



Gold standard steps to a SunSmart secondary school



Why secondary schools?

School hours fall within peak ultraviolet radiation (UV) periods of the day. Exposure to UV in adolescence contributes to skin cancer risk in later life. Melanoma is the most common cancer in Australians aged 15–29 years. DECD secondary schools are required to have an active sun protection policy in terms 1, 3 and 4 that meets the DECD ‘Inclement weather and sun protection’ procedure.

1 Policy

In consultation with students, staff and parents, develop a UV policy which promotes sun protection measures during the daily sun protection times. Implement the policy during South Australia’s peak UV periods from August to April. Review the policy at least once every three years.



2 Practice



The use of a combination of sun protection measures is encouraged including SPF30 (or higher) broad-spectrum, water-resistant sunscreen (applied twenty minutes before going outside and reapplied every two hours), uniform dress code with sun protective clothing, broad brimmed hats and scheduling of outdoor events outside peak UV times.

3 Environment

Shade is available in the school grounds and considered in plans for future buildings, outdoor activities and excursions. Students are encouraged to use shade, particularly if they are not wearing appropriate hats or clothing. The sun protection message is actively promoted around school locations via notice boards, PA announcements, diary information, newsletters, daily bulletins and the school intranet.



4 Curriculum



SunSmart’s secondary school teaching resources are incorporated across curriculum areas, in an effort to enhance knowledge and capacity about sun protection and UV.

5 Extra-curricular

Sun protection is considered when planning outdoor events during peak UV periods, including assemblies, camps, excursions, swimming sports, athletics carnivals, fetes, etc.



6 School community



Families, administration and the broader school community are involved in developing the UV policy and supported to role model SunSmart behaviours. Sun-protective behaviour is regularly reinforced and promoted via newsletters, school diaries and school assemblies.

7 Student leadership

Student leaders and the Student Representative Council consult with the student body to develop SunSmart policies and practices. Students are encouraged to promote and model sun protection measures to the whole school community.



8 Staff training, role modelling



SunSmart education is included in staff professional development to encourage them to work safely outdoors. SunSmart information is included in staff handbook/orientation materials. New staff are provided with a copy of the school’s UV policy. Staff are encouraged to act as role models by using a combination of sun protection measures when outside.

sunsmart.org.au