

# Sun Safety



## An Important Component of Healthy Child Development

### A Trainer's Resource

Nova Scotia has the second highest rate of melanoma (a type of skin cancer) in the country. Healthy child development workshops are a great place to reinforce the importance of safely managing the risks of the sun with both leaders and their participants.

As a trainer, you are not expected to be an expert in sun safety, simply communicate the importance that sun safety plays in creating a safe environment for both participants and leaders.

When you introduce the Guidelines and begin speaking about physical safety, this is an opportunity to distribute the Sun Safety Resource Brochure to the leaders.

Choose how best to incorporate sun safe messaging into your workshop. Here are a few suggestions to consider:

- Ask one of the leaders to read the three bullets on the second page of the brochure and take a minute to reflect as a group. What are their initial thoughts? Are they surprised?
- Highlight the various sections (What, How, Tips and Techniques, Play and Participate and Communication with Caregivers) in the brochure so leaders become familiar with the resource.

- Remind leaders to be a positive role model by wearing a hat, seeking shade, applying sunscreen, etc. This will help participants to also practice sun safe behaviours.
- When discussing the relationship with caregivers, refer to the various opportunities to communicate with them around sun safety (found on the back of the brochure).
- Sometime throughout the day – have the leaders participate in a sun safe activity as an energizer. This could be an activity that the leaders then incorporate into their own programs. For example: a sun safety relay (with various items and types of clothing that are sun safe) or when the leaders are doing their Hat Activity – ask them to also make it have some sun safety components.

For additional resources and activity ideas go to:  
Nova Scotia Cancer Care Program:  
[www.cdha.nshealth.ca/SunSafeRecreation](http://www.cdha.nshealth.ca/SunSafeRecreation)

For more information about Sun Safety and Skin Cancer Prevention go to:  
Canadian Cancer Society: [www.cancer.ca](http://www.cancer.ca)  
Canadian Dermatology Association:  
[www.dermatology.ca](http://www.dermatology.ca)



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