Run for Cover and... Slip Slop Slap

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SLIP, SLOP, SLAP is an activity book designed for children between kindergarten and third grade. We hope that children will enjoy and learn from the activities in this booklet and share it with their parents to help reinforce the importance of protecting themselves during their “fun in the sun.” Skin Cancer is the most common form of cancer in the United States and one in five Americans will develop some form of skin cancer in their lifetime. It is almost the most common form of cancer among young adults ages 15-39. Studies have shown that one blistering sunburn in childhood or teen years or five or more sunburns in their life more than doubles a person’s risk for melanoma.

Please send comments and feedback to SLIP, SLAP, SLOP to

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This booklet was produced with the support of

NC State Pre-Health Club and CALS Health Professions Advising Center
The Kids ‘N Community Foundation – Carolina Hurricanes
Wake Medical Center
NC Academy of Family Physicians

Special thanks to the original production of Slip! Slop! Slap!
Queensland Cancer Fund of Australia
In association with the Department of Education, Queensland, Australia
Hi! I'm Twinkle! These are my friends, Stormy and Mr. Wuf.

We're heading out for fun! But first, we need to protect our skin.

Our skin covers our body, keeps us warm and protects us.

But it can also be hurt by things like...

THE SUN!
So what is the Sun?

And why do we need to **protect** ourselves from it?

![Sun graphic](image)

**The Sun** is actually a **medium-sized star** that *appears* bigger because it’s so close to the **Earth**.

**The Sun** does a lot of **wonderful** things!

![Boy reading graphic](image)

It gives us **light**, keeps us **warm** and helps plants **grow**.

![Boy reading graphic](image)

But the Sun can **hurt** us too.

If you stay out too long you can get **burned**. Too much sun over time can make your skin wrinkle... or even lead to **SKIN CANCER**!

![Girl crying graphic](image)

We don’t often see skin cancer in children, but preventing burns when you are young can help avoid future problems when you are older.
Twinkle and his friends Stormy and Mr. Wuf are here to help you learn how to be safe in the sun and protect yourself from skin cancer.

*All you have to do is...*

**RUN FOR COVER and...**
SLIP ON A SHIRT!
Make sure it covers your shoulders!

Then SLIP on some cool shades.
The best kind wrap around and cover the corners of your face.

And finally, COVER the rest of you by slipping into some nice shade!
A long sleeved shirt would cover your skin the best, but in the **summer** this may **not** be too smart!

For the **SUMMER**, a t-shirt, long shorts or a cover-up work well. **Circle** the 3 shirts do a **good** job protecting you from the sun.
Here are some cool sunglasses to **protect** your eyes from the Sun’s rays.

**Color** them some fun colors.

**Circle** your **favorite** pair!
Now *connect the dots* to see what our friends have SLIPPED on to *protect* themselves from the Sun's rays.
To COVER your body, it is important to SLOP on the right sunscreen.

Pick a sunscreen with the right SPF.

SPF stands for SUN PROTECTION FACTOR.

Your sunscreen should have an SPF of 15 or higher.

We like SPF 30 and above.
Even if you wear your sunscreen, you should choose the right time to play in the sun.

The sun is the strongest and most dangerous during the middle of the day – from about 10 am - 4 pm.

On cloudy days, the Sun’s rays can still pass through and give you a sun burn...

...they can also give you a sun burn during the WINTER, because snow reflects the Sun like a mirror!
We recommend **AT LEAST** an **SPF of 30**.

But an SPF of 30 *doesn’t mean* it has twice the protection of 15.

**An SPF of 2** blocks out about **50%** of the Sun.

**An SPF of 15** blocks out about **93%** of the Sun.

**An SPF of 30** blocks out about **97%** of the Sun.
You should **always** apply sunscreen at least **20 minutes** before you go outside. You should reapply every 2 hours *or* after a long swim.

**REMEMBER...** Cover **ALL** your sun-exposed areas!

1 teaspoon of sunscreen for:

- Front and back of body
- Arms
- Legs

1/2 teaspoon of sunscreen for:

- Ears
- Face
- Neck

Shoulders should be covered!
Now COVER that head by SLAPPING on a hat that shades your face, ears and neck if possible.

We all love baseball caps, but most don’t protect our whole head and neck. So if you pick a hat like that, you better make sure to remember to apply sunscreen on your neck and ears.
Circle which hat or hats you might want to SLAP on.
Check out the hats our friends picked.
So **RUN FOR COVER** and **SLIP** on your shirt and sunglasses and find your favorite shade. **SLOP** on your SPF 30 or higher sunscreen and **SLAP** on your favorite broad brimmed hat. That’s being **SMART IN THE SUN**!

Which of our friends is **best protected** from the sun?
Circle all the ways our friends are protecting themselves from the Sun.

Draw a square around something Twinkle needs as soon as he gets out of the water.
Draw lines from Stormy to the things he needs for a day at the beach.
Mr. Wuf is going hiking on a cloudy day.

**Draw** an “X” on the spots of Mr. Wuf’s **body** where he needs to **apply sunscreen** before he sets out on his trip.
Stormy likes to play ice hockey outdoors in the winter.

It is VERY cold outside.

Does he still need to protect himself from the Sun?

Check which box is the correct answer.

[ ] YES  [ ] NO
What about Twinkle? He’s decided to hit the slopes!

What does snow act like when the Sun’s rays hit it?

Circle the right answer.
Find and circle each of the important words we have learned.

Word list

- slip
- slop
- slap
- cover
- hat
- shirt
- sunscreen
- sunburn
- skin
- spf
- shade
- sunglasses
- ten
- four
- thirty
- mirror
- cloudy
- tree
- umbrella
Run for Cover and...

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