

Vermont Youth Sun Safety Habits



**Did you
know?
Just one**

**blistering sunburn during
childhood or adolescence
can double your risk for
developing melanoma.**

How many students get sunburns?



62%

**of middle school
students**



72%

**of high school
students**

Report at least **one sunburn** in the past year.

How many students use sunscreen?



42%

**of middle school
students**



32%

**of high school
students**

Report **using sunscreen** when outside
for more than an hour.

**Scan or click the QR
code to find free
sunscreen near you.**



Sun Safety Tips

- **Avoid peak hours (10 a.m. - 4 p.m.) and seek shade.**
- **Cover up with sleeves, wide-brim hats and UVA/UVB sunglasses.**
- **Use SPF 30+ broad-spectrum sunscreen and reapply every two hours.**