



## ACTIVITY GUIDE – Sun Safety Classroom Activities

### Estimated Time:

Varies

### Resources Needed:

- Michigan Model for Comprehensive School Health Education's (MM) Sun Safety Cross-Curricular Activities
- Computer with internet access

### Directions:

1. Assemble a team and complete Michigan's Healthy School Action Tool (HSAT). This comprehensive school health assessment tool and action planning guide includes sun safety questions that will help your team plan and implement needed education around sun safety. You can visit [www.mihealthtools.org](http://www.mihealthtools.org) and learn more about HSAT.
2. Work with teachers and school administrators to determine if any classroom lessons or activities are currently being conducted in your school building related to sun safety.
3. Contact your Regional Comprehensive School Health Education Coordinator, visit [www.emc.cmich.edu/sunsafety](http://www.emc.cmich.edu/sunsafety), or contact the Educational Materials Center at 1-800-214-8961, to find out how you can obtain the MM sun safety cross-curricular activities for elementary, middle, and high school students. Use established procedures for reviewing and implementing classroom lessons and activities in your school or district.
4. Understand that the MM activities emphasize the knowledge, attitudes, and skills needed to protect oneself from ultraviolet radiation exposure. The activities offer a mix of short, teacher-led, presentations and interactive learning experiences. They also offer ways peers can advocate for friends and family members to stay safe in the sun.
5. Encourage teachers to implement the MM sun safety cross-curricular activities in your school.
6. Review the fact and reference sheets in the MM sun safety cross-curricular activities and distribute them to administrators, teachers, school support staff, families, and students. These resources will inform them of this important topic and to encourage them to promote sun safety.
7. Consider advocating for community and school-wide reinforcement of sun safety. Environmental support for the knowledge, attitudes, and skills students learn in the classroom could provide the encouragement students need to act on their knowledge.

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