

**School: Appoquinimink High School**

**Event: Community Awareness**

**Time: 6/28/18 18:45**

**Classification: Secondary**

Community Awareness  
Skin Cancer Prevention Project  
Chapter: Appoquinimink HOSA #DE019  
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Delaware

### Selection of Topic:

Skin cancer is a very common and overlooked issue throughout Delaware and the United States. Although neither of us have been personally affected by skin cancer, we have family members, friends, and community members who have all experienced this terrible disease. We decided it was OUR job to spread awareness to our loved ones and community in order to terminate this problem.

### Goals and Objectives:

Our overall goal and main objective for our project was not only to educate others about skin cancer, but to save lives and protect our community.

### Accomplishments:

We were able to expand consciousness of skin cancer throughout our school, around our local community, and to multiple other states. We conducted a "Sun Safety Week" where we distributed brochures and flyers, created a school-wide pledge to wear sunscreen, partnered with Sun Bum to disperse sunscreen products, and educated students through multiple media outlets. We continued to expand our movement through schools in Wilmington, restaurants in New Jersey, an adult day program in Pennsylvania, and even businesses in Florida.

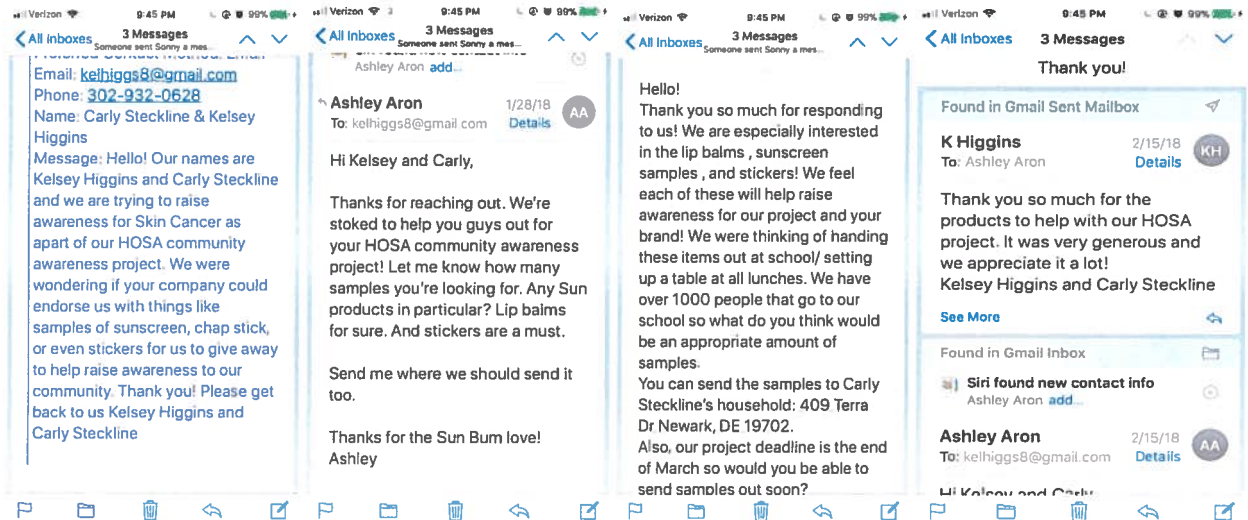
### Effectiveness and Conclusion:

With the help of our supporters, community members, advisors, and sponsors, we were able to impact the lives of over 1,600 people. Students, parents, advisors, businesses, and non-profit organizations were inspired by our Sun Safety Project and efforts to spread awareness about skin cancer.

# Sun Safety Week

1/28/18 - 3/12/18

#1 **Sun Bum** - After reaching out to multiple businesses to help us spread awareness about skin cancer, Sun Bum, a widely known sun care brand, quickly responded and donated over 100 products with an estimated value of \$1,033.50. We distributed all of these products throughout our school to help people gain access to sun safety products.



#2 3/11/18 **Spread The Word** - Over a period of five days, we distributed flyers and brochures to Appoquinimink High School, Baltz (Austin D.) Elementary School, St. Andrew's Boarding School, Yellow Submarine restaurant in New Jersey, and CADES adult day program in Pennsylvania. Through personal connections, we were also able to spread awareness to a solar business in Florida and around the local community of Middletown, DE.



#3 3/12/18- 3/13/18 **Pledge to Protect Your Skin** - We set up a booth during four lunch periods for two days. During these lunch periods, we had a large banner where students, teachers, and administration signed a pledge to wear sunscreen. This event unified our student body to pledge their commitment to remain safe from the sun.



#4 3/12/18-3/15/18 **Information**-To help build excitement and interest for our campaign, we shared important information during the morning announcements at our school. These announcements included motivating facts about skin cancer and protecting your skin. We also spoke out about skin cancer during an after school HOSA meeting and to all of the allied health pathway courses. During these sessions, we shared our video, individually spoke with students about the topic, and presented a powerpoint about prevention skills.



**Weekly Facts**

**Monday**  
 (intro) As summer is sinking in, the sun will be peaking out. Skin cancer is an overlooked problem throughout the world, and it is important that we understand the topic. Throughout the week, there will be facts shared everyday and a quiz on schoology at the end of the week. If you are more interested about the prevention of skin cancer, there will be a meeting after school on Tuesday or a table set up at lunch on monday and tuesday.  
 More than 1 Million people in the United States are diagnosed with skin cancer each year, making it the most common form of cancer in the country.

**Tuesday**  
 The sun's rays are intensified by reflection off the sand and water, so it is especially important to wear sunscreen at the Beach.

**Wednesday**  
 You might think the chance of getting sunburned on a cloudy day is less, but the sun's damaging UV rays can pass through clouds.

**Thursday**  
 The most common types of skin cancer are Basal cell cancer, Melanoma, and Squamous cell skin carcinoma.

**Friday**  
 The sun protection factor (SPF) describes how long a product will protect your skin when correctly applied.

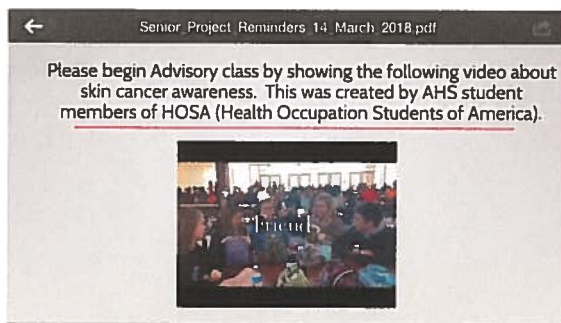


#5 3/15/18 **Yellow Shirt Day** - Students and staff at Appoquinimink High School wore yellow to show support for those who had been personally affected by this deadly disease. The magnitude of how this disease can intertwine its way into the community was evident that day. This includes a young boy at our school who recently lost his mother to skin cancer. He reached out to us and expressed how he was thankful and touched by our compassion towards the skin cancer awareness movement.





#6 3/14/18 **Visual** - Skin cancer is the most common form of cancer and kills over one million people in the United States each year. Many people automatically assume that they will not be a victim to this disease, but our video shows that this belief is false. We created and shared a video on instagram, twitter, facebook, and to all of our advisory classes, which is a class that meets occasionally for the sharing of important information. The importance of our video was to show how skin cancer affects people of all backgrounds: athletes, students, teachers, and people of all ages. We were able to reach our goal of over 2,000 views.

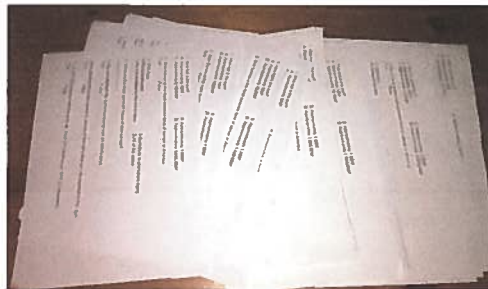


<https://www.youtube.com/watch?v=yLvYAkoeE4w>

# End of Sun Safety Week...

#7 3/15/18 **Testing Effectiveness** - We gave a survey to multiple classes, and over ninety percent of our test takers answered all of the questions correctly. These questions were all based off of the sun safety announcements and important information on preventing skin cancer.

- Q334
- How hot is the sun?
    - Approximately 100°F
    - Approximately 1,000°F
    - Approximately 10,000°F
    - Approximately 1,000,000°F
  - Skin Cancer is the most common form of cancer in America.
    - True
    - False
  - UVA Rays...
    - Penetrate the skin
    - Contribute to premature aging
    - Are not absorbed by the ozone layer
    - All of the above
  - What are the most common types of skin cancer?  
\_\_\_\_\_
5. You are told that the sun's damaging rays are already here.
  - True
  - False
6. It is possible to get skin cancer in places on the body that are not exposed to the sun.
  - True
  - False
7. An SPF 30 sunscreen blocks twice as much UV radiation as SPF 15 sunscreen.
  - True
  - False



#8 5/10/18 **Sun Safety for Sports** - Athletes spend an average of 600 minutes in the burning sunlight each week. With their mindset focused on the game, they do not even think to protect their skin. We took a few minutes out of each practice to educate athletes on how to properly protect their skin and the importance of how dangerous skin cancer is. We also shared our PSA video to Monmouth University's division 1 baseball team.



## References

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<https://www.skincancer.org/skin-cancer-information/skin-cancer-facts>

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