

Please circulate to:

- Principal
- Science Coordinator
- H&PE Coordinator
- Year Level Coordinators

## Introduction

Welcome to the February issue of the 2007 LiveSmart secondary schools newsletter. I hope you had a great holiday.

Term 1 is a busy one that is filled with many activities, some of which may be outdoors when sun protection is needed. The Cancer Council Australia's SunSmart program recommends that South Australians take 5 steps to protect against sun damage whenever the SunSmart UV alert reaches 3 or above.

- Slip on some sun-protective clothing – that covers as much of your skin as possible.
- Slap on SPF 30+ sunscreen – make sure it is broad spectrum and water resistant. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
- Slap on a hat – that protects your face, head, neck and ears.
- Seek shade.
- Slide on some sunglasses – make sure they meet Australian standards.

If you require skin protection resources, please contact me.

All the best for term 1.

Regards

Betty Lipparelli

Project Officer – Young People's Programs

t 8291 4144 e blipparelli@cancersa.org.au

## Latest update

### Teenage sun protection behaviours – What are our young people up to?

A recent survey shows that we will need to promote sun protection more effectively to young South Australians. The Australian School Students Alcohol and Drug survey (ASSAD) has been monitoring adolescent attitudes, knowledge and behaviour about sun protection every three years since 1990.

The 2005 survey shows that young people are using fewer sun protective behaviours.

The most popular sun protective behaviours were using sunscreen (49%) and wearing hats (40%), although the majority of hats worn (baseball caps) would not provide adequate sun protection. Just over a quarter of students did not use any sun protective behaviours regularly and 42% regularly performed more than one.

Seventy eight percent of students reported that they had been sunburnt in the past summer and 37% reported that they have been severely sunburnt at some time in the past.

## Sunscreens and UV radiation

No sunscreen blocks out 100% of UV radiation (UVR) – use hats, clothing and shade too. But if used correctly, SPF 30+ broad spectrum sunscreen can protect your skin from about 90% of UVR.

Sunscreen stops most UV radiation from reaching the skin by absorbing UVR or reflecting it away from the skin.

UVA/B radiation between them damage all skin layers, causing wrinkles, blotchiness, sagging and discolouration, and contribute to skin cancer. Broad spectrum sunscreen protects skin from both UVA and UVB radiation. The sun protection factor (SPF) rating tells you the level of protection. In Australia the maximum SPF that can be claimed for a sunscreen is 30+.

### Which sunscreen?

- Use broad spectrum SPF 30+ water resistant sunscreen.
- Don't use out of date sunscreen. Check the use-by date and store in a cool dry place.
- Try a toddler sunscreen or one without fragrance if you have sensitive skin.
- Choose the sunscreen that best suits your skin type and activity (gel, cream, lotion etc)
- Remember - price does not always indicate quality.

### For best protection

- Apply sunscreen to clean, dry skin 20 minutes before being exposed to the sun.
- Use a generous amount. Adults should apply at least a teaspoon of sunscreen to each arm, leg, front of body and back of body and at least ½ tspn to the face (including the ears and neck).
- Always reapply sunscreen every two hours. Sunscreen can be easily wiped or perspired off.

Find out more at [www.sunsmart.org.au](http://www.sunsmart.org.au).

## Updated Be SunSmart resource

Your school should now have a copy of the updated Be SunSmart resource for middle schools. It can be used across a broad range of learning areas and includes

- 30 activities – many with worksheets.
- Assessment outcomes and extension activities.

Contact **The Cancer Council Helpline 13 11 20** or Betty Lipparelli -Young People's Programs Project Officer on 8291 4144 if you need an extra copy.

# Newsletter snippet

## The Parents Jury: Advocating for the improved health of our youth

The Parents Jury is a web-based network of parents formed in August 2004 who wish to improve the food and physical activity environments for children in Australia. For example, they advocate to reduce the impact of junk food advertising to children and for healthy school food. The Parents Jury is an initiative of a number of well recognised health agencies.

It is open to all Australian parents, including guardians and grandparents, with a child or children under 18 years of age. Parents' groups, schools or other organisations can circulate information about the Parents Jury. Find out more or register online at [www.parentsjury.org.au](http://www.parentsjury.org.au)

## Cross curriculum classroom activity

### UV Radiation Research Task

Use the following websites to research the questions below about UV radiation:

- Australian Radiation Protection and Nuclear Safety Agency (ARPANSA): Radiation Basics – Ultraviolet Radiation [www.arpansa.gov.au/basics/uvr.htm](http://www.arpansa.gov.au/basics/uvr.htm)
- Bureau of Meteorology [http://www.bom.gov.au/info/about\\_uv.shtml](http://www.bom.gov.au/info/about_uv.shtml)
- The SunSmart website [www.sunsmart.org.au/skin\\_protection\\_information/UV\\_radiation](http://www.sunsmart.org.au/skin_protection_information/UV_radiation)
- WHO information on UV radiation [www.who.int/uv/en/](http://www.who.int/uv/en/)

Answer the following questions about UV radiation:

- What is UV radiation?
- How does it reach us?
- How does UV radiation differ from infrared radiation (heat)?
- What time of the year is the sun's UV radiation most intense in South Australia?
- What is the SunSmart UV Alert and how can it help us? (Hint: Check the weather page of your daily newspaper). At what UV Index level do we need to use sun protection?
- What effect does over-exposure to UV radiation have on your skin?
- How can you protect your skin from the sun's UV radiation? What combination of 5 sun protection measures is necessary?

Use what you have learnt to develop a UV radiation information postcard. Consider the following points when designing your postcard:

**Target audience:** teenagers

**Purpose:** to inform young people about the dangers of UV radiation

**Distribution points:** surf shops, sports stores and cafes in coastal towns

As you design the postcard, remember that you have limited space and need to create something that presents the information clearly and also appeals to your target audience.

# Nutrition: Carcinogenic cocktails

Everyone's heard that drinking a little red wine reduces the risk of heart disease, but when it comes to cancer, the news is not so good. Alcoholic beverages are known to cause cancer, alongside things like asbestos and benzene. Sensitive tissues that are repeatedly exposed to alcohol, like those lining the mouth and throat, can be damaged in ways that spark the cancer process. Alcohol can also increase the risk of developing breast cancer.

Tobacco is a well-known cancer culprit but when used in combination with alcohol, the potential consequences are startling. The risk for developing mouth & throat cancer is 7 times greater for tobacco users, 6 times greater for alcohol drinkers and 38 times greater for users of both tobacco and alcohol!

To reduce the risk of cancer The Cancer Council recommends alcohol consumption should be avoided or at least limited to no more than two standard drinks a day for men and one standard drink a day for women.

## Other news

### SSABSA teaching programs

A new Australian Studies illustrative program is on the SSABSA website. Find Is the bronzed Aussie image a health hazard? at [www.ssabsa.sa.edu.au/support/society/1aus/documents/1aus-ip-017.doc](http://www.ssabsa.sa.edu.au/support/society/1aus/documents/1aus-ip-017.doc). Stay tuned for more sun protection teaching programs in Health.

### Errata

An extract from the last issue was incorrect. The last paragraph of 'News watch – Nutrition' should have read:  
*One in five Australian children is now classified as overweight or obese – double the number of 20 years ago. If current trends continue, more than half the country's children will be overweight by 2025.* Sunday Mail, 16/7, p. 39; Sydney Morning Herald, 17/7, p.3.

## Resources

### Tattoo – a SunSmart resource for secondary schools

This cross curriculum resource features the making of the skin cancer – It's Killer Body Art TV advertisement. The excellent resource book includes suggestions for student activities, personal stories, background facts and statistics about skin cancer. It can be used in Health & PE, Media Studies, English and Personal Development/Pastoral Care. Cost is \$55.00 (Incl P&P) or for loan from **The Cancer Council Helpline 13 11 20**.

### 60 Minutes: A sunburnt country

This hard hitting segment from the 60 Minutes program aired in February 2005 includes a teacher guide with lesson ideas and is suitable for years 9 – 12. Available on loan from **The Cancer Council Helpline 13 11 20**. Don't forget to check the following websites – [www.cancersa.org.au](http://www.cancersa.org.au) and [www.sunsmart.org.au](http://www.sunsmart.org.au).

### The Speakers' Bureau

Would you like a speaker to come to your school to talk to staff, governing council or parent groups about skin cancer and sun protection or nutrition? An educator from The Cancer Council's Speakers' Bureau is available to give talks. To organise your presentation, contact the Speakers' Bureau Coordinator on 8291 4111 or download a request form from our website [www.cancersa.org.au](http://www.cancersa.org.au)