

# SunSmart leadership activities.

SunSmart leadership activities are designed to assist school staff to involve students in taking an active role in creating a SunSmart hat wearing culture at the school. The activities can be implemented with the Student Representative Council (SRC) or senior students.

	Description	Available Activity
<b>Motivate</b>	Motivate your SRC to take a lead role in implementing SunSmart hat wearing through education. Run activity one with your SRC students and answer any questions they may have about the ultraviolet (UV) radiation, sun protection and skin damage.	<b>Activity 1:</b> Educate your SRC
<b>Get buy in</b>	Get student buy in. Share the SunSmart hat wearing plan for your school and inspire your SRC to get involved. Show them the resources your school is going to use and encourage them to identify any potential barriers and enablers they see with the plan. They may have a different perspective to the teaching staff.	
<b>Plan</b>	<p>Let your SRC know what activities and tools are available to help them lead the implementation of hat wearing and role model to their peers. A few ideas are noted below:</p> <ul style="list-style-type: none"> <li>• <b>Student survey</b> – to assess level of knowledge of sun protection behaviours, including students’ attitudes to them (results could be used in presentation back to students or through other school communication channels).</li> <li>• <b>SunSmart hat-wearing playground observation</b> – with support from the teacher on playground duty students observe the playground and record the percentage of students and teachers wearing sun protection hats.</li> <li>• <b>School presentation</b> – develop a presentation for a school assembly to inform the school community about sun protection. Ensure that they include information relevant to the audience (including age and knowledge base).</li> <li>• <b>Run a poster design competition</b> – help SRC run a poster design competition across the whole school.</li> <li>• <b>Choosing a SunSmart hat</b> – support your SRC to get options from uniform providers and lead a process for the school to vote for new hat.</li> </ul>	<p><b>Activity 2:</b> Student survey</p> <p><b>Activity 3:</b> SunSmart hat-wearing playground observation</p> <p><b>Activity 4:</b> School presentation</p> <p><b>Activity 5:</b> Poster design competition</p> <p><b>Activity 6:</b> Choosing a SunSmart hat</p>

NOTE: See next page for activities

## Activities

### 1. Educate your SRC

**Purpose:** This activity is designed to teach students how to be SunSmart.

**Task:** Start with all students standing. This game will allow the students to decide whether a statement that you read about sun protection is true or false. If the statement is true, ask the children to put their hands on their heads and if the statement is false, ask the students to put their hands on their knees. If they get the answer correct, they continue to stand for the next statement. If the answer is wrong, ask them to sit down.

Read out the statements below:

- A cap protects your ears, neck and cheeks from the sun **(False)** *Caps leave your ears, neck and cheeks exposed to the sun*
- A broad-brimmed hat protects your ears, neck and cheeks from the sun **(True)**
- A singlet top is better for playing outside than a t-shirt **(False)** *A t-shirt covers your shoulders and arms from the sun, providing better sun protection*
- Sunglasses that fit your face well protect your eyes from the sun **(True)**
- Sunscreen should be applied 20 minutes before going outside **(True)**
- Sunscreen should only be reapplied every 4 hours **(False)** *Sunscreen should be re-applied every 2 hours, or sooner if towel drying or sweating*
- Sunscreen lasts forever **(False)** *Sunscreen does expire, so check the expiry date on your sunscreen*
- Sunscreen is safe to use every day **(True)**
- Trees provide shade that's protects us from UV **(True)**
- If you're in the shade, UV can't reach you **(False)** *UV can bounce off reflective surfaces like water, sand and snow. It's good to protect yourself with other forms of sun protection even if you're in the shade.*
- You need to use sun protection whenever the UV is 3 or above **(True)**
- You can check the UV and sun protection times every day on weather Apps **(True)**
- UV radiation is the same as heat **(False)** *Infrared (not ultraviolet) light creates heat*
- I can feel UV **(False)** *We cannot see or feel UV*
- UV radiation can pass through clouds **(True)**
- To best protect our skin, we should wear clothing that covers your shoulders, arms and legs, wear SPF30 or higher sunscreen, wear a broad-brimmed hat, wear sunglasses and seek shade **(True)**

You could use this game to identify your SunSmart champion/s for the group.

## 2. Student Survey

**Purpose:** Survey the knowledge and attitudes of their fellow students towards sun protection and SunSmart behaviour.

**Task:** Create and conduct a survey to gain insights into the perspectives of other student's towards sun protection and SunSmart hat wearing:

1. Develop the survey including questions about sun protection that are relevant to your school. This could include questions like:
  - Do they know how they can protect themselves from skin damage?
  - How important sun protection is to them and why it is/isn't important?
  - Do they wear a SunSmart hat on the weekend?
  - Do they use all five forms of sun protection?
  - Do they actively try to get a tan?
2. Conduct the survey with school students. Ensure the students think about how they want to conduct their research for example visiting classrooms or during lunch breaks.
3. Collate the results from the survey.
4. Develop a presentation (or other communication) to inform the school community of your results and any action that will be taken to combat any of the perceptions found from school students.

## 3. SunSmart hat-wearing playground observation

**Purpose:** Collect pre and post evaluation information and involve students in generating ideas to improve SunSmart hat wearing in the playground.

**Task:** Record the percentage of students and teachers wearing sun protection hats in all playground areas, gather other observations and ideas to improve hat wearing:

1. Choose a date in Term 1, 3 or 4 for a small group of students to support teachers on duty to observe hat wearing in all playground areas.
2. Divide students up to support each teacher on duty to cover all playground areas and complete the SunSmart hat wearing playground observation tool. Students may like to take a calculator. Encourage students and teachers to consider the following observations:
  - Style of hats students and teachers are wearing.
  - Amount of shade available.
  - Student's and teacher's understanding of the school's hat wearing rules.
  - Access to sunscreen.
  - Hat borrowing system (if applicable).
  - Location options for SunSmart hat wearing posters.
3. Share and discuss the results of the observation with the school community.
4. Complete another observation later on in the year to see the changes in SunSmart hat wearing behaviour in the playground.

#### 4. School presentation

**Purpose:** Educate students and the wider school community about sun protection.

**Task:** Develop a presentation for a school assembly to inform them about sun protection.

1. Students could develop their own presentation or use the “Being SunSmart at School” presentation as a template. As an alternative, students could present to their class in the classroom.
2. Students could include survey and/or playground observation results and share the school’s desire to make improvements.
3. Ensure that they include information relevant to the audience (including age and knowledge base).

#### 5. Poster design competition

**Purpose:** Help develop student ownership and a whole school approach to sun protection.

**Task:** Run a poster competition between the stages at the school:

1. Set any parameters about what you want to see in the poster and a due date for designs.
2. Inform the school of your competition.
3. Pick three teachers or parents to be the judges to select the winning poster (you may choose one per stage).
4. Put copies of the winning poster around the school.

#### 6. Choosing a SunSmart hat

**Purpose:** Gain input and buy in from students in selecting a new SunSmart hat.

**Task:** Choose the new SunSmart hat for the school:

1. Provide students with [Cancer Council SA's Fact Sheet on Sun Protective Hats](#) and discuss different SunSmart hat styles.
2. Ask the students to create a survey to see which style of SunSmart hat is the most popular with students and parents.
3. Choose the colour of the hat.
4. Determine logo size and position.
5. Think about any other features you may like the school hat to include. This could be functional features including crown fastening (so the hat doesn’t fly off the children’s heads), breathability or labels for student’s name.