

SunSmart leadership activities.

SunSmart leadership activities are designed to assist school staff to involve students in taking an active role in creating a SunSmart hat wearing culture at the school. The activities can be implemented with the Student Representative Council (SRC) or senior students.

	Description	Available Activity
Motivate	Motivate your SRC to take a lead role in implementing SunSmart hat wearing through education. Run the educate your SRC activity with the students and answer any questions they may have about the ultraviolet (UV) radiation, sun protection and skin cancer.	Activity 1: Educate your SRC
Get buy in	Get student buy in. Share the SunSmart hat wearing plan for your school and inspire your SRC to get involved. Show them the resources your school is going to use and encourage them to identify any potential barriers and enablers they see with the plan. They may have a different perspective to the teaching staff.	
Plan	<p>Let your SRC know what activities and tools are available to help them lead the implementation of hat wearing and role model to their peers. A few ideas are noted below:</p> <ul style="list-style-type: none"> • Student survey – to assess level of knowledge of skin cancer prevention and sun protection behaviours, including students’ attitudes to them (results could be used in presentation back to students or through other school communication channels) • School Presentation – develop a presentation for a school assembly to inform the school community about skin cancer prevention and sun protection. Ensure that they include information relevant to the audience (including age and knowledge base). • Run a poster design competition – help SRC run a poster design competition across the whole school • Choosing a SunSmart hat – support your SRC to get options from uniform providers and lead a process for the school to vote for new hat. 	<p>Activity 2: Student survey</p> <p>Activity 3: Poster design competition</p> <p>Activity 4: Choosing a SunSmart hat</p>

NOTE: See next page for activities

Activities

1. Educate your SRC

Purpose: This activity is designed to teach students how to be SunSmart

Task: Start with all students standing. This game will allow the students to decide whether a statement that you read about sun protection is true or false. If the statement is true, ask the children to put their hands on their heads and if the statement is false, ask the students to put their hands on their knees. If they get the answer correct, they continue to stand for the next statement. If the answer is wrong, ask them to sit down.

Read out the statements below:

- Australia has one of the highest rates of skin cancer in the world **(True)**
- Skin cancer can be prevented by protecting your skin from the sun's ultraviolet (UV) radiation **(True)**
- A cap protects your ears, neck and cheeks from the sun **(False)** *Caps leave your ears, neck and cheeks exposed to the sun*
- A broad-brimmed hat protects your ears, neck and cheeks from the sun **(True)**
- A singlet top is better for playing outside than a t-shirt **(False)** *A t-shirt covers your shoulders and arms from the sun, providing better sun protection*
- Sunglasses that fit your face well protect your eyes from the sun **(True)**
- Sunscreen should be applied 20 minutes before going outside **(True)**
- Sunscreen should only be reapplied every 4 hours **(False)** *Sunscreen should be re-applied every 2 hours, or sooner if towel drying or sweating*
- Sunscreen lasts forever **(False)** *Sunscreen does expire, so check the expiry date on your sunscreen*
- Sunscreen is safe to use every day **(True)**
- Trees provide shade that's protects us from UV **(True)**
- If you're in the shade, UV can't reach you **(False)** *UV can bounce off reflective surfaces like water, sand and snow. It's good to protect yourself with other forms of sun protection even if you're in the shade.*
- You need to use sun protection whenever the UV is 3 or above **(True)**
- You can check the UV and sun protection times every day on weather Apps **(True)**
- UV radiation is the same as heat **(False)** *Infrared (not ultraviolet) light creates heat*
- I can feel UV **(False)** *We cannot see or feel UV*
- UV radiation can pass through clouds **(True)**
- To best protect our skin, we should wear clothing that covers your shoulders, arms and legs, wear SPF30 or higher sunscreen, wear a broad-brimmed hat, wear sunglasses and seek shade **(True)**

You could use this game to identify your SunSmart champion/s for the group.

2. Student Survey

Purpose: Survey the knowledge and attitudes of their fellow students towards sun protection and SunSmart behaviour

Task: Create and conduct a survey to gain insights into the perspectives of other student's towards skin cancer and SunSmart hat wearing:

1. Develop the survey including questions about sun protection that are relevant to your school. This could include questions like:
 - Whether they know how they can protect themselves from skin cancer
 - How important sun protection is to them and why it is/isn't important?
 - Do they wear a SunSmart hat on the weekend?
 - Do they use all 5 forms of sun protection?
 - Do they actively try to get a tan?
2. Conduct the survey with school students. Ensure the students think about how they want to conduct their research for example visiting classrooms or during lunch breaks
3. Collate the results from the survey
4. Develop a presentation (or other communication) to inform the school community of your results and any action that will be taken to combat any of the perceptions found from school students

3. Poster design competition

Purpose: Help develop student ownership and a whole school approach to sun protection

Task: Run a poster competition between the stages at the school:

1. Set any parameters about what you want to see in the poster and a due date for designs
2. Inform the school of your competition
3. Pick three teachers or parents to be the judges to select the winning poster (you may choose one per stage)
4. Put copies of the winning poster around the school.

4. Choosing a SunSmart hat

Purpose: Gain input and buy in from students in selecting a new SunSmart hat

Task: Choose the new SunSmart hat for the school:

1. Show students a video with different hat styles: https://www.youtube.com/watch?v=ilarX_6x1Bw
2. Ask the students to create a survey to see which style of SunSmart hat is the most popular with students and parents.
3. Choose the colour of the hat
4. Determine logo size and position
5. Think about any other features you may like the school hat to include. This could be functional features including crown fastening (so the hat doesn't fly off the children's heads), breathability or labels for student's name.