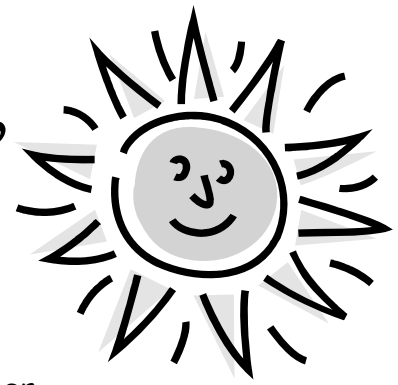


"Safe and Fun in the Sun!"



A POSTER CONTEST FOR ALL 3RD, 4TH, AND 5TH GRADERS!

We all know that the sun can cause skin cancer. Dr. Todd at the Skin Cancer Center of Northern Virginia has 5 easy steps to help you stay safe and have fun this summer:



1. **Always use sunscreen.**



2. **Stay in the shade when possible.**

Especially during those hot midday hours!

3. **Wear a hat.**

Make it nice and big to cover your ears and neck.



4. **Sunglasses** aren't just for looking good - they also protect your eyes.

5. **Avoid tanning parlors.**

(They are just as bad as the sun!)



POSTER CONTEST DETAILS

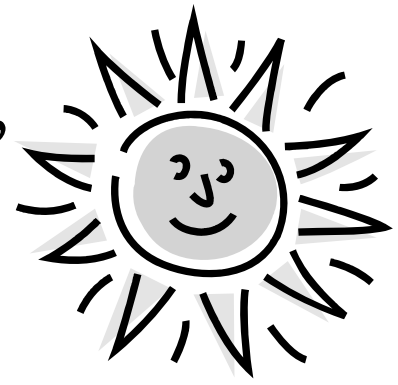
- Who:** All 3rd, 4th, and 5th Graders.
- Why:** To teach other kids about being safe in the sun.
- When:** Posters are due before Wednesday, June 10, 2009.
- What:** 8-1/2" x 11" paper using any medium - markers, pencil, pen, paint, crayon.
- How:** Make it creative, and try to use the words "Safe and Fun in the Sun." Be sure to submit an official entry form with your poster.
- Prizes:** Grand prize Winner receives a \$500 U.S. Savings Bond. 2nd and 3rd place prizes will be \$100 U.S. Savings Bonds.

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Skin Cancer
CENTER
of
Northern Virginia



“Safe and Fun in the Sun!”



Key teaching points regarding sun exposure and skin cancer.

1. Skin cancer is common

- There are over 1,000,000 new cases of skin cancer every year in the United States.
- 1 in 5 Americans will develop skin cancer sometime during their lifetime.
- Not all forms of skin cancer are dangerous, but some types of skin cancer can be life-threatening.

2. Ultraviolet light from the sun causes skin cancer.

- Over 90% of all skin cancers are caused by the sun.
- When a person gets five sunburns, their risk of getting a skin cancer doubles.
- More sun exposure, including tanning and burning, means a greater risk of developing skin cancer.
- Ultraviolet light from tanning booths causes skin cancer just like the ultraviolet light from the sun.
- In addition to causing skin cancer, ultraviolet light wrinkles the skin and makes a person look older than they really are.

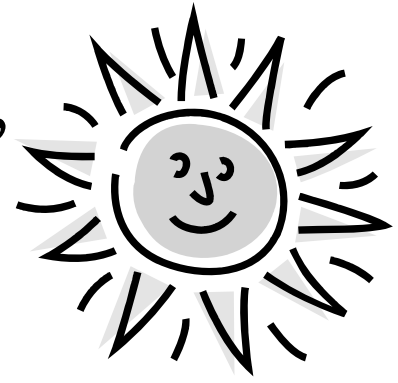
3. Skin Cancer can be prevented with good sun protection.

- Kids today who protect themselves from the sun can avoid getting skin cancer.
- Protecting yourself from the sun does not mean staying indoors - it means taking a few extra steps to make sure your skin is safe.

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Official Entry Form

Name: _____

Grade: _____ Age: _____ Date of Birth: _____

Address: _____

City, State, Zip: _____

Phone: _____

Parent's Name: _____

Poster Contest Rules:

1. All students Grade 3-5 (ages 8-12) are eligible to participate.
2. Artwork must be original artwork of the student, not the parent.
3. Posters become the property of the Skin Cancer Center of Northern Virginia.
4. Posters will not be returned.
5. Posters must be RECEIVED by the Skin Cancer Center of Northern Virginia on or before Wednesday June 10 at 12:00 noon. **No late entries will be accepted.** The address is: 19465 Deerfield Ave., Suite 401, Lansdowne, VA 20176.

I understand and agree to the above rules: _____

Student signature (required)

Date

Parent signature (required)

Date

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