

your**skin**isin
IMPACT MELANOMA

for counselors

IMPACT
MELANOMA

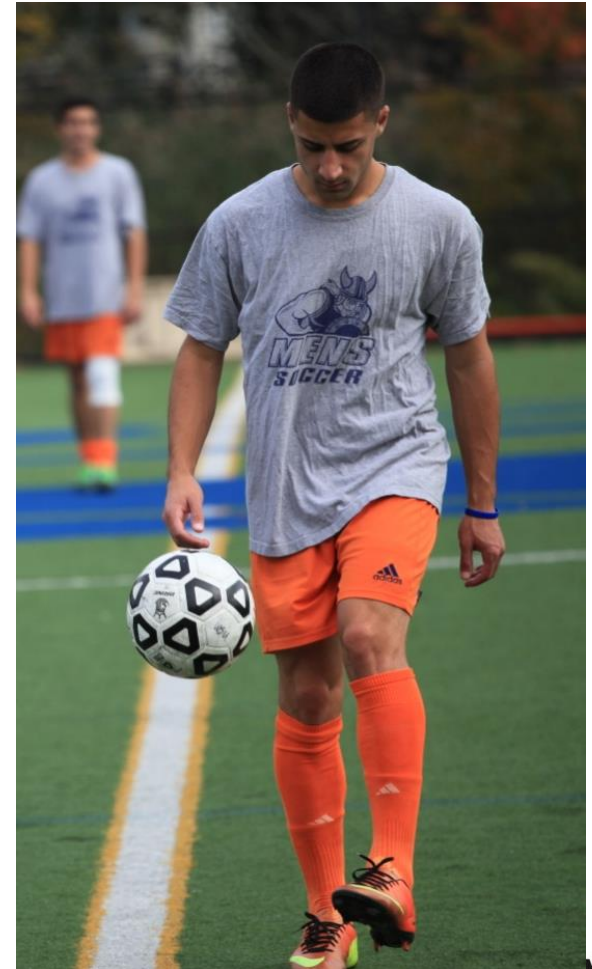
Thank you!

- Camp counselors are **SO** important
 - You keep your campers safe
 - Campers look up to you (and will imitate you!)



This summer...

- Keep yourself and your campers **SUN SAFE** to prevent melanoma!



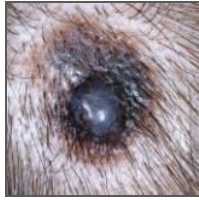
IMPACT
MELANOMA

What is melanoma?

- Deadliest form of skin cancer
- Can spread to other vital organs
- Can be fatal if not caught early



What does melanoma look like?



Asymmetry



Border irregularity



Color variation



Diameter >6mm

Evolution

Why is this important?

- 2nd most common cancer for teens and young adults ages 15-29
- Melanoma is the most preventable of all cancers



Who is at risk for melanoma?

Everyone is at risk!

Increased risk factors:

- UV exposure
→ (PREVENTABLE)
- Number of moles on the skin
- Skin type
- Family history



What if....

...I wear sunblock and avoid sunburns?

- **FACT:** There is no such thing as a healthy tan!



Love the skin you're in!

“My friends
say I need a
tan, but I tell
them I like the
way I look!”



Exposed Video



SUN SAFE basics

- Seek shade whenever possible
 - Trees, umbrellas, awnings
- SPF 30+ every 2 hours, use generous amounts
- Protective clothing, hats, sunglasses
- Avoid tanning beds, tans, sunburns



SUN SAFE basics

Don't forget to have fun!!!

- Up next are easy ideas for incorporating sun safety into games that you can play every day.



Having fun with SUN SAFETY

Littler kids

- Make up a fun name for sunblock!
 - Magic potion
 - Vampire juice
 - Super spray
 - *Can you think of other names?*



Having fun with SUN SAFETY

Littler kids

- Draw pictures
 - Make fun designs before rubbing sunscreen in
 - “Guess the picture” – the person getting sunscreen closes their eyes and guesses while another person draws a picture with the sunscreen
 - Create sunblock “worms” that you want to get rid of as quickly as possible by rubbing the sunscreen in!



Having fun with SUN SAFETY

Littler kids

– Simon says

- “Simon says put sunblock on your left arm...”
- Mix up sunblock cues with non-sunblock cues when you have more time!



Having fun with SUN SAFETY

Older kids

- Play your campers' favorite music while they apply sunscreen



Having fun with SUN SAFETY

Older kids

- Make it a cabin “job”
 - Making sure people have sunscreen before activities
 - Reminding people to reapply
 - Carrying the sunscreen on trips



- Drip drip drop (*with sunscreen*)!



Having fun with SUN SAFETY

All ages

- Make it a race!
 - E.g. First person to finish applying sunscreen gets the first jump off of the diving board!
- Arts & Crafts
 - Apply sunscreen to colored paper and put it out in the sun – watch the non-sunscreen parts fade away!



\$1,000 Scholarships Available!

High school seniors and college students can become Your Skin Is In Ambassadors at their school and have the chance to win a \$1,000 scholarship!



Become A Your Skin Is In Ambassador

- ✓ Visit yourskinisin.org
- ✓ Register as a Student Ambassador
- ✓ Receive your Box of Goodies
 - T-shirts, posters, materials, etc.
- ✓ Check out the Toolkit for ideas
- ✓ Take the eLearning course online
 - Interactive Trivia Game
 - Video Scenarios
 - Photos Showing UV Damage
- ✓ Spread awareness at your school
- ✓ Apply for a \$1,000 Scholarship!



To complete
your learning...



**We hope that you have an
amazing, SUN SAFE summer!**

impactmelanoma.org
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