



MONTHLY BUILDING BLOCKS

JUNE 2021

FOCUS:
Social media
Sunscreen

ANNOUNCEMENTS

- Covid testing for patients and their legal guardians are available

STAYING CONNECTED SAFELY

- **Social Media Types**
 - Instagram, Facebook, Tik Tok, Snapchat, You Tube
- **Social Media Supervision**
 - Parents responsibility is to show how to use social media safely
 - It will help navigate their behaviors with supervision
 - As they get older and show more maturity, they can have less supervision
- **The risks of no social media**
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- It depends on the child but here are some things to keep in mind
 - Friends with accounts
 - They will see friends accounts
 - Hidden accounts
 - Use of other emails, birthday
 - Social isolation from peers
 - Learning a new skill is a process in social media
 - You can't just hand over the keys
- Self image, cyberbullying, Child predators, sedentary lifestyle and obesity, exposure to inappropriate content, sleep interference, location tracking

GET YOUR SUNSCREEN ON

- Sun safety

- protective clothing, sunglasses, shade and timing
- Sunscreen ingredients matter
- High-SPF claims are misleading. A label higher than SPF 50 can tempt people to stay in the sun too long.
- check their skin regularly for new moles that are tender or growing abnormally
- Sunscreen
 - Chemical sunscreens work like a sponge, absorbing the sun's rays. They contain one or more of the following active ingredients: oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate.
 - Oxybenzone has data gaps and there are concerns about its absorption into the skin.
 - Physical sunscreens, also known as mineral sunscreens, act like a shield. They sit on the surface of the skin, deflecting the sun's rays. These are products that contain zinc oxide and/or

titanium dioxide which are safe and effective

- The latest concerns about the ingredient Benzene were found in several sunscreens as a contaminant. It is not an ingredient.
 - benzene adds zero value and doesn't belong in any skin cream, lotion, gel, or spray

*Source -

American Academy of Pediatrics
American Academy of Dermatology

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