

# Sun Safety

Information for parents and carers

## Our schools take sun safety seriously and implement a range of strategies to support school environments that protect students.

Each school has a responsibility to provide a safe environment for students and staff and this includes providing adequate protection from the sun.

Schools use the Sun Safety for Students Guidelines and support materials to plan and implement comprehensive sun safety for students. Schools are encouraged to involve representatives from across their school community when reviewing and planning sun safety strategies. Your school principal can be contacted for more information about sun safety at your child's school.

### Skin damage in childhood and adolescence

All people in NSW, regardless of their culture or heritage, are at risk of overexposure to ultraviolet radiation from the sun.

By the age of 15 many children have developed irreversible skin damage from exposure to the sun.

While skin cancer is the most common cancer in Australia, it is estimated that 95% of skin cancers can be prevented through reducing exposure to ultraviolet radiation from the sun.

### Working together for effective sun safety

By reducing exposure to the sun and increasing the uptake of sun safe strategies, schools can make a significant contribution to community efforts to reduce skin cancer and related skin damage.

Schools support students and preschool children to understand why sun safety is important and to take action to protect themselves such as:

- wearing sun safe hats, clothing and sunglasses
- seeking shade during peak ultraviolet radiation (UVR) times during the school day
- wearing SPF 30+ (or higher) broad-spectrum and water-resistant sunscreen.

### Sun safety - everyone's responsibility

Teachers, parents and carers and visitors to the school all have a role to model sun safety, for example, wearing a broad brimmed hat for school activities held outside.



# When the Ultraviolet Index (UV Index) is 3 or above, remind students about the need for sun safety.

Encouraging children and young people to practise sun safety is a shared responsibility. Whether in the backyard or on the beach, children and young people should wear a sun safe hat and sunscreen. By practising sun safety at home, parents and carers support the messages taught at school about sun safety.

Children and young people will come to appreciate the importance of sun protection not only during their schooling, but also throughout their lives.



## Suggested resources

The NSW Multicultural Health Communication Service website includes a resource in 19 languages titled Save your skin from Australia's commonest cancer. <http://www.mhcs.health.nsw.gov.au/>

The Cancer Council NSW website includes a Sunsmart information sheet in 7 languages <http://www.cancercouncil.com.au/publications/multilingual-cancer-information/>



If you have any questions and you need an interpreter to assist you with English, please call the Telephone Interpreter Service on 131 450 and ask for an interpreter in your language. Tell the operator the phone number you would like to ring and the operator will get an interpreter on the line to help you with your conversation. This service will be free of charge to you.

For further information

Sun safety website

Student Engagement and Interagency Partnerships

NSW Department of Education