# Encouraging Sun Protective Behaviors to Reduce Skin Cancer Incidence

## Community Outreach Project

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## Introduction

Presented COP on February 14th 2022
Location: Jesuit High School
Contact: Liz Kaempf, Health Teacher

Target Audience: High school students
- total attendees: 74 students
- presentations: four 55 min classes
- demographic information:
  - Age range: 15-17

## Background/Content

Learning Objectives

1. Differentiate between sun-protective and sun-avoidant behaviors
2. Compare and contrast SPF protection between different clothing options/fabrics
3. Increase understanding of the risks of sun exposure
4. Understand that skin cancer affects adolescents and younger adults in addition to older adults.
5. Learn how to be able to approximate the quantity of sunscreen necessary for adequate coverage

## Discussion

Listeners Learned:
- "I learned about skin cancer and the different types" (43 of 53)
- "I learned people should use SPF 30 sunscreen daily" (36 of 53)
- "I learned that different fabrics have different amounts of SPF based on fabric weave" (21 of 53)
- "I learned I need 2 tablespoons of sunscreen for my whole body" (24 of 53)
- "I learned about the dangers of using a tanning bed" (10 of 53)

Listeners Commented:
- "I want to protect my skin so I won't get cancer in the future" (27 of 53)
- "I should start wearing sunscreen daily" (12 of 53)
- "I will start wearing more hats since I hate sunscreen" (7 of 53)
- "I'm not planning on changing since I already wear sunscreen" (5 of 53)

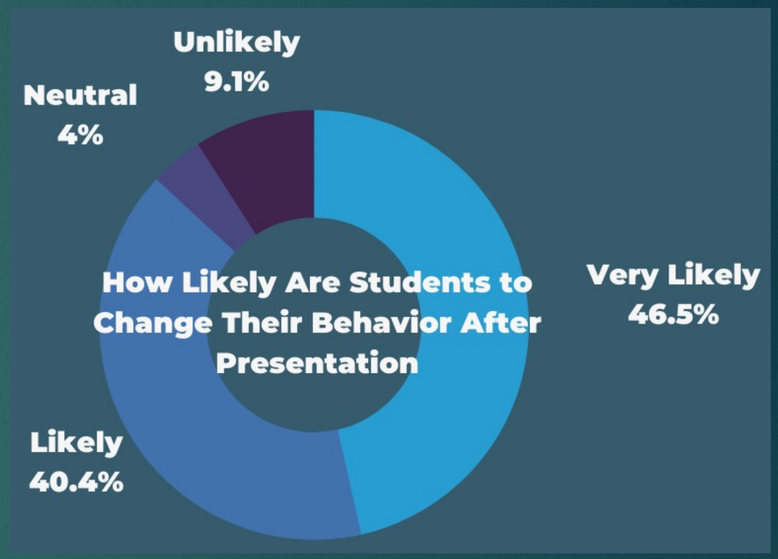
## Reflections

Challenges:
- Changing classrooms necessitated different technologies complicated by short passing periods
- Holding students attention and keeping them engaged for the whole presentation

Personal Reflection:
- Many students commented they learned a lot and enjoyed the presentation. Speaking with students was so rewarding and watching them wildly compete in Kahoots was so fun!

## Conclusion

Adolescents need more sun protection education!
- >80% of students stated that they were likely or very likely to change their sun protective behaviors after the presentation.

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