



ACTIVITY GUIDE – Sun Safety Flyer and Poster Contest

Estimated Time:

45 - 60 minutes

Resources Needed:

- American Cancer Society's reproducible fact sheet: *Indoor Tanning Is Not Safe!*
- Computer with printer

Directions:

1. Explain to students that they will be creating a flyer and coordinating poster that teaches people about protecting themselves from overexposure to UV rays from indoor tanning devices such as tanning beds, booths, and sunlamps. To help them get started, provide students with the *Indoor Tanning Is Not Safe!* fact sheet.
2. Hold a class brainstorming session and include discussion on important elements of a flyer and poster such as informational message, theme, approach, and behavior you want to impact; issues such as health effects of overexposure to indoor UV rays; and ways to protect ourselves from overexposure.
3. Allow students to work independently or in small groups. Ideas should be targeted at young adults their age. If possible, allow students to use fun images and text on the computer to create their messages. Ask students to print completed flyers and posters in color or black-and-white.
4. Have each student or group present their ideas to the class. Display flyers and posters in a school display case and allow other students in the school to vote on their favorite. The winning idea can be printed in the school newsletter to families, printed in the school newspaper with an article about your Sun Safety grant, or posted on the school Web site.
5. Consider making additional copies of winning ideas for distribution to students during times when they are most likely to use indoor tanning devices (i.e. prom and spring break).
6. Encourage the school principal to recognize winning student(s) with an award and/or prize.

Adapted from the *SunWise* Toolkit, Environmental Protection Agency
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The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service. No matter who you are, we can help. Contact us anytime, day or night, for information and support. **Hope.Progress.Answers.™** / 1.800.ACS.2345 / www.cancer.org