

Kansas State University
Agricultural Experiment Station
and Cooperative Extension Service

Prepared by Deanna Munson,
Extension Textiles Specialist,
Kansas State University.

FRY NOW, PAY LATER

Contract to Protect my Health by Reducing Sun Exposure

Because exposure to sun can cause health problems for me—including basal and squamous cell carcinomas or malignant melanomas, all forms of skin cancer—as well as premature aging of the skin, I agree to do the following:

(Place a check next to the items you agree to do.)

- I will use a lotion of SPF 15 or greater or wear adequate protective clothing any time I will be in the sun a sufficient amount of time to redden my skin.
- I will schedule outdoor activities before 10 a.m. and after 2 p.m. when possible.
- I will not use a tanning bed, booth or lamp.
- I will avoid intentionally tanning my skin to preserve its natural elasticity and to prevent wrinkles, leathery appearance and possibly skin cancer.
- I will know the warning signs of skin cancer.
- I will conduct self-examination for those warning signs at least once a month and seek medical advice immediately if any questionable spots are found.

Contract to Reduce My Child's Sun Exposure

I agree to teach the following life habits to my child:

During the first six months of my child's life:

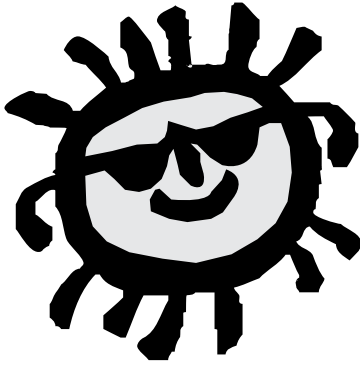
- I will not expose my child to direct sunlight for any extended period of time.

During the preschool years:

- I will provide my children with appropriate clothing and/or lotion for sun protection and will make sure they never go into the sun without adequate protection.
- I will schedule outdoor activities before 10 a.m. and after 2 p.m. when possible.
- I will practice similar protection strategies when I am responsible for friends of my children.
- I will make sure my children's caretakers observe the above guidelines.
- I will examine my children to make sure there are no suspicious spots, and if anything is detected take them to a doctor immediately.

After my children start school:

- I will teach them the early warning signals of skin cancer.
- I will teach them how to do a self-examination and make sure they do one monthly.
- I will teach them the same sun protection rules we practiced when they were younger and see that they take responsibility for those activities.
- I will encourage group outdoor activities to be scheduled before 10 a.m. and after 2 p.m. when possible.
- I will not allow my children to use tanning beds, lamps or booths.



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Contract to Reduce My Child's Sun Exposure

I agree to teach the following life habits to my child:

During the first six months of my child's life:

- I will not expose my child to direct sunlight for any extended period of time.

During the preschool years:

- I will provide my children with appropriate clothing and/or lotion for sun protection and will make sure they never go into the sun without adequate protection.
- I will schedule outdoor activities before 10 a.m. and after 2 p.m. when possible.
- I will practice similar protection strategies when I am responsible for friends of my children.
- I will make sure my children's caretakers observe the above guidelines.
- I will examine my children to make sure there are no suspicious spots, and if anything is detected take them to a doctor immediately.

After my children start school:

- I will teach them the early warning signals of skin cancer.
- I will teach them how to do a self-examination and make sure they do one monthly.
- I will teach them the same sun protection rules we practiced when they were younger and see that they take responsibility for those activities.
- I will encourage group outdoor activities to be scheduled before 10 a.m. and after 2 p.m. when possible.
- I will not allow my children to use tanning beds, lamps or booths.