

Sun Safety: A Teachable Moment

A teachable moment is an opportunity to use the 6A's to communicate with your child a lesson through sport or life. The effective use of teachable moments requires a parent to have the requisite knowledge of the issue at hand while also having the ability and willingness to discuss the issue with his/her child.

Sun Safety

Requisite knowledge for the parent:

1. Skin Cancer is the most common form of cancer in the United States with more than 1-million new cases diagnosed each year.
2. 1 in 5 children will grow up to have skin cancer.
3. Approximately 80% of lifetime sun exposure and skin damage occurs before age 18.
4. Arizona has the highest rate of skin cancer in the United States.
5. The United States has the second highest rate of skin cancer in the world behind Australia.
6. The use of hats, sunscreen, and protective clothing is essential to prevent skin cancer.

Recognizing a Teachable Moment

Example: Your child comes home from practice or competition with a sunburn.

Communication Points:

- “Did you get too much sun recently? It is very important to wear sunscreen when playing outside. We need to make sure that we apply a sunscreen that is at least SPF 30 before we’re active outside.”
- “Are you wearing sunscreen? Sunscreen doesn’t last all day. We need to remember to reapply sunscreen at least once every hour, especially when swimming or sweating. If you can’t reach a spot when you’re putting the sunscreen on, ask someone to help you.”
- “In addition to wearing sunscreen, it’s also a good idea to wear a hat to protect our skin from the sun.”

