



Sun Safety

After the long and gloomy Pennsylvania winters, most of us can't wait to get out into the spring and summer sun. While earning this patch you can learn how to have fun in the sun while staying safe.

How to earn the Sun Safety patch the Girl Scout way:

Steps:

1. **Discover**—Learn why we need to protection from the sun.
2. **Connect**—Find ways to protect yourself and others from the sun.
3. **Take Action**—Tell others what you learned about sun safety and remind them to stay safe in the sun.

Materials Needed:

In order to complete this patch, you'll need a few things:

- resources (You can either go online with an adult, ask a professional, or visit your public library.)

STEP 1 Why do we need protection from the sun?

1

A little exposure to the sun each day isn't bad for us. It can provide vitamin D, which helps make our bones strong. But when it comes to the sun, you can definitely have too much of a good thing.

- What can happen if you are in the sun too long and unprotected?
- What are UVA/UVB rays, and how can they harm your skin?
- What hours are the sun's rays the strongest?

STEP 2 You can never be too safe so let's take a look at how to protect ourselves.

2

Now that you know why you need protection, learn how you can safely enjoy the sun.

- What are three ways to protect yourself from the sun?
- What does SPF mean?
- Do you need to protect yourself on a cloudy day? Why or why not?
- What do you do if you get a sunburn?

STEP 3 Help keep others safe from the sun, too!

3

Remind your friends and family to stay safe in the sun.

- Bring an extra hat for a friend on outings.
- Remind friends and family to regularly apply sunscreen.
- Invite your friends to sit in the shade.
- Make UV bead bracelets that will change color in the sun as a reminder to protect your skin.
- What other ways can you help others stay safe in the sun?

All done? CONGRATULATIONS! You've completed all the necessary steps to earn the Sun Safety patch.

After completing the activities from each step, visit or call a Girl Scouts Western Pennsylvania retail shop at **800-248-3355** to purchase your patch.* A patch may be worn on the back of a vest, sash, or tunic.

**Patch shown may be substituted with similar patch, based on availability.*


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