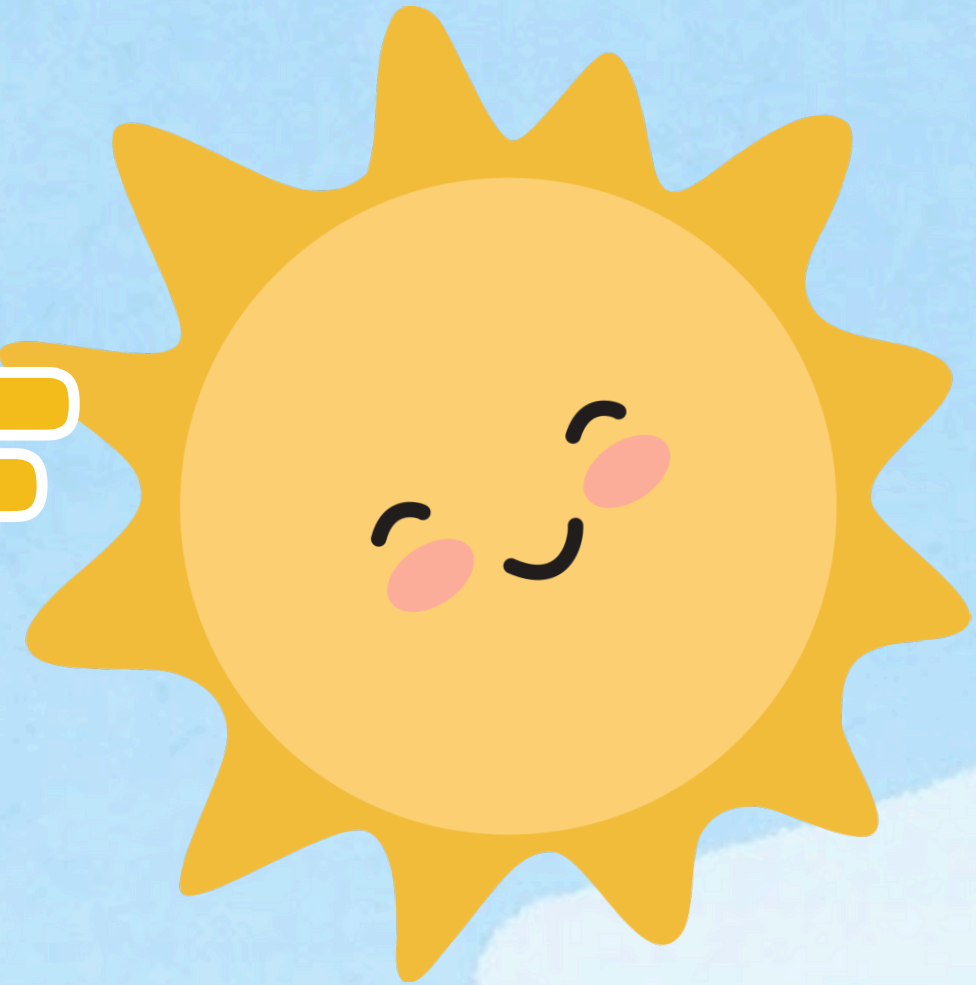




Girl Scout Patch Program

# SPF IS MY BFF



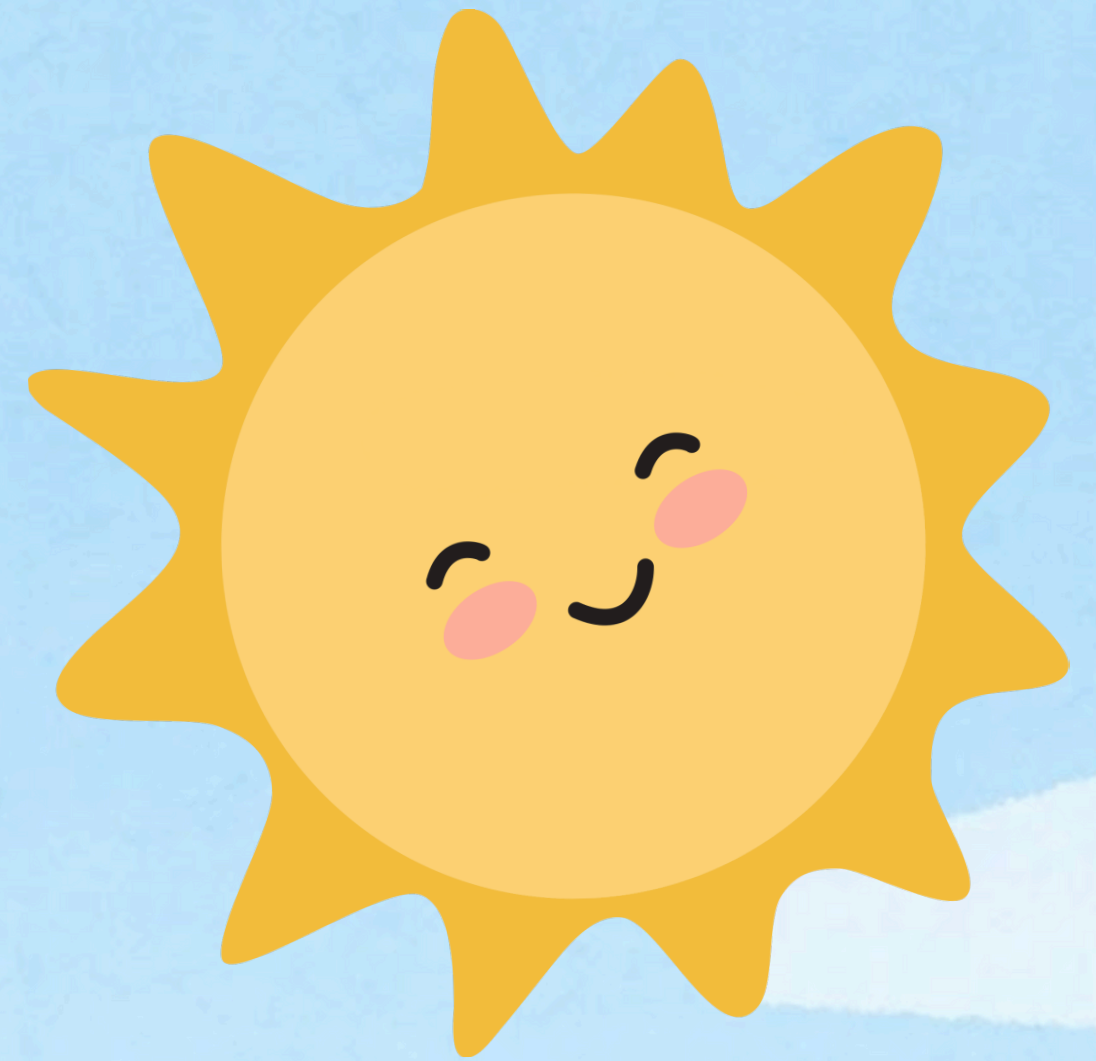
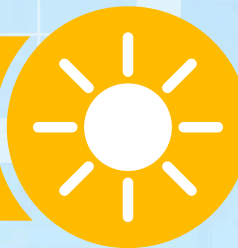
Credits - Developed in 2025 as part of the Gold Award Project by Adhanna Pardo, Troop 552, with the support of Girl Scouts of Tropical Florida (GSTF).

# Introduction

The SPF IS MY BFF program was developed to educate Girl Scouts of all levels about the importance of sun protection as a key tool in preventing skin cancer and other sun-related conditions.

This Patch Program is part of the Gold Award Project by Adhanna Pardo – Troop 552, City of Doral, and its goal is not only to raise awareness, but also to encourage preventive habits and community leadership.

UVA/UVB  
PROTECTION



# Learning Objectives

By completing this program, participants will be able to:

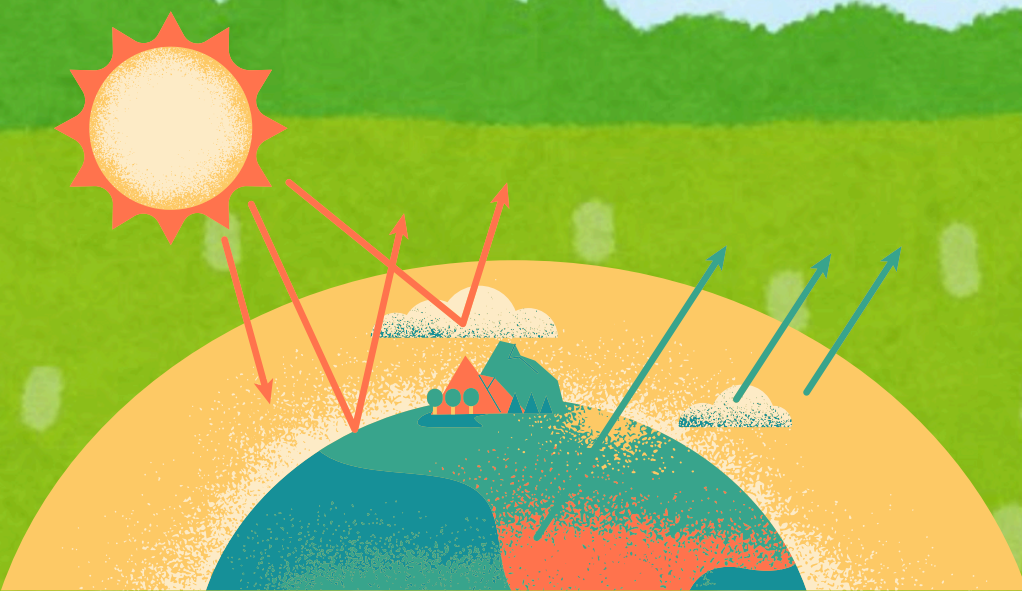
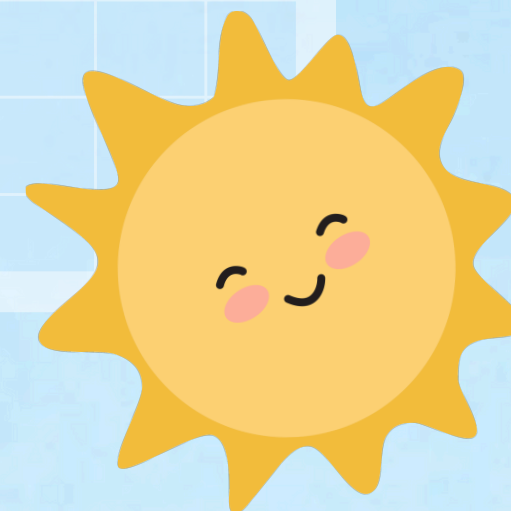
- Recognize the risks of unprotected sun exposure.
- Identify proper sun safety measures: sunscreen, clothing, sunglasses, and shade.
- Apply sun protection practices in their daily lives.
- Share the message with their families, schools, and communities.

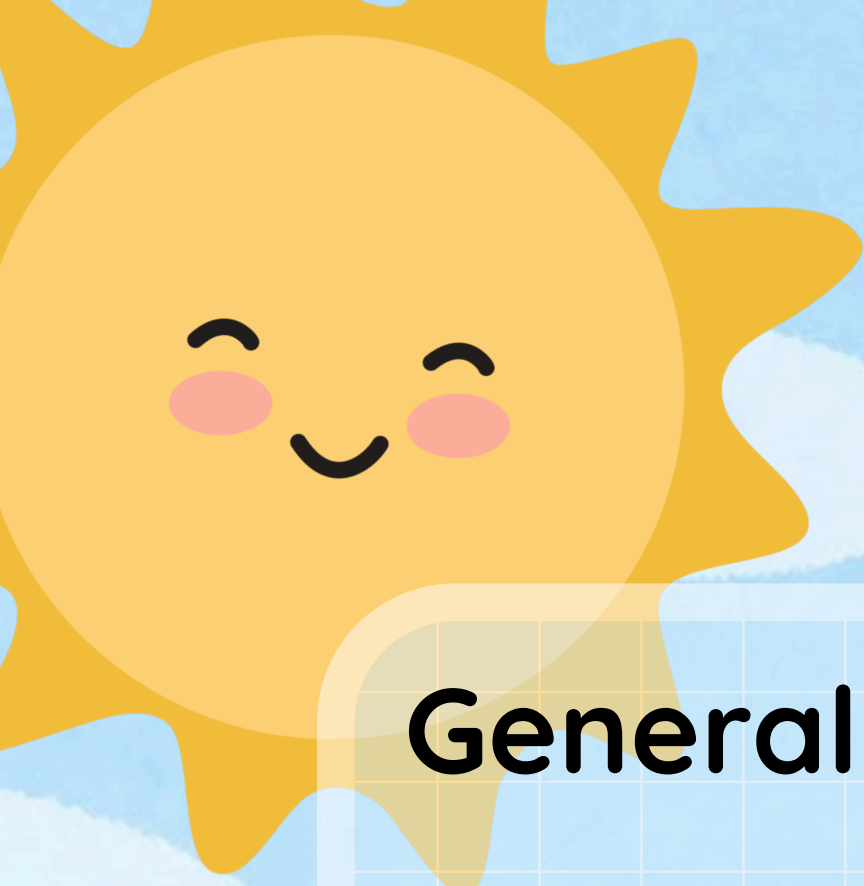


# Program Structure

The program is divided into three components:

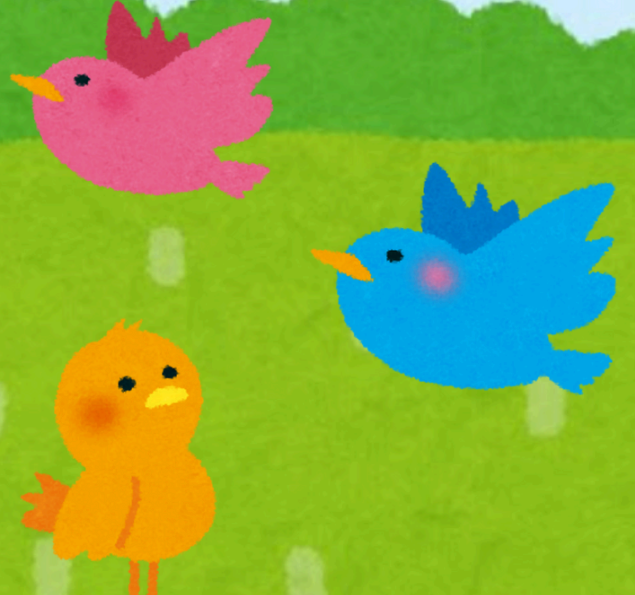
1. Learn – understand the basic concepts of solar radiation and skin care.
2. Apply – complete hands-on activities tailored to each Girl Scout level.
3. Share – communicate what was learned through community action and educational materials.





## General Instructions

- Read the educational story about sun safety.
- Answer the True/False quiz for your level.
- Complete the number of activities required for your level.
- Reflect on what you learned.



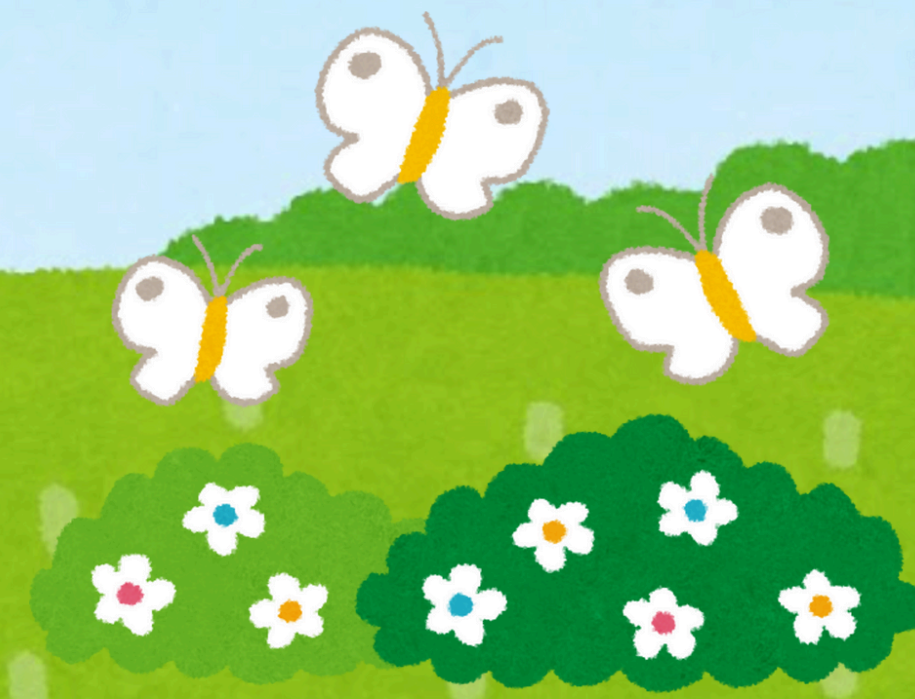
# Level Required Activities

(Choose from Indoor and Outdoor)

Daisies & Brownies - 3

Juniors & Cadettes - 4

Seniors & Ambassadors - 5



# Educational Story

The sun has always been our great companion. It gives us light, warmth, and energy so that plants grow, food is produced, and our body creates vitamin D, which strengthens bones and the immune system. However, although the sun is a source of life, it can also become a silent enemy if we don't learn how to protect ourselves.

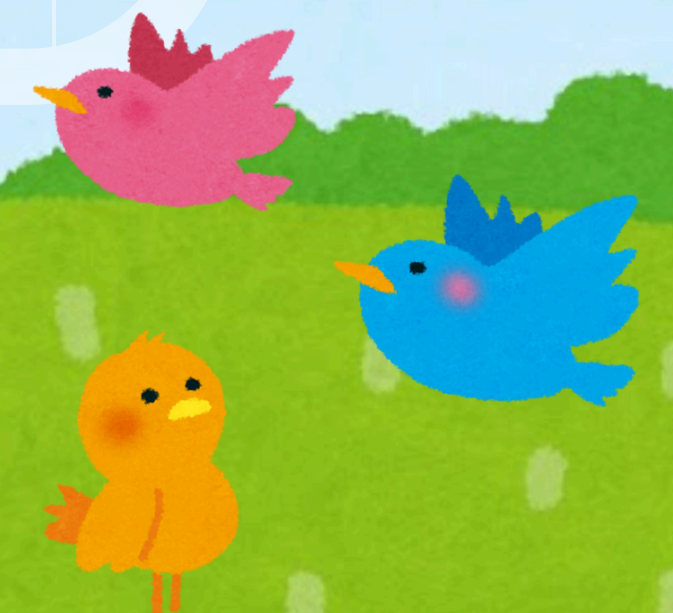
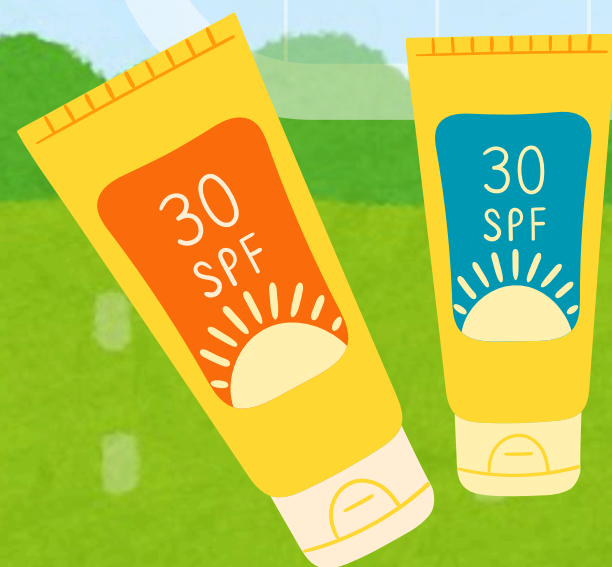
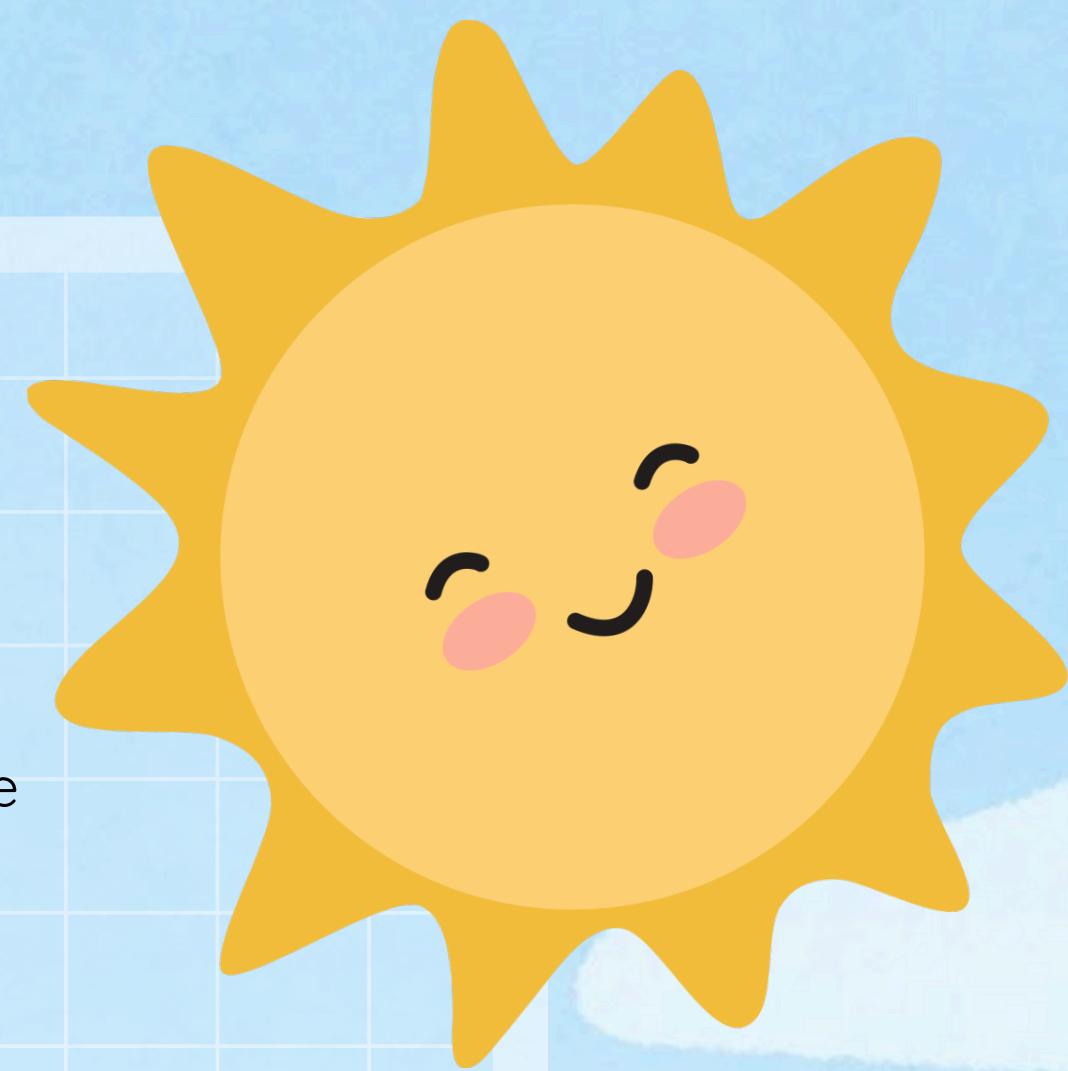
Scientists explain that the sun emits ultraviolet (UV) rays, invisible but very powerful.

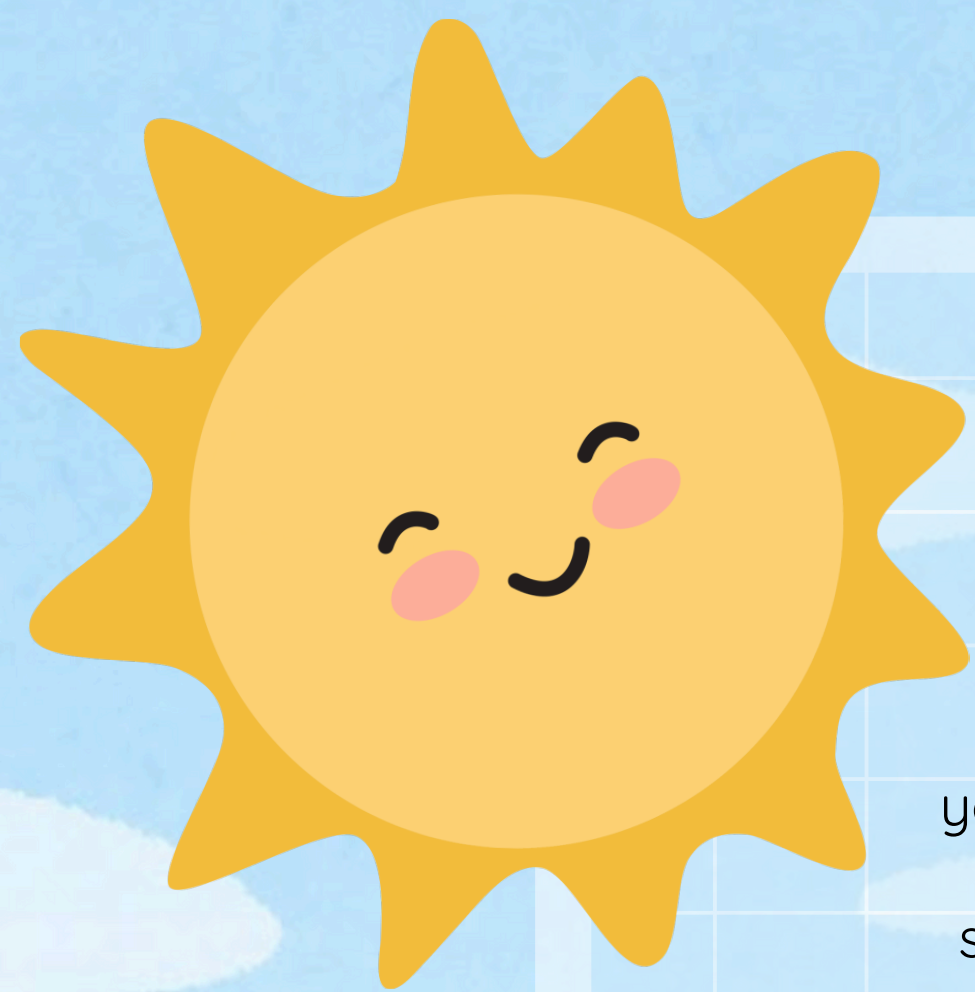
There are two main types that damage the skin:

- UVA → penetrate deeply and accelerate skin aging (wrinkles, spots).
- UVB → affect the most superficial layer and cause painful sunburns.

Both types can damage cells and increase the risk of skin cancer, including melanoma.

Many people think: "If the day is cloudy, I don't need sunscreen." The truth is that up to 80% of UV rays pass through clouds. They also reflect off water, sand, cement, and snow. This is why sun protection is important every single day, not just at the beach or in summer.





# Educational Story

How can we protect ourselves?

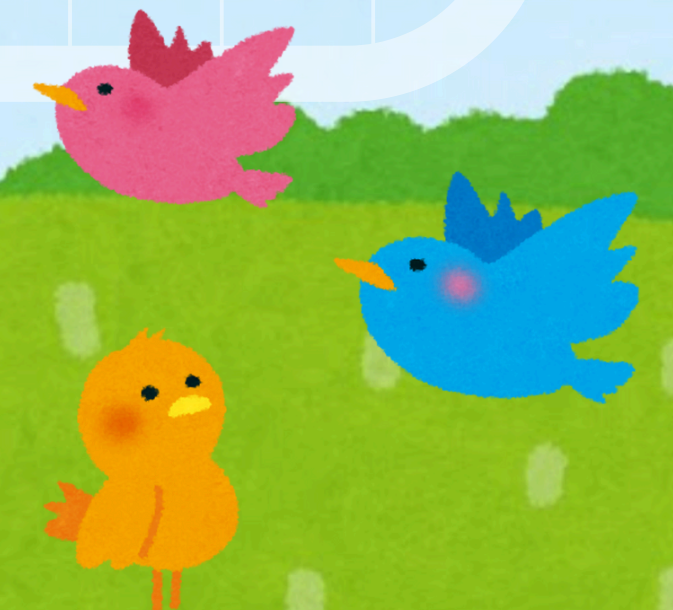
1) Sunscreen. It must be broad spectrum (UVA and UVB). The SPF number shows how long you are protected: SPF 30 or higher is recommended (blocks ~97% of UVB). No sunscreen protects 100%. Apply it 20 minutes before going outside and reapply every 2 hours, or sooner if you swim or sweat. Use enough: about 1 teaspoon for face/neck and 2 tablespoons for the body.

2) Clothing and Accessories. A wide-brimmed hat to cover face, ears, and neck; UV-filter sunglasses to protect eyes and surrounding skin; clothing with UPF (ultraviolet protection factor) or light long-sleeved shirts.

3) Shade and Schedule. Between 10 a.m. and 4 p.m., the sun is strongest. Seek shade under a tree or umbrella. Simple rule: if your shadow is shorter than you, the sun is too strong.

Important facts

- Skin cancer is the most common type of cancer, but also the most preventable.
- One severe sunburn in childhood can double the risk of melanoma in adulthood.
  - Using sunscreen from childhood creates a habit that protects for life.



# True/False Quizzes by Level

## Daisies & Brownies

- Hats and sunglasses protect against UV rays. (T/F)
- You only need sunscreen at the beach. (T/F)
- SPF 30+ is recommended for outdoor play. (T/F)
- Playing in the shade helps prevent sunburn. (T/F)
- Sunscreen never needs reapplication. (T/F)

## Juniors & Cadettes

- UV rays reflect off water and cement. (T/F)
- Broad spectrum sunscreen protects against UVA and UVB. (T/F)
- You should apply sunscreen right after going outside. (T/F)
- The sun can be strong on cloudy days. (T/F)
- Taking breaks in the shade is part of sun safety. (T/F)

## Seniors & Ambassadors

- Repeated UV exposure increases the risk of skin cancer. (T/F)
- SPF 10 is enough for the whole day. (T/F)
- UPF clothing provides extra protection. (T/F)
- The ABCDE rule helps detect changes in moles. (T/F)
- Melanoma can also affect young people. (T/F)



# Indoor Activities by Level

## Daisies & Brownies

- Color and Learn: color pictures of the sun, a hat, sunglasses, and sunscreen; discuss their purpose.
- SPF Song: invent a short rhyme or song about sunscreen and sing it before outdoor play.
- Story Time: listen to the fable and share one tip you will apply.

## Juniors & Cadettes

- UV Experiment: use UV beads or UV-sensitive paper to compare with/without sunscreen.
- Sun Diary: track your sunscreen use for one week.
- Community Poster with QR: design an informative poster with the slogan 'SPF IS MY BFF' and the QR code to the story; place it at your school with permission.
- Invite an Expert: organize a talk with a dermatologist, nurse, or doctor.

## Seniors & Ambassadors

- QR Project: create a poster with a QR code linking to the comic book 'SPF IS MY BFF' and place it at your school, church, or another location.
- SPF Lab: compare different SPFs and application methods using UV beads/paper; record results.
- Educational Talk: prepare and give a short talk to younger girls about sunscreen use.
- Sun Safety Model: use sunscreen daily for one month and record the sun's peak hours.
- Research and Share: research sun-related skin diseases and share your findings



# Outdoor Activities by Level

## Daisies & Brownies

### 1. Shade Hunt

- With their leader, go to a park or open space.
- The girls identify and mark with cones, chalk, or ribbons the places with the best shade (under trees, roofs, or play structures).
- Reflection: Why does it feel better to be in the shade?

### 2. Sunscreen Relay

- With their leader, organize a fun relay race.
- Teams carry empty sunscreen bottles, run to a doll or cardboard figure, and pretend to apply sunscreen to the arms and face.
- Repeat until all team members complete the activity.

## Juniors & Cadettes

### 1. Sun Map of the Park

- With their leader, go to a park.
- Observe the area and create a simple map marking the zones with direct sunlight and the zones with natural shade (trees, structures).
- At the end, share which are the safest shaded spots to play or rest outdoors.

### 2. Improvised Shade

- At the park or outdoor meeting place, learn how to set up an improvised shaded space using light fabrics, ropes, or simple structures.
- Work in teams to design a space that can cover several people.
- Reflection: How can we use creativity and teamwork to stay safe from the sun?

### 3. SPF Patrol

- At the park, with their leader, interview 4-5 people with smart and direct questions, such as:
  - Do you use sunscreen when outdoors?,
  - Do you apply it always, even on cloudy days?,
  - Do you prefer sun or shade when outside?,
  - Do you know how often sunscreen should be reapplied?
- Each girl records the answers. At the end, the group creates a simple chart or graph (bar or pie chart) showing: how many people use sunscreen, how many know about reapplication, how many prefer shade or sun, and the level of awareness in the community about sun protection.



# Outdoor Activities by Level

## Seniors & Ambassadors

### 1. UV Bead Experiment – Solar Friendship Bracelet

- With their leader, organize a fun day outdoors at the beach, pool, or park (10:00 a.m.–4:00 p.m.).
- Each participant makes a friendship bracelet with UV-sensitive beads.
- During the day, observe the beads at different times and conditions: direct sunlight, under shade, in the water.
- Final reflection: What did they discover about the safest places? How often should sunscreen be reapplied?

### 2. Safe Route Walk

- With their leader, organize a walk around their community.
- Identify and mark areas with strong sunlight and safe shaded areas.
- Purpose: create a “sun-safe route” so they learn where it is best to walk while staying protected.

### 3. Community Sun Safety Stand

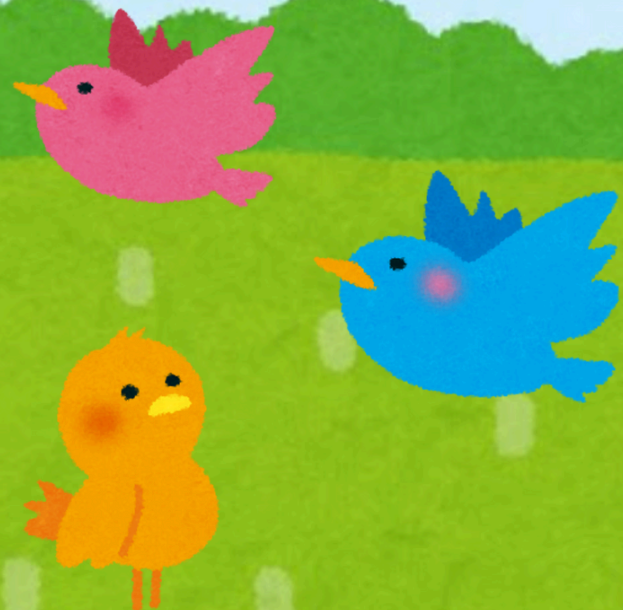
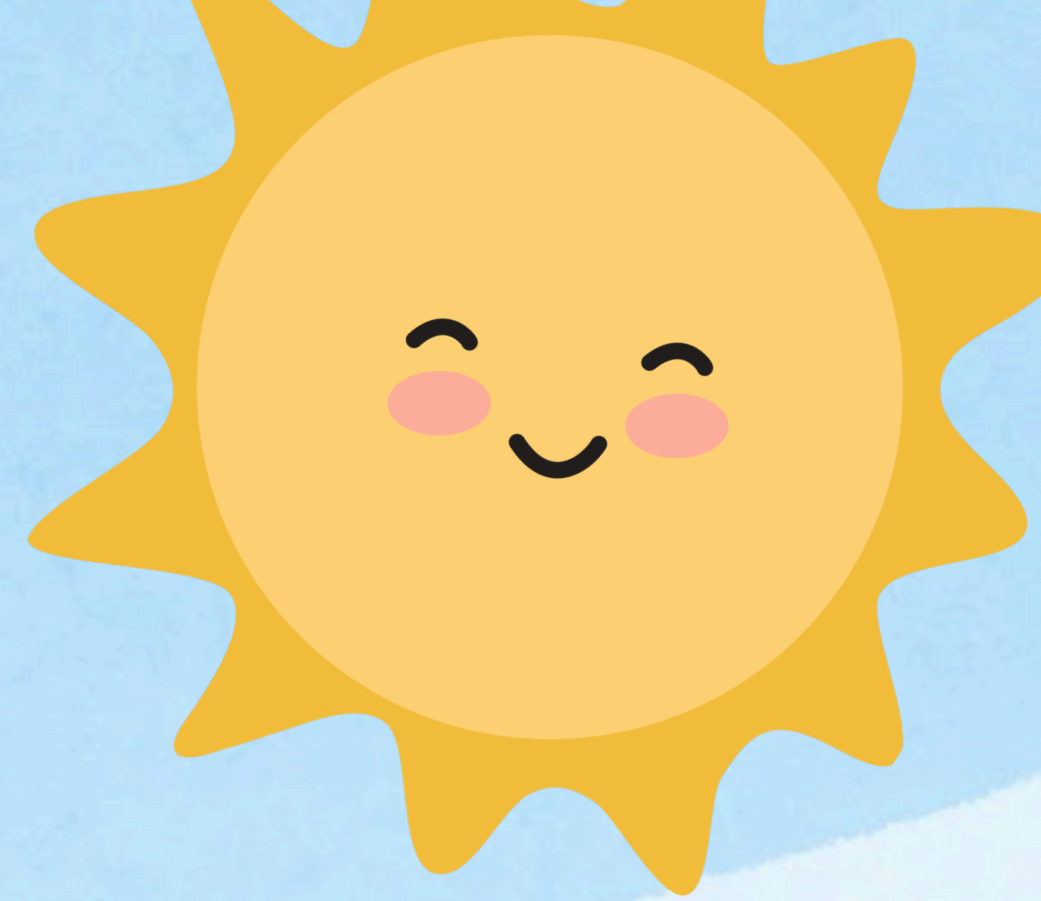
- With their leader, organize a stand at a community park.
- Prepare posters with the message SPF IS MY BFF, share informational brochures, or display the QR Code for the Comic Book.
- Each participant has a role (handing out materials, explaining, inviting people to scan the QR code).
- Reflection: What impact did sharing the message have in the community?



Comic Book:

## The Brave Sun & The Shadow of Caution

[https://read.bookcreator.com/zOYvNo9zqrQgcuhA0lhxxBpvsSK2/iM-QpUeRRpCOpcNZ4Fqcyg\\_](https://read.bookcreator.com/zOYvNo9zqrQgcuhA0lhxxBpvsSK2/iM-QpUeRRpCOpcNZ4Fqcyg_)



# Group Dynamics (choose at least 1)

## 1) Sun and Shade Race

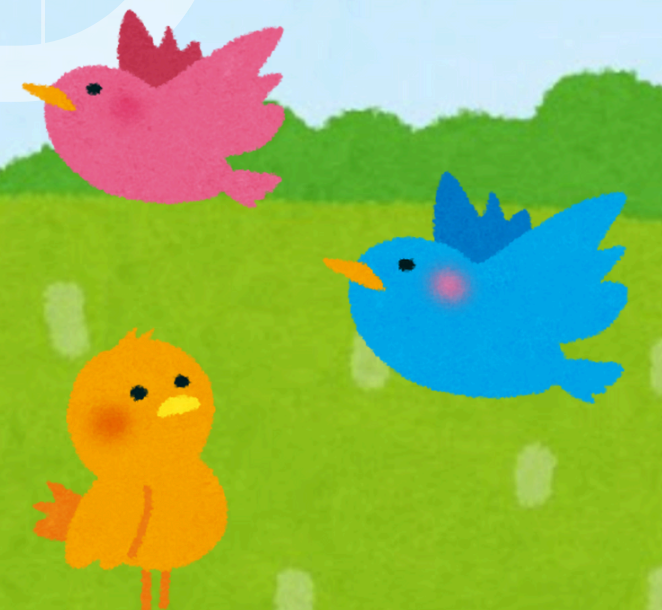
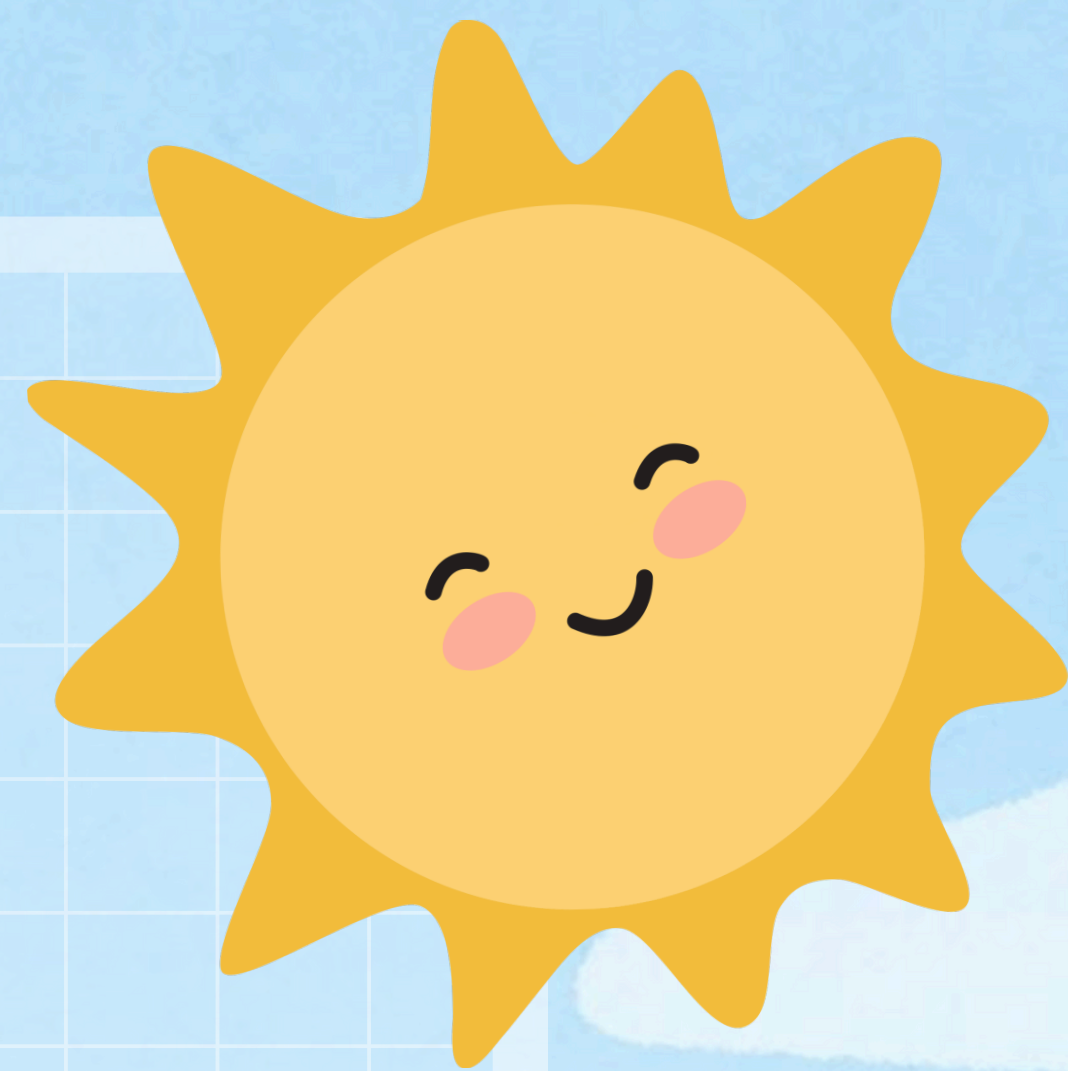
- Materials: tape to mark a central line; situation cards.
- Setup: mark two sides — ‘Shade = correct habit’ and ‘Sun = incorrect habit’.
- Steps: leader reads a situation; girls run to the side they believe is correct; one volunteer explains why.
- Closing: highlight 3 correct habits that were most common.

## 2) Sunscreen Theater

- Materials: hat, sunglasses, empty sunscreen bottle, long-sleeved shirt.
- Setup: form small groups and assign each an object.
- Steps: groups have 5 minutes to create a 2-min scene showing correct use of the object; present to the group.
- Closing: each group shares a practical sun safety tip.

## 3) Sun Clock

- Materials: tape to draw a large clock (1 to 12) on the floor; situation cards with times.
- Setup: distribute cards (ex: ‘2:00 pm – recess in the yard’).
- Steps: each girl stands at her time and explains 1–2 protective measures she would take.
- Closing: remind that between 10 a.m. and 4 p.m. the sun is strongest; agree on 2 actions for the next outdoor break.



# Final Reflection

- What did you learn about protecting your skin?
- What will you do differently from now on?
- How would you encourage others to protect themselves from the sun?

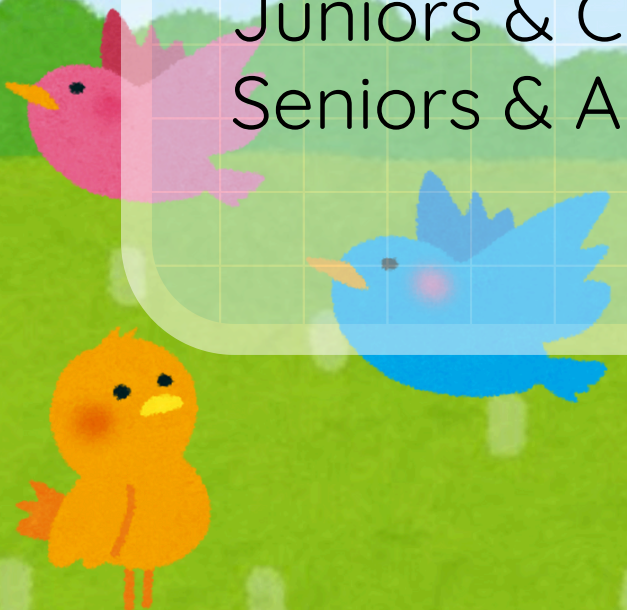
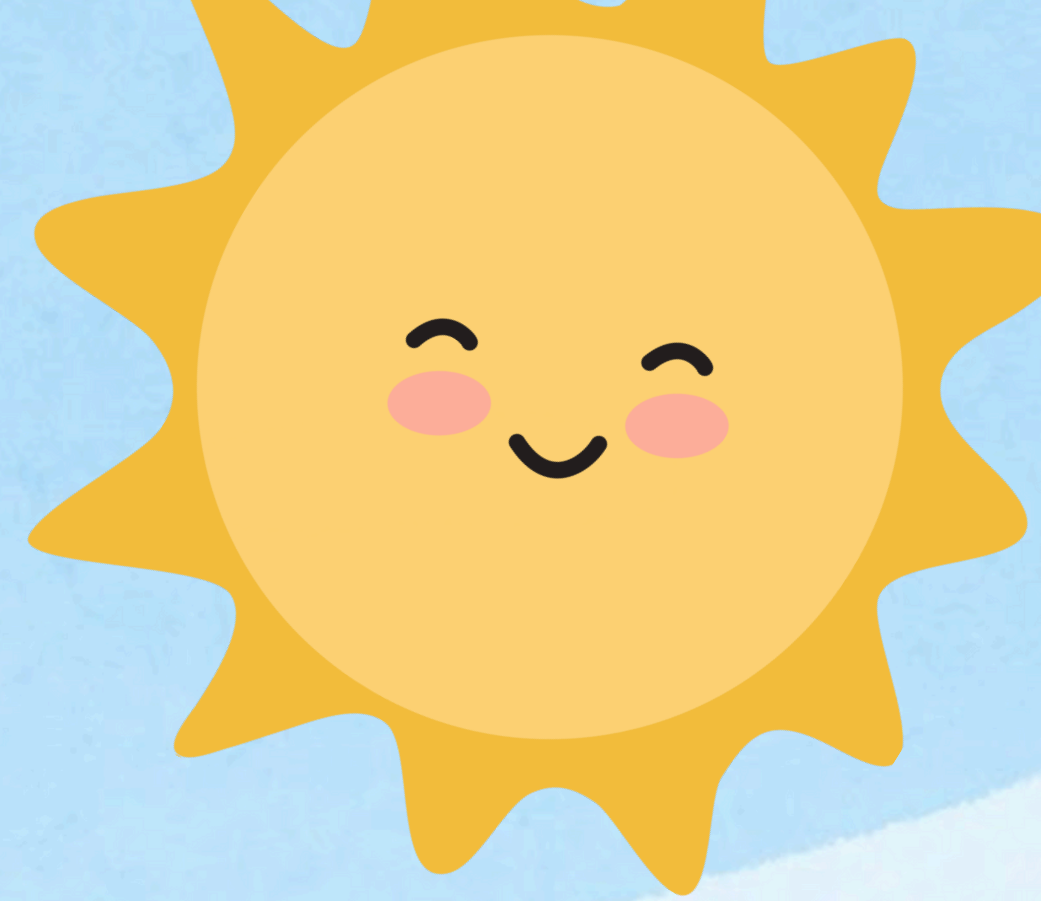
## Answer key (leaders only)

Answer Key (leaders only)

Daisies & Brownies: 1 T, 2 F, 3 T, 4 T, 5 F

Juniors & Cadettes: 1 T, 2 T, 3 F, 4 T, 5 T

Seniors & Ambassadors: 1 T, 2 F, 3 T, 4 T, 5 T



# Informational Brochure

Diseases caused by prolonged sun exposure without protection

- Melanoma: the most serious type of skin cancer.
- Basal Cell Carcinoma: a common skin tumor from chronic sun exposure.
- Squamous Cell Carcinoma: a type of skin cancer that can invade surrounding tissues.
- Actinic Keratosis: precancerous lesions on sun-exposed skin.
- Cataracts: clouding of the eye's lens due to accumulated sun damage.
- Photoaging: wrinkles, dark spots, and loss of skin elasticity.

(This brochure is provided as complementary educational material and is not part of the patch requirements.)





Thank you

