


# BE THE STUDENT WHO SAVES LIVES

- **You can help save lives just by talking to the person cutting your hair:**
  - When you are getting a haircut, you mostly just sit there a bit bored
  - As a high schooler, when you have an agenda, you can TALK!
  - Use that time to fix a social problem only you and your hairstylist can help to solve
- **The community problem you can fix by just talking:**
  - When was the last time you examined closely with your own eyes the scalp all around the top and back of your head? It's rather difficult, isn't it?
  - It's impossible! Same goes for the back of your neck - impossible!
  - But those are some of the parts of our body at the greatest risk for skin cancer
  - New Mexico gets more sunny days than almost any other state. We spend a lot of time outside without tree cover. This is a big deal
  - Early detection is key... It can save lives! But we cannot do it for ourselves. And most people do not get a doctor to examine their skin
  - There is in fact only one person in our lives in a position to do some of this life-saving observation regularly: the person cutting our hair!
  - And who can talk to them about how to do it? The bored but secretly talkative teenager sitting in that chair with a captive audience: you!
- **We make it so simple... we give you everything you and your hairstylist need:**
  - Script for you to talk to your hairstylist while the scissors are doing their thing
  - Index cards for hairstylists: all they need to know and say is there!
  - Pin and sticker for hairstylists: their way to display that they are helping
  - Cards with local dermatology resources for stylist to hand to customers
- **Aren't there already programs that do this?**
  - In practice, no. There are training programs, but no New Mexico participants
  - Why? Because hairstylists are busy working all the time
  - We students can be the solution... by using 10 minutes of our time just sitting there
- **Am I just going to annoy my hairstylist?**
  - No! Because you are going to give them a way to get bigger tips
  - Checking people's skin makes them go "wow, thanks, I should tip extra generously!"
  - The colorful pin and mirror sticker you provide announce the extra service
  - You are explaining how to be a hero who saves lives while making extra money

- **Doing this helps YOU in many other ways**
  - Weirded out at presenting an idea to people you don't know well? Guess what? You have to learn to do it for college, jobs, and adult life... this is a great way to get comfortable with it and practice
  - Do you want to build your portfolio of impressive activities for colleges? How about a personal project that shows initiative, makes a real difference, and helps to save lives in your community?... Well, this is it! And it costs you nothing other than talking while you are getting a haircut!
  - Want to get an impressive leadership role? Do it! You have all the scripts and materials on the website www.sunnyhelpers.org... Go ahead and just use them to get others talking to their hairstylists here or wherever you have cousins or friends. You have then built your own Sunny Helpers organization
- **So what do you do now?**
  - Read your script two or three times to make sure you remember the basics
  - Next time you go get a haircut, bring the materials for your hairstylist
  - When you are bored and have nothing to talk about... just launch on your script!
  - Give them their pin, their mirror sticker (they have to remove the protective paper on the back before it sticks magnetically to their mirror), their index cards, and their dermatologist resource cards to hand out to customers... You are done!
  - Tell others about www.sunnyhelpers.org to spread your impact
  - Check in with them next time to see if they need more resource cards to hand out
  - Congratulations, you have helped to save lives