



SKIN CANCER AWARENESS MONTH

May 2023



With over 5 million cases diagnosed in the United States each year, skin cancer is America’s most common cancer. More people are diagnosed with skin cancer each year in the U.S. than all other cancers combined. Fortunately, skin cancer is also one of the most preventable forms of cancer. About 90 percent of nonmelanoma skin cancers and 85 percent of melanoma cases are associated with exposure to ultraviolet radiation from the sun. By sharing facts about the dangers of unprotected exposure and encouraging people to check their skin for warning signs, we CAN and WILL save lives.

May is Skin Cancer Awareness Month. Please use the following resources to promote sun safety and skin cancer awareness in your community. We have included NEW social media posts, a North Dakota melanoma survivor story, a patient/public education news article, and interactive tools to engage and educate your audience.

SOCIAL MEDIA MESSAGING (Click each image to download)

Melanoma Monday | May 1, 2023

Don't Fry Friday | May 26, 2023



In the fall of 2022, Nate Bender noticed a mole on his lower leg starting to look like a paint splatter and change. Read Nate’s story...

<https://www.ndcancercoalition.org/melanoma-survivor-nate-bender-encourages-others-to-take-precautions-to-prevent-skin-cancer/>



We’re all ready for the first big weekend of summer in North Dakota. On “Don’t Fry Day” (05/26) and all summer long save the *sizzle for the grill* and *slop on some sunscreen!* Learn more...

https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

The following social media posts may be used as weekly posts or as you choose:



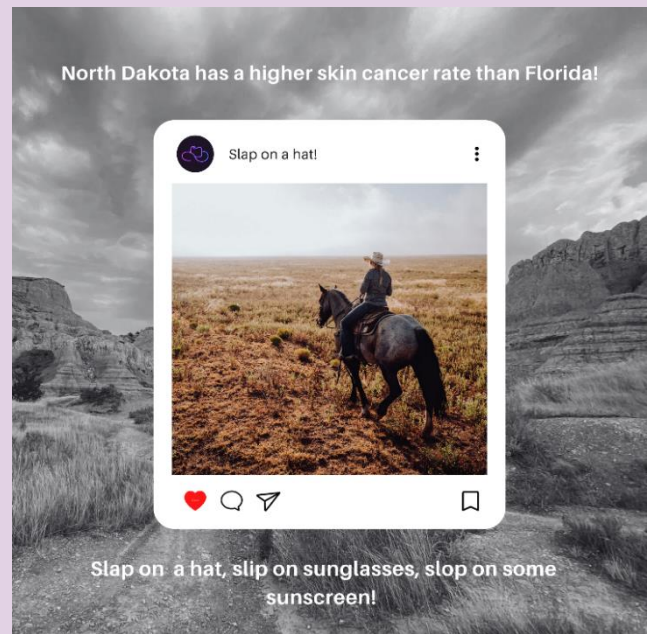
It's never too early to talk to your kids about sun safety. If you need some tips, click the link: <https://t.ly/SunSafetyForKids>. You might learn something new too!



Children love spending time outdoors, but their young skin can burn more easily. Parents and caregivers should protect children from excess sun exposure and follow steps to help them be safe in the sun. Learn more. <https://www.ndcancercoalition.org/wp-content/uploads/2023/04/children-and-skin-cancer.pdf>



Know the facts about indoor and outdoor tanning and learn how to be sun safe. Your skin will thank you! Learn more. <https://www.skincancer.org/risk-factors/tanning/>



Overexposure to ultraviolet (UV) radiation from the sun can result in a painful sunburn or even more serious health problems. Stay safe out there, North Dakota. Learn more. <https://www.cdc.gov/nceh/features/uv-radiation-safety/index.html>

COMMUNITY EDUCATION NEWS ARTICLE

May is Skin Cancer Awareness Month | Learn How to Protect Your Skin

A ready-to-publish community education news article is available for use in newspapers, blogs, newsletters, and other outlets to educate the general public about sun safety and skin cancer prevention.

<https://www.ndcancercoalition.org/may-is-skin-cancer-awareness-month-learn-how-to-protect-your-skin/>

INTERACTIVE/EDUCATIONAL ACTIVITIES

Save Our Skin (SOS) Sun Safety Bingo

This printable game is available for download. Follow the link below to access the leader instructions, participant instructions and bingo cards.

<https://www.ndcancercoalition.org/resources/save-our-skin-sos-bingo/>

On the Move to Better Health Sun Safety | Module for Grades 3 through 5

This module for Grades 3-5 teaches students the importance of sun safety and includes key points, sun safety pledge, activities and a letter to parents.

<https://www.ndcancercoalition.org/resources/on-the-move-to-better-health-sun-safety-module-for-grades-3-through-5/>

Sun Safety Spinner Game

This interactive game quizzes participants on sun safety and skin cancer prevention. Contact NDSU Extension offices in the following counties to locate a spinner board and question cards:

Barnes, Bottineau, Burleigh, Cass, Cavalier, Dickey, Dunn, Emmons, Foster, Grand Forks, Grant, Kidder, LaMoure, Logan, McKenzie, McLean, Pembina, Ramsey, Ransom, Rolette, Sargent, and Stutsman.

Find the NDSU Extension Office near you: <https://www.ndsu.edu/agriculture/extension/county-extension-offices>.

Sun Safety Educational Toolkit for Kids (Grades 3-5)

This educational tool kit provides a sun safety video featuring Parker the Penguin. Other toolkit items include an educational PowerPoint for grades 3-5, a parent handout and coloring pages.

<https://www.ndcancercoalition.org/priority-topics/skin-cancer/>

Social Media Suggestion: Post “Parker the Penguin Sun Safety” video

<https://www.youtube.com/watch?v=VT3Kg1Eq5TY>