

## Be Sun Smart This Summer

*It's time for sunscreen, sunhats and shade*

Summer is just around the corner! As we begin to spend more time outdoors and gear up for sunny days at the beach or the park, it's important to refresh our sun safety knowledge.

The [BC Cancer Agency Prevention Programs](#) provide many helpful resources and quizzes, including resources specifically for BC youth, to help keep youth informed.

Overexposure to the sun's UV rays can not only lead to the visible consequences of skin damage—spots, wrinkles, sagging skin, and other signs of aging that can make you look much older than your years—but can also lead to skin cancer, such as melanoma. British Columbia's rates of melanoma are the highest in Canada and, sometimes, even very young people can get melanoma.

The best ways to minimize your risk of skin cancer is to protect yourself from the sun. That means wearing long sleeves and a hat, finding shade—especially during the hottest part of the day from 11 am to 3 pm, and wearing SPF 30+ sunscreen.

Did you know? Research suggests that in order to get our daily dose of vitamin D, we only need about 15 minutes of sun exposure!

To support your knowledge about sun protection, check out these helpful resources:

### **Hi5Living.org**

[Hi5living.org](#) is presented by the [BC Cancer Agency Prevention Programs](#). Through the Healthy Living Schools program, it promotes good health practices and helps kids of all ages to understand the risk factors for cancer and other diseases. Learn about sun safety with Hi5 Living by [getting informed](#) with the facts about sun safety, and [take the quiz](#) to test your knowledge about safety in the sun, suntans, sunscreen, tanning beds, self-tanners, and skin cancer.

### **Suntips.ca**

[Suntips.ca](#) is brought to you by [BC Cancer Agency Prevention Programs](#) and the [Canadian Melanoma Foundation](#). The goal of this website is to educate young people in British Columbia about the risks of UV exposure and to help them develop healthy lifelong behaviours that reduce their risk of skin cancer. Check out the available resources, [read real stories](#) and take the [Sun Safety Quiz](#)!

## **Tanning Is Out Challenge**

Presented by the Canadian Cancer Society, the [Tanning Is Out Challenge](#) is a student-led initiative that empowers youth to educate their classmates and friends on the risks of indoor and outdoor tanning and to encourage them to pledge be tan-free. This spring help spread the word at your school that tanning is totally out. Read more about this challenge [here](#) and watch the inspiring and informative Tanning Is Out video [here](#).