

US EPA ARCHIVE DOCUMENT



OnCampus ecoAmbassadors

OnCampus ecoAmbassadors are college students who implement projects from EPA's partnership programs to help carry out the Agency's mission to protect human health and the environment. The program is open to ANY college student, regardless of program, age, or background. All interested students are encouraged to participate.

Did You Know?

- Skin cancer is the most common cancer, more common than breast, colon, prostate, and lung cancers combined.
- On average, an American dies every hour from melanoma, the most serious form of skin cancer.
- UV causes cataracts, the #1 cause of blindness worldwide.
- Melanoma is the most common cancer among young adults aged 20-30.
- Most wrinkles and skin aging are caused by UV exposure.

Learn More

For more information, please visit:
www.epa.gov/sunwise



SunWise Safety Project

The SunWise Program, a partnership program of the EPA, is an environmental and health education program that teaches children and their caregivers how to be safe in the sun through the use of classroom-, school-, and community-based components. As the EPA works to heal the ozone layer, Earth's natural defense against ultraviolet radiation (UV), SunWise gives people the knowledge and tools to minimize UV-related risks in the meantime. The SunWise Safety Project is an opportunity for you to work with schools and organizations in your community to encourage sun safety as well as to improve your university's sun safety policies.

Goals of the SunWise Safety Project

- Increase awareness on your campus and in your community about the risks associated with UV exposure
- Encourage habits and advance policies that prevent skin cancer, cataracts, premature aging, and immune system depression
- Build connections between university communities and educational institutions (for example, schools and camps) to provide opportunities for support, role-modeling, teaching, and peer-to-peer messaging

If You're Interested In:

- Working with schools and organizations in your community
- Educating others about sun safety
- Empowering and motivating students to change their behavior

... then the SunWise Safety Project is for you!

See page 2 for a step-by-step checklist for the SunWise Safety Project.



Students Taking Action

Over 30,000 schools and other organizations have already signed up as SunWise partners and are using SunWise materials to teach people to be safe in the sun. Partners are encouraged to spread the message of sun safety even more broadly. For example, students have submitted tens of thousands of posters to the annual *SunWise with SHADE Poster Contest*. Additionally, the *Don't Fry Day* public outreach campaign has reached millions of Americans, from Good Morning America and CNN to Woman's Day magazine and USA Today.

The SunWise Safety Project is ideal for students pursuing degrees in biology, public health, nursing, education, environmental science, atmospheric science, communications, and physical education.

Checklist for the SunWise Safety Project

Follow the steps below to encourage sun safety in your community and on your campus.

1. Complete at least two of the following activities.

Work with teachers at a local elementary school.

Contact two teachers at a local elementary school and encourage them to sign up for SunWise. Teachers who sign up receive a free SunWise Toolkit full of lessons and activities that are standards-based and can fit into their curricula. Signing up is free and easy at www.epa.gov/sunwise/becoming.html.

Help a local organization arrange an event for *Don't Fry Day*.

Work with a zoo, park, or camp to organize an event for *Don't Fry Day*, the Friday before Memorial Day, every year. Set up a table to give out stickers, fact sheets, UV bracelets, activity books, and more, all of which are available free through SunWise. Resources are available at www.epa.gov/sunwise/dfd.html.

Write a letter to your school newspaper or local paper.

Educate readers by writing and collecting signatures for a letter to your school newspaper or local paper. A letter to the editor can provide important facts about the health risks of UV. Additionally, ask for a review of advertising policies for businesses that promote unhealthy UV radiation exposure.

Help 12 local students submit posters to the *SunWise with SHADE Poster Contest*.

Contact a local youth group, after-school program, or Scout troop to encourage them to submit posters to the *SunWise with SHADE Poster Contest*. In the 2011 contest nearly 10,000 posters were submitted. Explain the rules of the contest to the students and provide suggestions for creative poster ideas (www.epa.gov/sunwise/postercontest.html). Collect and mail in the posters for your group.

Improve your school's sun safety policies.

Ask your school administration to provide guidance or sunscreen for its outdoor workers. Work with the administration to make sure coaches are informed of the importance of UV protection for themselves and the athletes they work with, and that they include a message of sun safety in their coaching every semester. Encourage the administration and facilities team to include shade structures in the design of the school facilities.

2. Take photos.

Take photos while you are completing your activities. Send your photos to EPA and share them on the OnCampus Facebook page.

3. Fill out your completion form.

Record the information that you are required to report to EPA on the event completion form, including your name, date of the event, name of your college, a description of the event or events, the number of interactions (include any interesting comments), and additional comments.

Resources

SunWise Websites

Download the UV Index widget or smart phone app, or sign up for daily UV Index forecasts at www.epa.gov/sunwise/uvindex.

To order free SunWise publications, visit www.epa.gov/sunwise/publications.html.

Action Steps for Sun Safety

- Do Not Burn.
- Avoid Sun Tanning and Tanning Beds.
- Generously Apply Sunscreen.
- Wear Protective Clothing.
- Seek Shade.
- Use Extra Caution Near Water, Snow, and Sand.
- Check the UV Index.
- Get Vitamin D Safely.

Tips for Successful Events

1. Find a suitable space.
2. Put up posters to advertise the event.
3. Create a Facebook event.
4. Ask friends to spread the word.
5. Plan to have snacks available – find out if you can get donations.
6. Arrange for music at the event.
7. Arrive early to set up the space, including snacks and music.
8. Use sign-up sheets to record attendance.
9. Create a written summary of the event.

EPA Contact Info

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EPA OnCampus Websites

Visit the EPA website at www.epa.gov/ecoambassadors/oncampus



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