

2 IN 3 AUSTRALIANS will be diagnosed with skin cancer by the age of 70



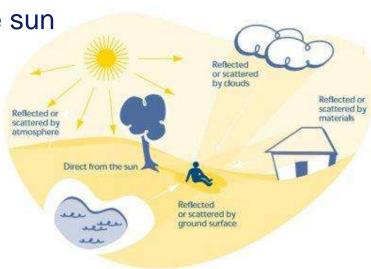


What is UV?

Ultraviolet (UV) radiation:

A form of energy emitted from the sun

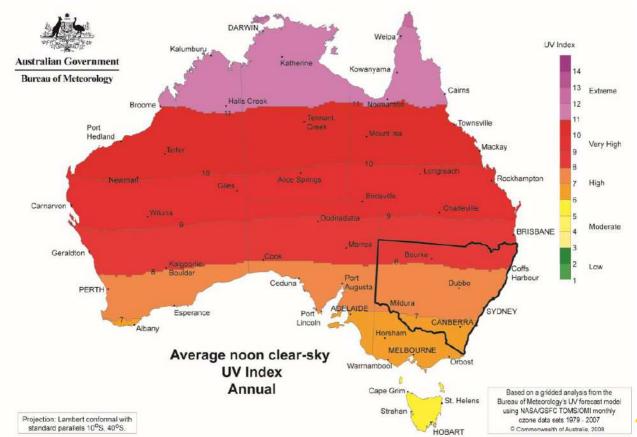
- Cannot be seen or felt
- Affected by many factors such as:
 - time of day
 - time of year
 - cloud cover
 - altitude and reflection
 - amount of shade
 - but NOT temperature



Source: Cancer Council Victoria. Shade for everyone: A practical guide for shade development, 2004.



UV in Australia.







UV Index

EXTREME
Extra protection.
Avoid being outside during midday hours. Seek shade. Shirt, sunscreen and hat are a must.

8-10 VERY HIGH
Extra protection.
Avaid being outside during midden

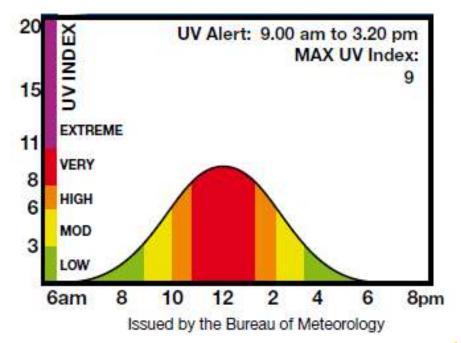
6-7

HIGH
Protection required.
Seek shade during midday hours.
Slip on a shirt, slop on sunscreen
and slap on a hat.

3-5

MODERATE
Protection required.
Seek shade during midday hours.
Slip on a shirt, slop on sunscreen and slap on a hat.

1–2 LOW
No protection required,
Most people can safely
stay outside.







95% of skin cancers are preventable.





Why schools are a priority setting.

- Reducing exposure to UV during the first 15 years of life greatly decreases the risk of skin cancer developing in later life
- Children attend school during peak UV hours
- Schools can influence children's sun protection behaviours through education and role modelling







When the UV is 3 or above...







SunSmart App.













What is a SunSmart hat?

Broad-brimmed hats



Bucket hat



Legionnaire-style hat





Warning: Baseball caps expose the cheeks, ears and back of the neck to harmful UV radiation





How to get kids to wear SunSmart hats:

Three ways successful SunSmart schools protect students

1. Motivation



Encourage students to wear a SunSmart hat by:

Education:

- Using curriculum resources to teach sun safety
- Informing the school community about sun safety

Incentives:

Offering rewards

2. Access



Provide students with easy access to a SunSmart hats by:

Policy:

- Selling only SunSmart hats at the uniform shop
- Allowing only SunSmart hats to be worn

Practice:

 Having spare or low cost hats available for students

3. Triggers



Remind students to wear SunSmart hats by:

Visual cues:

Displaying posters

Reminders:

- Using morning packing checklist
- Attaching reminder tags to bag

Role modelling:

 Ensuring staff consistently role model SunSmart behaviours





Our Plan.





Motivation Resources:





Access Resources:



Updating school uniform requirements to support SunSmart hat use.

This guide aims to help schools that currently allow students to wear baseball caps to ramove them from the school andranment and implement 100% sun Smart hat wearing. To achieve this, changes may need to be made to both school 'polity' and 'practice'.

Policy

- . Amending the school's uniform requirements to remove baseball caps from the uniform
- . Ensuring the uniform shop sells and communicates the rules regarding SunSmart hats to the school community.

Proctice |

. Creating and consistently applying rules regarding SunSmart hat wearing with students.

Why SunSmort hats?

Skin cancer is the most common concer in Australia. Two in three people who grow up in Australia will be diagnosed with skin cancer in their lifetime. Overexposure to altractions (I/V) redication causes at least 95% of all skin cancers. This means that when you protect your skin, you reduce your fisk.

SunSmort hots, such as broad-brimmed, bucket and legionnaire style hots, protect the face, head, back of neck and work, and can reduce the amount of UV reaching the upen by 50% is Casaboll caps are not Sunfamurt as they leave parts of the face, neck and ears unprotected from the sun's harmful UV.

All three education sections encourage schools to provide a soft and supportion environment for all students. Sumforest hast, as part of a school uniform policy, promotest the health and wellbeing of students and maintenance come or balanging and pride, helping to eliminate any tisk of peer pressure that could exist if non-SunSmort hata raw allowed.

Policy

Amending the school's uniform requirements to remove baseball caps from the uniform

If your school's uniform includes a baseball cap or allows the wearing of generic baseball caps, an essential step in working towards 100% Sunfmart hat wearing is to remove baseball caps from the uniform policy and ensure that only Sunfmart hat one available for students to wear.

When updating the school uniform, Censor Council NSW recommends that schools formally consult with studients, becomes and other staff to power/scorers and the school commands; including the Power's and Officers', Association, How the consultation is conducted will depend on many factors including the etyle of your school's leadership and the through office remnantly are on many factors including the etyle of your school's leadership and the through office community are on your school's leadership and the through office community are on the school is a to be.

Educating the community about UV protection and skin concer prevention should help increase their matrixation for the uniform change you would skin to make. Use the recoverse variable via the Sun Smart Hat-Wearing Tao

Some schools may be able to implement changes more quickly if there is buy-in and agreement from the community. Amounte the decision early in the school year preceding the change to the school uniform requirements to provide students, porents and the uniform hope sufficient time to prepare.









Overcoming barriers to achieving 100% SunSmart hat wearing.

This document covers solutions to overcoming common barriers to achieving 100% SunSmart hat wearing in primary schools.

Wearing a SunSmart hat is one of the easiest and most effective forms of sun protection in the school environment, and therefore is key when it comes to protecting children—and a realizer.

Having all students wearing the same SunSmart hat reinforces a sense a belonging and pride, halping to eliminate any risk of peer prossure that could exist if non-SunSmart hat wearing is allowed.



Attitudes and beliefs towards SunSmart hat wearing

Common attitudes or beliefs held by students or teachers in your school that may lead to non-SunSmart hat wearing behaviour include:

- The perception that a SunSmart hat is not "cool" or fashionable.
- The SunSmart hat doesn't look how they want or feels uncomfortable.
- Low awareness and knowledge of best practice sun protection and its importance.

Solutions

- . Ensure the school has clear and consistent rules about SunSmart hat wearing.
- Set an expectation that students in all grades are required to wear SunSmart hats whillst they are at school.
- Encourage staff to promote the school rules about SunSmart hat wearing. Use the visual cues such as
 the No hat, play in the shade poster to support staff with SunSmart messaging.
- Motivate shalf and visitors to role model SunSmart behaviours. Use the Importance of being a SunSmart teacher presentation or provide hots for teachers to wear an duty. Display the We are proudly SunSmart poster to remind without path to a cafety is everyona's responsibility.
- Educate students in the classroom about UV radiation and skin concer by using the Science and Technology and PDHPE classroom activities and Quick SunSmart Activities.











Trigger Posters:



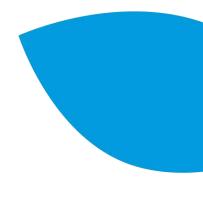


















For more information, contact SunSmart Email: sunsmartschools@nswcc.org.au Phone: (02) 9334 1761





Additional slides





SunSmart Policy

1. Environment

- Scheduling outdoor activities outside of peak UV
- Using shade

2. Behaviour

- Wearing SunSmart clothing and hats
- ☐ Using at least SPF30 broad-spectrum water resistant sunscreen
- □ Role modelling by staff
- Sunglasses

3. Information

- ☐ Teaching sun protection
- Providing information to the school community
- Reviewing your school's sun protection policy



Tips for scheduling outdoor activities

Schedule activities for earlier in the morning or later in the afternoon outside of peak UV times

 Schedule the longer lunch break earlier in the morning and shorter recess break later in the afternoon





Tips for scheduling outdoor activities

Consider shaded and indoor venues

 Check the UV forecast for the day and be prepared with:

SunSmart clothing and hats

 Adequate shade, including temporary shade

Sunscreen



Ensure staff and volunteers act as role models

Applying sunscreen.

