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**4**

MOST COMMONLY  
FOUND PHOTOTYPES

IN EUROPE  
AND THEIR REACTION  
TO SUN EXPOSURE:



1

- ✎ Skin type: very fair, pale
- ✎ Sunburn: always
- ✎ Tanning: sometimes



2

- ✎ Skin type: fair
- ✎ Sunburn: always
- ✎ Tanning: sometimes



3

- ✎ Skin type: intermediate
- ✎ Sunburn: sometimes
- ✎ Tanning: always



4

- ✎ Skin type: mate
- ✎ Sunburn: rare
- ✎ Tanning: always

Children's skin needs maximum protection,  
regardless of phototype.  
(See paragraph below entitled, "Easy as ABC! ")



EUROPEAN SKIN CANCER FOUNDATION

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THE CERTIFICATION OF KINDERGARTENS



FOR THEIR EFFECTIVE EFFORTS IN SUN PROTECTION



**SunPass**  
Healthy Sun Fun for Kids

Effective sun protection for children  
from a very early age prevents  
skin cancer.

## CONTEXT

In some countries such as Germany, the number of people diagnosed with skin cancer increases every year by 7 to 10%, with 220,000 new cases recorded for 2010 alone. The sun's invisible rays, UV rays, are the main risk factor of skin cancer. Statistics hint that we have to change our attitude towards the sun. It's not a matter of avoiding it completely, but at least respecting some basic rules to greatly reduce the risk of cancer.

## THE SUN AND SKIN

Sun is essential for a number of reasons: physical wellbeing, vitamin D production, and metabolic stimulation. Fifteen minutes (15) of sun a day is enough to get all of this!

On the other hand, excessive sun exposure will only increase both the risk of sunburn and potential skin cancer. There are two types of UV rays: short-wave UVB waves that only penetrate the upper skin layers and UVA rays that affect the deeper skin layers and accelerate skin aging. Both types of rays can promote long-term skin cancer by modifying the genetic set up found in skin cells.

Each person has their own individual "sun resistance capital", which decreases with time, starting from childhood. It can however be restored at any time. Protection from the sun from early childhood will guarantee a healthy sun resistance capital.

## PROJECTS FOR THE CERTIFICATION OF KINDERGARTENS

Sun protection is all the more important for children. Their skin is very fine and has yet to develop the natural mechanism to protect itself against UV radiation. Every sunburn episode that occurs during childhood increases the risk of developing cancer during adulthood. For this reason children must be kept away from intense sun exposure from a very young age. Kindergartens that comply fully with the sun protection agreement will receive the certification of "a kindergarten fully committed to sun protection." Furthermore, educators will receive training on the effects of the sun and the appropriate protection steps. Kindergartens will commit to regularly checking the effectiveness of these measures and revising their sun protection agreement where needed.

## EASY AS ABC!

The following steps and tips from our sun protection agreement can be applied at home and while on holiday:



Avoid sun exposure during peak UV hours (between 11 am and 4 pm).

Plan outdoor activities in the morning and in the late afternoon.



Stay in the shade during intense sunshine.

Clouds only retain 20% of UV rays. Drink a lot.



Protect your skin using adapted clothing.

(Shoulders, elbows and knees must be covered) and don't forget to protect the head too!



Protect exposed areas with sun protection.

Apply generously.



Apply sun protection long before exposure (i.e. 20 minutes).

Use High SPF protection (at least SPF 30), preferably with no allergens and a dispenser cap.

Babies and very young children must be kept out of direct sunlight.

