Sun Safety Presentation

Carrington FFA Chapter

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Rationale

The Foster County Farm Bureau approached the Carrington FFA Chapter about conducting a safety session at the Progressive Ag. Safety Day. Since many other organizations such as the Ambulance, Dakota Central, Implement Dealerships, and Wildlife managements were also helping conduct this Safety Day, our FFA chapter chose to do a session on sun safety. Sun safety is important because the upcoming months are the hottest time of the year in North Dakota and this summer is expected to be one of the hottest. It is very important to educate our youth on the importance of using sunscreen and sun safety. Skin cancer is becoming more prevalent in the United States and teaching sun safety tips could help youth use to reduce their risk of developing skin cancer.

Students in the fourth, fifth, and sixth grades are active with summer activities such as swimming, baseball, softball, and other outdoor activities. This information would be very beneficial to this group of students. The availability of the North Dakota FFA Foundation Safety Grant also provided some financial income would help defer the costs of conducting this safety day.

This presentation is intended to be an interactive and hands on activity. Ultraviolet beads can be made into bracelets that the students could take home and use. These beads help detect the presence of UV rays, as they are clear indoors and turn bright colors when exposed to the sun. The beads can also show how important sunscreen is in protecting their skin. A few beads are covered with sun tanning lotion, 30 SPF, and 50 SPF sunscreen to show how protective creams can help reduce the amount of UV rays that penetrate the skin.
Students are also instructed on ways to protect themselves from the sun. Sun
glasses help protect the eyes, a hat or baseball cap can help protect the head and
neck, a long sleeve shirt also reduces sun exposure to the skin. Each student also
received a sample packet of sunscreen that is the best protection from UV light.

Objectives

Objective #1: The first objective was to educate at least 100 students about the
effect the sun can have on your body and methods used to prevent sun exposure.

This objective was selected because the Carrington Elementary students in the
fourth, fifth, and sixth grade were our target audience. There are a total of 116
students in these grades, so our goal was to inform at least 100 of them, as some of
them may not be present.

Objective #2: Provide the audience with information about sunscreen and other
protection against ultraviolet light.

With the upcoming summer months, many students will be spending a lot of time
outdoors and in the sun. It is important for them to understand the risks associated
with the sun and what methods of protection can be used to reduce exposure to the
sun.
Objective #3: Have each student create his or her own ultraviolet bead bracelet and provide them a free sample packet of sunscreen.

The ultraviolet bracelets are used to detect UV light. They are clear when UV rays are not present and turn to bright colors when exposed to ultraviolet rays. The bracelets are beneficial to helping determine when UV rays are present. A sample of sunscreen was also given to each of the students.

**Target Audience**

The target audience is fourth, fifth, and sixth graders because this group of young individuals does not fully understand the effects of the sun. If proper sun protection practices are taught at a young age, these kids will be more likely to protect themselves in the future. Since children can be swayed easier when they are younger we chose these age groups.

**Key Messages**

Kids need to protect themselves from the UV rays given off by the sun. The use of proper sunscreen and limiting sun exposure can greatly decrease a person’s risk. This is important to avoid sunburns and skin cancer. More than 2 million cases of skin cancer are diagnosed in the United States each year, making it the most common of all cancers.
According to the American Cancer Society, the top method to prevent skin cancer includes avoiding the sun during the peak ultraviolet light intensity during the times of 10:00 AM and 4:00 PM. Since many youth are active outdoors during this time, there are other ways to reduce there sun exposure. The other important prevention methods to remember are:

1. Seek shade
2. Slip on a shirt
3. Slop on sunscreen
4. Slap on a hat
5. Wrap on sunglasses

**Media**

The primary source of media used to accomplish this project is the local TV channel through Dakota Central Telecommunications. The local channel displays community activities free of charge. The TV channel is also viewed by many of the parents and students that we are targeting for this project.

Another media that we will use is flyers sent home with all of the fourth, fifth, and sixth grade students from school. This flyer not only promotes the sun safety presentation that we will be doing by also the other safety sessions that are taking place at the Progressive Ag. Farm Safety Day.
The reason that we have chosen these forms of media is because they will meet our target audience through the flyer and the TV. They are also very inexpensive, which helps keep our budget in line. The TV advertisement is a free service and the flyers will only cost about $10.

**Budget**

**Income**

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>North Dakota FFA Foundation Safety Grant</td>
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**Total** $100.00

**Expenses**

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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<tr>
<td>UV beads</td>
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<tr>
<td>Rawhide leather</td>
<td>$15.00</td>
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<tr>
<td>Sunscreen individual packets</td>
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</tr>
<tr>
<td>Flyers</td>
<td>$10.00</td>
</tr>
</tbody>
</table>

**Total** $100.00

**Evaluation**

Objective #1: MET Our first objective was met as we educated 110 fourth, fifth and sixth graders about sun safety. Most of the student’s were present on the day that they Safety Day was conducted. In the future, we feel that this presentation could include other grade levels and increasing the number of student’s that are informed about sun safety.
Objective #2: The second objective was met as we taught the students about the dangers of the sun. A short oral quiz was given to the students to see if they had learned the proper way to protect them from the sun.

Objective #3: The third objective was met by having the kids make UV bracelets and by giving them sunscreen. The students thought that the bracelets were really neat and loved having something to take home with them.