

## Background

The purpose of this list is to help teachers and schools promote a Comprehensive School Health (CSH) approach in a classroom setting. CSH is an internationally recognized, evidence-based approach for building healthy school communities. A healthy school community is one that supports the wellness of all of its members (e.g., students, teachers, staff, parents, administrators, community partners) and continuously strengthens its capacity as a healthy setting for living, learning and working.

This list is organized with two different categories of resources, 'Classroom Resources' and 'Supplementary Information'. The Classroom Resources can be used by the teacher in the classroom immediately and are applicable to teaching. Supplementary Information provides resources for teachers about a specific health topic.

This list is not meant to be an exhaustive list of resources available; but a selection of available resources reviewed by health professionals in Alberta Health Services. Please check with your local AHS contact for additional resources specific to your area. To find an AHS staff member who can support you, contact [cshresources@albertahealthservices.ca](mailto:cshresources@albertahealthservices.ca)

Questions or comments regarding this list can be directed to [cshresources@albertahealthservices.ca](mailto:cshresources@albertahealthservices.ca). Please visit the [Teaching and Learning](#) section of the Alberta Health Services, [Comprehensive School Health Website](#) to see if there is a newer version of this list available.

### Please Note:

The Provincial Teacher Resource List offers a selection of available resources reviewed by health professionals in Alberta Health Services (AHS). Teachers should always review content to determine appropriateness for their student population. If you are uncertain about the suitability of resources within your school, check with your administration.

AHS does not endorse or recommend any pharmaceutical company, commercial product, process, or service. The resources in this document are being presented as information only. This list is reviewed annually for accuracy of content.

# Sun Safety

## Classroom Resources

### Go Safe Education: In-person and Online

<b>Grades 5-6</b>	Theme:	Sun Safety Education and Awareness	<p>The Canadian Skin Cancer Foundation's mission is the elimination of skin cancer. This starts with education and awareness. They offer in-person presentations to grade 5&amp;6 classrooms to share skin cancer prevention strategies. To book a presentation in Calgary, Edmonton, Red Deer, Lethbridge or Fort McMurray, click the link below:</p> <p><a href="https://www.canadianskincancerfoundation.com/sun-safety/book-presentations/">https://www.canadianskincancerfoundation.com/sun-safety/book-presentations/</a></p> <p>E-learning classes can be accessed for schools located outside of the above locations:</p> <p><a href="https://www.canadianskincancerfoundation.com/sun-safety/elearning-grade-5-6/">https://www.canadianskincancerfoundation.com/sun-safety/elearning-grade-5-6/</a></p>
	Organization:	Canadian Skin Cancer Foundation	

### SunSmart - Early Childhood and Primary Schools

<b>Grades K-12</b>	Theme:	Sun Safety Education and Awareness	<p>SunSmart recommends that all early childhood education and care services and schools implement a SunSmart policy to ensure a healthy UV exposure balance. Website resources include videos, curriculum resources, information sheets, online games, posters, a sample sun policy for schools, option to order hard copies of resources.</p> <p><a href="http://www.sunsmart.com.au/communities/early-childhood-primary-schools">http://www.sunsmart.com.au/communities/early-childhood-primary-schools</a></p>
	Organization:	Cancer Council Victoria / Victorian Health Promotion Foundation	

## Supplementary Information for Teachers

### How Can I Protect My Children from the Sun? - Sun Safety at Schools: What You Can Do

Theme:	Sun Safety	<p>The brochure Sun Safety at Schools: What You Can Do explains how school administrators and staff, parents, and community health care service providers can promote sun safety.</p> <p><a href="http://www.cdc.gov/cancer/skin/pdf/sunsafety_v0908.pdf">http://www.cdc.gov/cancer/skin/pdf/sunsafety_v0908.pdf</a></p>
Of Interest:	Guidelines and Recommendations	

### Guidelines for School Programs to Prevent Skin Cancer

Theme:	Sun Safety Research	<p>This report reviews scientific literature regarding the rates, trends, causes, and prevention of skin cancer and presents guidelines for schools to implement a comprehensive approach to preventing skin cancer.</p> <p><a href="http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5104a1.htm">http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5104a1.htm</a></p>
Of Interest:	Guidelines and Recommendations	

### Limit UV Rays - Sun Safety

Theme:	Sun Safety	<p>Taking measures to protect you and your family from the sun year-round will help to prevent the dangerous long-term effects of UVR exposure, such as skin cancer, as well as the short-term effects, such as a sunburn.</p> <p><a href="https://www.healthiertogether.ca/living-healthy/limit-uv-rays/">https://www.healthiertogether.ca/living-healthy/limit-uv-rays/</a></p>
Of Interest:	UV Rays, Skin Cancer Prevention	

## Supplementary Information for Teachers

### Limit UV Rays - Indoor Tanning

Theme:	Indoor Tanning Education and Awareness	Indoor tanning is an entirely preventable risk factor for melanoma and non-melanoma skin cancers which, together, account for nearly the same number of new cancer cases as lung, breast, colorectal and prostate cancers, combined.
Of Interest:	Tanning Beds	<a href="https://www.healthiertogether.ca/living-healthy/limit-uv-rays/indoor-tanning/">https://www.healthiertogether.ca/living-healthy/limit-uv-rays/indoor-tanning/</a>

### Skin Cancer: Protecting Your Skin

Theme:	Sun Safety Awareness	Excessive exposure to the sun and its ultraviolet (UV) rays can cause skin cancer. This site addresses how you can reduce your risk for skin cancer by protecting your skin, and that of your family members, from UV radiation.
Of Interest:	UV Ray Protection	<a href="https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=uh1310&amp;#uh1311">https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=uh1310&amp;#uh1311</a>