

Sun Safe **Student Toolkit.**

**Engage,
Educate,
Empower**

Empowering students to
champion for sun safe schools



*Aboriginal Respect Symbol. Designed by
Marcus Lee Design for Cancer Council NSW.*



**Cancer
Council**

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Cancer Council acknowledges Traditional Custodians of Country throughout NSW and recognises the continuing connection to lands, waters and communities. We pay our respect to Aboriginal and Torres Strait Islander peoples, cultures and to Elders past, present and emerging.

”



Aboriginal Headdress Symbol. Designed by
Marion Lee Design for Cancer Council NSW



Cancer
Council

SUN SAFE STUDENT TOOLKIT.

WHO IS CANCER COUNCIL?

Cancer Council is standing by everyone living with cancer, protecting life's moments, for life. This is only possible thanks to the incredible generosity of our volunteers, supporters and employees. Together, we work across every area of cancer, supporting communities where and when it's most needed. With the help of our supporters, we are leading the way to a cancer free future.

WHAT DO WE KNOW ABOUT SKIN CANCER IN AUSTRALIA?



Australia has the **highest rate** of skin cancer in the world



Every **30 minutes** someone is diagnosed with melanoma



Melanoma is the **most common** cancer in 15 – 24 year olds



Childhood and adolescence are **critical periods** during which over exposure to UV radiation is more likely to contribute to skin cancer later in life.



WHO IS THIS TOOLKIT FOR?

This toolkit is for students wanting to drive better sun safe practices at their school. It is designed to help those students implement a Sun Safe Initiative and choose one thing to **engage, educate, and empower** the school community to make impactful and lasting changes to sun safe practices. This toolkit and supporting resources provide students with the opportunity to further develop their own personal and social capabilities and build on their skills as learners now and into the future.



HOW TO USE THIS TOOLKIT

Students use this toolkit to build knowledge and understanding around why sun safety is important and how students are in a unique position to help promote positive sun safe practices. Cancer Council have provided key information around choosing and implementing the right Sun Safe Initiative, and key drivers for a successful and sustainable initiative.

YOU AND YOUR SCHOOL.

THE ROLE OF SECONDARY SCHOOLS

Secondary schools are in a unique position to increase awareness of sun protection across their school community and establish best-practice sun protection among young people.

Secondary schools can play a leading role in sun protection for students by:

- Building on the positive sun protection behaviours and attitudes learnt through earlier education
- Protecting students when the UV level reaches 3 or above
- Influencing sun protection attitudes and behaviours through education and role modelling.

What can you do to help your peers?

You can help your peers by choosing one thing. One Sun Safe Initiative can make a huge difference in sun protection awareness and action in your school community.

Research has shown that adolescents are more likely to adopt healthy behaviours if their peers do. Peers have a powerful influence on each other and your influence and actions can make a real and lasting difference!

BUILDING YOUR CAPABILITIES

By taking action, you can make a positive impact on your and your community's health and wellbeing. Taking on a Sun Safe Initiative means you are building essential skills that develop your personal and social capabilities as well.

WIN, WIN!



**Personal
Development**



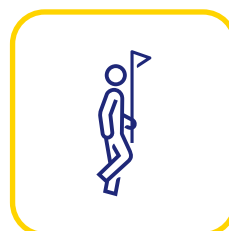
**Team
Building**



**Positive Community
Impact**



**Skills for
the Future**



Leadership



Critical Thinking

YOU AND YOUR SCHOOL.

YOU AND YOUR SUN SAFE CHAMPION JOURNEY

What does it mean to be a champion for change?

Being a champion for change means taking on the responsibility of driving a positive transformation. On this sun safe journey, you will play a vital role in raising awareness and promoting healthy sun safe practices. Follow the steps outlined to begin your sun safe journey.



1

Understand why sun safety is relevant to you and your school community and how you can make a difference.



2

Follow this toolkit to choose the one thing your school can do that will have the greatest chance of success.



3

Follow the Initiative Guides to implement your one thing and **engage, educate** and **empower** your community to make lasting change.

You are a leader championing a positive change in your community that will have a lasting impact!

Let's reflect!

Sometimes deciding can be the hardest part! Reflecting on you and the school's capabilities will assist in making an informed decision and help you find an initiative that is set up for success. Reflecting also helps to identify and define the intention and objective that will drive this initiative. Complete the reflection activities below to identify key information about you and your school and then link that information to key attributes of the Sun Safe Initiatives.



TIP:

The information gathered below can be used in different ways. You can identify skills and capabilities to develop and select an initiative accordingly, rather than solely focusing on your strengths. Additionally, you may identify existing sun safe practices in the school and aim to enhance them for maximum impact and success, instead of addressing areas that need attention.

REFLECTING ON MY SKILLS, INTERESTS, AND CAPABILITIES:



Understanding you and your team:

It's important to reflect on you and your team's skills, interests and capabilities so you can set your intentions and goals and be the best champion you can be.

Skills, interests, personal goals and capabilities	Y	N
I like organising events like fundraising and social events		
I like media including social media		
I am interested in the environment		
I am interested in health and wellbeing		
I am creative and like design and creating content		
I have solid skills in literacy - I am good at communication, writing and expression		
I am interested in technology		
I want to improve my communication skills		
I like developing projects and I have good organisational skills		
I like educating people about causes I believe in		
I like thinking critically and problem solving		
I like analysing and collecting data		



TIP:

The **Sun Safe Initiatives at a Glance** section on page 6 highlights key skills and interests. From the information gathered above identify those Sun Safe Initiatives that capitalise on your strengths, and those initiatives that will develop the skills and capabilities you want to improve. Once you know more about you and your team, then reflect on your school. Use the activity on the next page to identify key information about your school.

REFLECTING ON SUN SAFE PRACTICES AT SCHOOL:

Understanding your school environment

When making decisions it's important to know what environment you're working in. This reflective activity helps you to identify current practices at the school that you may want to improve on or areas where there are little to no sun safe practices.

Sun Safe Activities at Your School		Yes	No	Not sure
<p>Supporting sun safe environments</p> <p><i>For example, having shade available or sun safe guidelines for outdoor activities.</i></p>	<ul style="list-style-type: none"> Does our school have lots of shade available? Does our school regularly communicate to the community about seeking shade at certain times including at outdoor events? Does our school need to improve the school environment to incorporate more shade at school and at events and outdoor activities? Does our school encourage students to seek shade during recess and lunch? Do students regularly seek the shade that is available? 			
<p>Supporting learning about sun safety</p> <p><i>For example, is it in the curriculum or do we read about it in the newsletter and on the school's Facebook page?</i></p>	<ul style="list-style-type: none"> Does our school teach students about sun safety in different subjects like PDHPE or Science? Does our school post sun safe suggestions on their Facebook page or through other channels like the school newsletter, daily bulletin or promotional posters across the school? 			
<p>Supporting sun safe behaviours</p> <p><i>For example, wearing hats or using sunscreen.</i></p>	<ul style="list-style-type: none"> Does our school have sunscreen available to put on during outdoor activities? Do students wear sunscreen regularly as part of their daily routine? Do we have to wear sun protective clothing during outdoor activities like at athletics carnivals? Does our school promote slip, slop, slap, seek and slide? 			



TIP:

Use the information gathered above to strategise. You may have identified that the school has lots of shade but doesn't regularly encourage students to seek shade during peak sun hours, OR, you may have identified that the school has sunscreen available but the school doesn't promote wearing it. On page 6, look at the 'Category' of the Sun Safe Initiative - **Environmental**, **Curricula**, **Behavioural** - and identify what Sun Safe Initiatives can help strengthen current practices at the school or fill the gaps in sun safe practices.

SUN SAFE INITIATIVES AT A GLANCE.



Seek Shade ENVIRONMENTAL

Encourage staff and students to think about the protective measure of seeking shade during peak sun hours.

Skills and interests:

- Project development
- Critical thinking
- Analytical thinking
- Creativity and design



SunSmart App CURRICULA

Build awareness of ultraviolet (UV) radiation in your school community. Propose the adoption of the **SunSmart** App and **SunSmart** Widget across the school and make informed sun safe choices on a daily basis.

Skills and interests:

- Technology
- Communication
- Critical thinking
- Creativity



Comms Campaign CURRICULA

Encourage staff and students to consider the harmful effects of UV and why it's crucial that adolescents in particular take protective measures in sun safety.

Skills and interests:

- Marketing
- Social Media
- Communication
- Creativity and design



Sunscreen Station BEHAVIOURAL

Encourage staff and students to think about the protective measure of applying sunscreen before heading outdoors.

Skills and interests:

- Fundraising
- Communication
- Analytical thinking
- Creativity and design



Sun Safe Mufti Day BEHAVIOURAL

Build awareness of sun safe clothing and celebrate the efforts of the school community in demonstrating sun safe protective practices.

Skills and interests:

- Event management
- Creativity
- Design
- Communication



TIP:

See the [Cancer Council's webpage](#) for the Sun Safe Initiative Guides, and dive deeper into the activities, resources, and outcomes of each initiative.

CREATING COMMUNITIES THAT CARE.

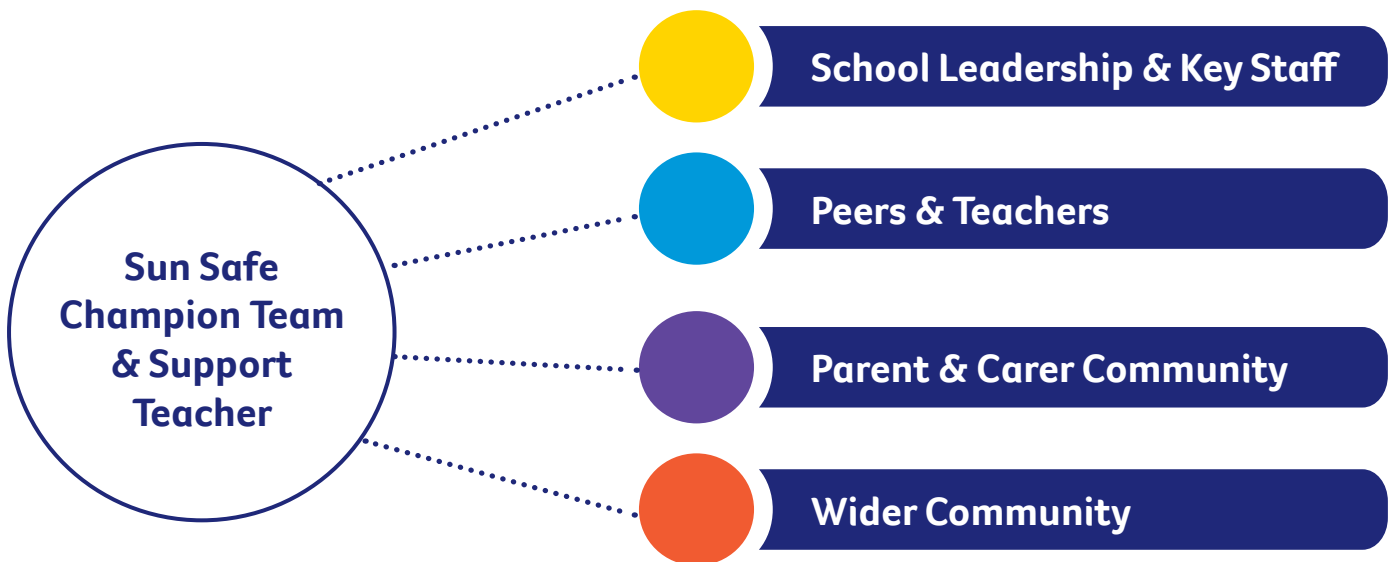
Champions, you have a collaborative ecosystem where you can seek guidance and support. Connect with your community, find people and resources that can help drive your Sun Safe Initiative and set you up for success.

There will be key staff that can help with resources and understanding school policies and guidelines to ensure your initiative links with existing school practices.

Your peer community can help you build your team or you may even join forces with an existing student council or group.

Your parent and carer community is there for support and resources and are often a great source for fundraising.

Lastly, the wider community will often provide aid or sponsorship to help your initiative along. Don't be afraid to reach out!



LEADERSHIP BUY-IN

Once you've considered the Sun Safe Initiatives that align to you and your school, you'll need to seek approval from school leadership. It is important to get school leadership buy-in so you have the support and resources needed for a successful initiative.

Key factors for leadership buy-in:

- This initiative is aligned to curriculum and key educational frameworks and policies.
- This initiative helps foster the health and wellbeing of the whole school community.
- This initiative is designed to have a positive impact on the school.
- Highlight the alarming statistics around adolescent risks of skin cancer.
- Highlight how secondary schools are in a unique position to make a real and lasting difference.
- Use the [Pitch Plan](#) example in the [Initiative Guide](#) for more guidance on school leadership buy-in.

BRINGING OTHERS ALONG FOR THE JOURNEY.

Your peers are also a great source of support! Here are some ideas of how you can grow your team and bring your peers along for the journey:



REWARDS AND INCENTIVES

- Allocate points to students for participation.
- Run friendly competitions and challenges.
- Collaborate with local businesses to sponsor rewards.



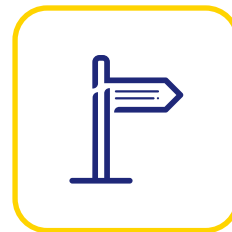
BE INCLUSIVE

- Build a team.
- Be open to including a diverse group.
- Consult with others.
- Embrace new ideas.



CELEBRATE THE WINS

- Provide recognition and validation for hard work.
- Boost motivation and self-esteem.
 - Inspire others to join in.
- Build a sense of community.
 - Sustain momentum.



LEAD BY EXAMPLE

- Establish credibility and trust.
- Help set clear expectations.
- Inspire and motivate others.
 - Build a positive culture.
- Encourage adoption and replication.

WHERE TO FROM HERE?

YOU ARE ALL SET TO MAKE A START!

Go to [Cancer Council's web page](#) and click on your chosen initiative(s) to see the full scale of Sun Safe Initiatives and their supporting resources. On the web page and in the Initiative Guides you'll find everything you need to implement a successful sun safe practice including:

- [Links to additional information about the effects of UV, sun safety protective measures and guidelines for secondary schools.](#)
- [Supporting Resources](#) to help with planning and implementation.
- [Suggested activities.](#)
- [Promotional material.](#)
- A Budget Plan and fundraising ideas.
- And much more!

Good luck on your journey and don't be afraid to reach out if you need help!

✉ sunsmart@nswcc.org.au

📞 (02) 9334 1761

PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER



SLIP



SLOP



SLAP



SEEK



SLIDE

We're here for impactful prevention, early intervention and changing outcomes.

If you need to talk about cancer, call Cancer Council on 13 11 20 for Information and Support.