Girl Scouts Heart of the Hudson
Sun Safe

Brownies and Juniors

Experts agree that sun protection is an important part of a healthy life style. They agree, as well, that our own actions, over a lifetime, can influence the development of skin cancer. Through completing the requirements for this patch, girls will discover how to keep themselves safe and healthy in the sun, connect to each other and community members, and feel empowered to educate others regarding sun safety.

To earn this patch:
Brownies must complete requirements numbered 1 - 8
Juniors must complete numbers 3 – 14.

1. Create
Discover your creativity and make a collage that depicts people doing outside activities. Connect to your troop as you use your creative thinking skills to discuss what type of sun protection would be appropriate.

2. Be A Scientist
Expand and demonstrate your knowledge of two types of energy produced by the sun:

A. Warming rays of sunlight: Warm a container of water by placing it in direct sun light. Record the beginning temperature, the temperature after 5 minutes, and the temperature after 30 minutes.
B. Visible rays of sunlight: Shine a flashlight through your hand in a darken room. What happens? What happens when the sun shines on your hand? Note that invisible rays of sunlight cannot be seen or felt until they case sunburn or long-term changes such as wrinkles and cancer.

3. The Skin
Connect to your body as you learn about its largest protective organ – the skin! Learn about the different parts of the skin and discuss with your troop how your skin protects you.

4. Health Care Professional
Connect with health care professionals in your community. Invite a nurse, family physician or dermatologist to visit your troop pr group and discuss skin and sun protection.

5. The Sun
Make a list of good and bad effects of the sun.

6. Get to know Yourself
Discover your unique skin type and sensitivity. Draw a picture of yourself and. describe your hair color, skin color, presence of freckles, etc. Using this knowledge, identify what number SPF you should be using.

7. Block the Sun

Find out how many ways you can put a block between you and the sun. Some examples are wearing a t-shirt or using sunscreen. What time of day and what season is ultraviolet radiation the strongest?

8. Sun ABC'S

Create a poster explaining the ABC'S for fun in the sun:
A: Away – state the time of day to stay away from the sun.
B: Block – state what number of sun block to use.
C: Cover Up – illustrate what clothing to wear for sun protection.
S: Speak Out – Explain your poster to your troop, family or friends.

9. Sunglasses

Explain how sunglasses protect your eyes.

10. More on Sunglasses

Sunglasses are defined by the FDA as "medical devices". Use your critical thinking skills to check the refractive quality of your sunglasses, hold the glasses at arms length and look through them at a straight line or edge in the distance. If the line curves or appears distorted when you move the lens back and forth across it, the lens is optically imperfect. Check your sunglasses for any imperfections. Also check to see if the color of your lenses is uniform

11. Educate others

Create an advertisement to promote sun protection for a television commercial. Present the commercial to your troop or group.

12. What Does That Mean?

Explain the following words and abbreviations: ultraviolet radiation, photosensitivity, SPF, melanin, keratin, dermis, epidermis, subcutaneous, tissue.

13. Sunburn

Gather information regarding who has been sunburned in your troop. Make a chart showing:

- Where they were when they were burned (beach, backyard, etc…)
- The season
- The time of day
- How long they were in the sun.
- How long it took the sunburn to appear
- The location of the body
- How the burned looked
- How it felt
- How long it lasted

Discuss the results with your troop.

Web Resources

EPA SunWise Kids: www.epa.gov/sunwise/kids.html
Sun Safety Alliance: www.sunsafetyalliance.org