

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





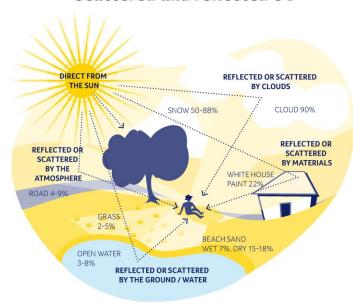
What is UV?

Ultraviolet (UV) radiation:

- A form of energy emitted from the sun
- Affected by many factors such as:
 - time of day
 - time of year
 - cloud cover
 - altitude and reflection
 - amount of shade
 - but NOT temperature

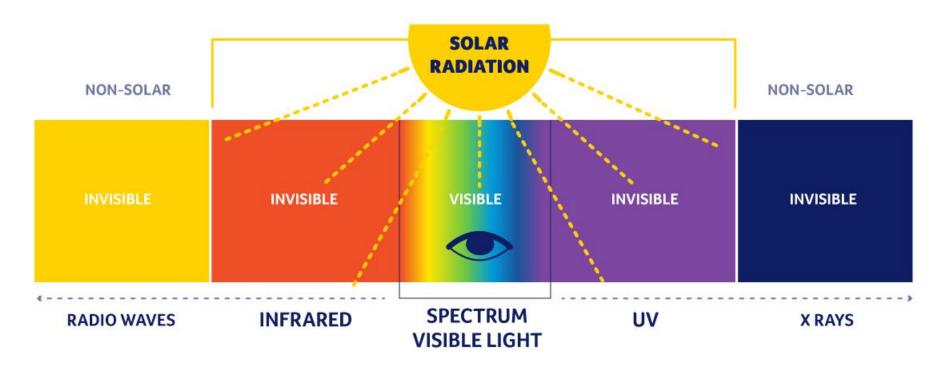


Scattered and reflected UV





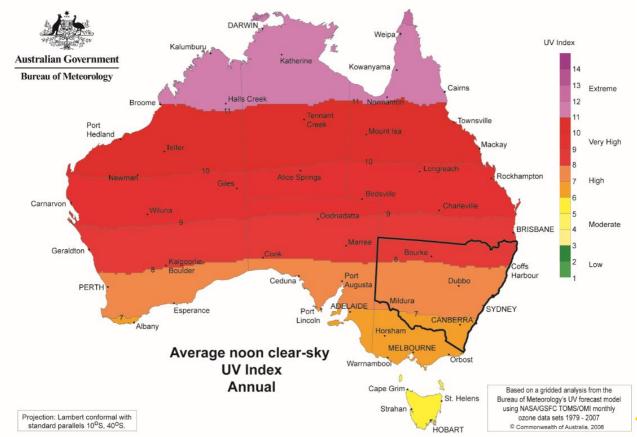
Ultraviolet radiation vs infrared radiation







UV in Australia.







UV Index

11+	EXTREME	A COMBINATION OF THE FIVE SUN PROTECTION MEASURES ARE RECOMMENDED SLIP SLOP SLAP SEEK SLIDE
8-10	VERY HIGH	
6-7	HIGH	
3-5	MODERATE	
1-2	LOW	SUN PROTECTION IS GENERALLY NOT REQUIRED UNLESS YOU ARE AN OUTDOOR WORKER





95-99 per cent 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







Terms 1, 3 and 4 + 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 remove them from the school environment and implement 100 per cent SunSmart hat wearing. To achieve this, changes may need to be made to both school 'policy' and 'practice'.

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

Why SunSmart hats?

Skin cancer is the most common cancer in Australia. Two in three people who grow up in Australia will be diagnosed with skin cancer in their lifetime. Overexposure to ultraviolet (UV) radiation causes 95-99 per cent of all skin cancers. This means that when you protect your skin, you reduce your risk.

SunSmart hats, such as broad-brimmed, bucket and legionnaire style hats, protect the face, head, back of neck and ears, and can reduce the amount of UV reaching the eyes by 50 per cent. Baseball caps are not SunSmart as they leave parts of the face, neck and ears unprotected from the sun's harmful UV.

All three education sectors encourage schools to provide a safe and supportive environment for all students. SunSmart hats, as part of a school uniform policy, promote the health and wellbeing of students and reinforce a sense of belonging and pride, helping to eliminate any risk of peer pressure that could exist if non-SunSmart hats are allowed.

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 per cent SunSmart hat wearing is to remove baseball caps from the uniform policy and ensure that only SunSmart hats are available for students to wear.

When updating the school uniform, Cancer Council SA recommends that schools formally consult with students, teachers and other staff, parents/carers and the school community, including the Parents and Citizens' Association. How the consultation is conducted will depend on many factors including the style of your school's leadership and how involved the community are or would like to be.

Educating the community about UV protection and skin cancer prevention should help increase their motivation for the uniform changes you would like to make. Use the resources available via the SunSmart Hat-Wearing Toolkit to educate the community, as part of your consultation process.

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











Overcoming barriers to achieving 100 per cent SunSmart hat wearing.

This document covers solutions to overcoming common barriers to achieving 100 per cent 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 ourselves.

Having all students wearing the same SunSmart hat reinforces a sense a belonging and pride. helping to eliminate any risk of peer pressure 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.

- 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 whilst they are
- 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 staff and visitors to role model SunSmart behaviours. Use the Importance of being a SunSmart teacher presentation or provide hats for teachers to wear on duty. Display the We are
- proudly SunSmart poster to remind visitors that sun safety is everyone's responsibility. . Educate students in the classroom about UV radiation and skin cancer by using the Science and Technology and PDHPE classroom activities and Quick SunSmart Activities by using curriculum











Trigger Posters:

















For more information, contact SunSmart Email: sunsmart@cancersa.org.au Phone: (08) 8291 4265





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.



Ensure staff and volunteers act as role models

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.

