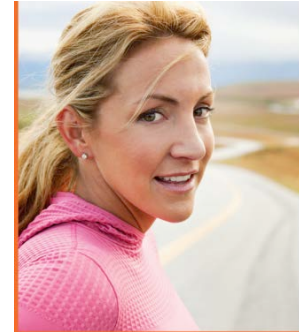


## 5 Sun Safe Tips to Block the Blaze:



Block the Blaze is a John Wayne Cancer Foundation (JWCF) funded youth skin cancer education program. Skin cancer is the most common cancer in the U.S. with 3.6 million people diagnosed annually, and it is on the rise. The program aims to educate youth about sun safety and skin cancer with an emphasis on skin cancer prevention and self-screening.

**Summer Sanders**, a PCA National Advisory Board Member, is the official Block the Blaze volunteer spokesperson! In October of 2014, her life changed forever when she learned she had a malignant melanoma. Luckily she is cancer free after catching them very early.

**1.) Apply Sunscreen:** Not just sometimes, or only when you'll be in the water all day- you should be using sunscreen whenever you are going outdoors. Only in the Summer? No....all year 'round. Get in the habit of applying sunscreen every morning.

**2.) Put on a Hat:** Not only are hats cool these days, they also are a great way to show your enthusiasm for your favorite brands, events or destinations. Bucket hats are the best for providing 360 degree coverage. Classic ball caps are good for keeping the sun off your forehead and parts of your upper face depending on time of day. Even though you're wearing a hat, you should still wear sunscreen for total protection.

**3.) Wear Sunglasses:** Sun can damage your eyes in the same way it damages your skin. Be sure to wear sunglasses with UV protectant lenses. Polarized sunglasses also make it easier to see subtle differences in water depth and wind texture, which can give you a competitive advantage in some sports.

**4.) Cover with Clothing:** "It's hot and muggy out, how can I be expected to put more clothing on?!" There have been significant advancements in clothing materials and breathability. The more clothes you wear, the less skin is being exposed to the sun. Clothes have UPF, the way sunscreens have SPF.

**5.) Seek Shade:** This may sound like the most obvious of them all, but many times you find yourself only several feet from shade versus taking more sun. Remember that sidestepping into that shade for only 20 minutes, means 20 minutes less direct sun exposure. It all adds up, so when it's convenient, take the shade, your skin and eyes will thank you!

Block the Blaze has educated nearly 220,000 youth!

For more Resources, visit: [www.PCDevZone.org](http://www.PCDevZone.org)  
For more information on Positive Coaching Alliance, visit: [www.PositiveCoach.org](http://www.PositiveCoach.org)