

# Protect Your Skin from the Sun

**K-STATE**  
Research and Extension  
Family and Consumer Sciences

**Leader's Guide**

*2025 Annual Lesson Series*



## Introduction

Time outdoors has countless benefits for physical and mental health. Many people enjoy sports or engage in activities to improve their health. Time spent outdoors is known to help relieve stress, anxiety, and boost feelings of happiness and well-being. With these benefits of outdoors being well known to many, some may not know how to enjoy the outdoors while practicing sun safety. Utilizing everyday preventative measures such as staying indoors or in shade between 10 a.m. and 4 p.m. when UV rays are strongest, wearing UPF protective clothing, wide-brimmed hats, UV sunglasses, sunscreen, and seeking shade can all help you stay sun safe. Sun safety is important to reduce your risk of skin cancer. One in five Americans will develop skin cancer in their lifetime and nearly 20 Americans die every day from melanoma. Everyone is at risk for skin cancer, no matter their age, skin color, or gender. The focus of this publication will be learning the importance of sun safety to reduce skin cancer

risk, learning daily preventative measures to reduce skin cancer risk, and how to perform a skin self-evaluation.

## Educational Goals and Objectives

As a result of participating in this educational program, the learners will be able to:

- Understand the relevance of skin cancer and the causes of skin cancer.
- Understand how the sun damages skin.
- Identify ways to reduce their risk of skin cancer by utilizing everyday prevention tips.
- Confidently choose a protective sunscreen.
- Become motivated to incorporate sun safety into daily routines.
- Understand how to perform a skin cancer self-examination.
- Become confident and motivated to schedule an annual skin cancer screening.

## Materials Needed

- Leader's Guide
- Participant Handout, one copy per participant (MF3663)
- Evaluations, one copy per participant or access to QR code
- PowerPoint Presentation
- Computer
- Projector and screen
- Extension cord
- Optional Materials: Wide-brimmed hat, UV sunglasses, broadband SPF30 sunscreen, UPF clothing examples, and copies of self-examination cards

## Intended Audiences

Sun damage and skin cancer can impact anyone, regardless of gender, race, ethnicity, profession, income, and other demographic characteristics. For that reason, this lesson is intended for all ages. Individuals and groups that work outdoors would greatly benefit from learning ways to reduce their risk of skin cancer and damage from the sun. Partnering with K-State Research and Extension agriculture agents and specialists will help reach individuals working in the agriculture sector.

## Before the Lesson

1. Read the fact sheet and leader's guide. Familiarize yourself with the content contained in both.
2. Study the linked resources discussing and supporting the facts of the lesson.
3. Consider how the program will be delivered to different audiences.
4. Prepare ahead by performing a skin cancer self-examination check on yourself.
5. Prepare ahead by determining which sun protection tips you will incorporate into your daily schedule.

6. Print off participant surveys or have access to survey QR code.
7. K-State Research and Extension FCS Agent – Create a Program Activity in PEARS and attach evaluation.
8. Optional: Request sunscreen packets from the Johnson Cancer Research Center to give to participants.

## Leading the Lesson

The Protect Your Skin from the Sun fact sheet is designed and written to serve as a script or outline for this lesson. The introduction in the leader's guide and the fact sheet provides a brief overview of the contents and helps set the stage for this lesson as it states the prevalence of skin cancer and the impact it has on our population. The fact sheet focuses on skin cancer prevention and ways to add sun safety into daily lives to decrease risk of skin cancer. Skin cancer is a very personal topic, and it's likely that individuals in your group may be personally impacted or know someone who has. Follow the script on the presentation and add any supplemental activities and video of your choice to enhance the lesson.

## After the Lesson

1. Gather feedback from the group on ways to improve community sun safety.
2. Gather evaluations and return to your local K-State Research and Extension office.
3. K-State Research and Extension FCS agent – Enter evaluations into PEARS.

## Q & A

### What about Vitamin D?

Strive to focus on foods rich in vitamin D. If you are unsure about your vitamin D levels, talk with your physician about having your levels checked through a blood test.

### **Is my sunscreen safe to store in a vehicle?**

According to the Food and Drug Administration, when exposed to heat, the preservatives found in sunscreen break down, allowing bacteria and fungi to grow faster.

### **I apply a moisturizer with SPF each morning, am I covered?**

Many moisturizers or foundation now have SPF ratings, but it's important to note that these do not protect all day. Just like sunscreen, to remain protected, you will need to reapply throughout the day.

### **Should I visit a dermatologist or my physician?**

Many physicians will check the body during annual exams or when asked to do so. A physician may refer you to a dermatologist if they come across anything concerning, but it's encouraged to schedule an appointment with a health professional you trust, whether that's your physician or dermatologist.

### **Does a higher SPF mean more protection?**

According to the MD Anderson Cancer Center at the University of Texas, SPF 15 sunscreen blocks 93% of UVB radiation, and SPF 30 blocks 97%. After that, the difference in protection is small. SPF 50 blocks 98%, and SPF 100 stops 99% of UVB rays from reaching your skin. No matter what SPF you choose, be sure to reapply often and use enough to cover all parts of your body thoroughly.

## **Supplemental Activities and Resources:**

Videos:

What to Wear to Protect your Skin from the Sun: [https://youtu.be/ki\\_emYA6nYs?feature=shared](https://youtu.be/ki_emYA6nYs?feature=shared)

How to Perform a Self-Examination <https://youtu.be/UnCUcFJJDSA?feature=shared>

How to Apply Sunscreen <https://youtu.be/L7dH-l2qLU8?feature=shared>

ABCDE's of Melanoma and Mole Map: <https://www.aad.org/public/diseases/skin-cancer/find/mole-map>

## **Acknowledgments**

The authors would like to acknowledge Sherry Fleming and Nicholas Wallace with the Johnson Cancer Research Center at Kansas State University, for their contributions to and review of this publication. We also want to thank Monique Koerner with K-State Research and Extension, for her thorough review of this publication.

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Cooperative Extension Service**

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# Evaluation

## Protect Your Skin from the Sun

Please take a moment to respond to the questions below.

Date and location of presentation: \_\_\_\_\_

My county of residence: \_\_\_\_\_

**Gender:**  Female  Male  Non-binary  Other  Prefer not to answer

**Ethnicity:**  American Indian/Alaska Native  White  Asian  Black/African American  
 Native Hawaiian/Pacific Islander  Other  Prefer not to respond

**Race:**  Hispanic/Latino  Non-Hispanic/Non-Latino  Prefer not to respond

**Age:**  under 18 years  18-29 years  30-59 years  60-75 years  76+ years  
 Prefer not to respond

**1. Because of this program, I now understand how the sun damages the skin and the cause of skin cancer.**

Not At All		Somewhat		Very
1	2	3	4	5

**2. After attending this program, I am now able to identify ways to reduce my risk of skin cancer.**

Not At All		Somewhat		Very
1	2	3	4	5

**3. I am now more confident to choose a protective sunscreen.**

Not At All		Somewhat		Very
1	2	3	4	5

**4. I am now motivated to incorporate sun safety into my daily routine.**

Not At All		Somewhat		Very
1	2	3	4	5

**5. Because of this program, I understand how to perform a skin-cancer self-examination.**

Not At All		Somewhat		Very
1	2	3	4	5

**6. Because of this program, I am motivated to schedule my annual skin cancer screening.**

Not At All		Somewhat		Very
1	2	3	4	5

**7. Please share any additional comments or suggestions.**