

Q&A: Sunbeatables™ Program Background

Q. What is The Sunbeatables™ Program?

A. The Sunbeatables™ program, developed by The University of Texas MD Anderson Cancer Center, is an evidence-based program that aims to educate teachers, parents, and children about sun protection and promote sun safety behaviors in an effort to reduce children's lifetime risk of developing skin cancer. The program, currently available in preschools nationwide, includes a Curriculum and Teacher's Guide, Sun Safety Songs Music CD, Teacher Training, Parent Education, Policy Templates and School Posters.

Q. Do you have materials available for older age groups?

A. Yes! Ray and the Sunbeatables™: A Sun Safety Curriculum for K-1 will be available beginning in August 2016. The content for Kindergarten and 1st grade students builds upon the activities from the preschool curriculum and aligns with national and state standards, such as the Texas Education Knowledge and Skills (TEKS) standards. Subject areas include: English Language & Arts, Mathematics, Science, Social Studies, Health Education, Physical Education, Art, Theatre, and Music.

Q. What does the K-1 curriculum include?

A. The K-1 curriculum toolkit will include a Curriculum and Teacher's Guide, Teacher Training, Parent Education, and Classroom/School Posters. Curriculum lessons include a puppet show/dramatic play, science experiments, outdoor activities, art, and more.

Q. Is there training involved?

A. Yes. We recommend that interested sites get the appropriate staff (i.e., school wellness/health coordinators, PE, science, or main classroom teachers, nurses, and/or special instructors). In-person training will take place at interested sites, including in-school and after-school settings.

Q. How much does the K-1 curriculum toolkit cost?

A. We will provide 1 curriculum toolkit per school free of charge. Additional costs may apply for extra toolkits. CATCH offers free webcast training to all sites. At CATCH's discretion, we may also offer free in-person training to larger communities.

Q. Are any of the materials available in Spanish?

A. Yes. The parent materials are available in Spanish.

Q. How is CATCH involved?

A. The CATCH Global Foundation currently disseminates the Sunbeatables™ program to early childhood centers, in-school and after-school locations with plans for expansion to the K-1 target audience.

Q. How can I learn more about the Sunbeatables™ curriculum?

A. For Sunbeatables™ program information, visit: catchinfo.org/sunbeatables or email us at sunbeatables@catchglobalfoundation.org

Skin Cancer and Sun Safety Facts

Q. Why is sun protection important?

A. Ultraviolet (UV) rays can cause sunburn and other skin damage leading to skin cancer. Sunburn during childhood is a major risk factor for melanoma, so it is important for children to develop sun protection habits. It is also important for children's teachers and parents to be protected from the sun, not only to reduce their skin cancer risks, but to model these behaviors for children.

Q. Why should you be concerned about skin cancer?

A. Skin cancer is the most common type of cancer in the United States. An estimated 1 in 5 people will develop skin cancer in their lifetime. Anyone, regardless of skin color, can develop skin cancer, including the most serious type, melanoma.

Facts about melanoma:

- Number of new melanomas diagnosed increases yearly
- One of the most common forms of cancer in older adolescents/young adults
- Number of new melanomas diagnosed in young women has increased sharply in recent years
- One person dies of melanoma every hour

Special note: In Texas schools, it's required in the Texas Essential Knowledge and Skills (TEKS) for schools to comply with and identify the following for students: 1) influencing factors: the student understands that various factors influence personal health. The student is expected to: (a) tell how weather affects individual health such as dressing for warmth, protecting the skin from sun. 2) physical activity and health: the student knows and applies safety practices associated with physical activities. The student is expected to: (a) describe how to protect himself/herself from harmful effects of the sun.