

Making it official

Suggested level

Years 7 and 8

Prepare yourself (teacher)

Get access to a school sun protection or UV policy and allow students to read through this policy.

Develop a set of sub-headings to help structure the policy including: behaviours, environment, curriculum, staff OHS risk controls, student duty of care and evaluation. Consider uniform requirements, shade provision, classroom lessons and staff expectations.

Class resources

- Five copies of a school sun protection or UV policy to share among students.

SunSmart Policy





Think about it!

Review and discuss the SunSmart policy and practices that were in place in your primary school. What guidelines did you have to follow before going outside? What about your teachers?

The activity

Develop a sun protection or UV policy for your secondary school to implement. Include behaviours, environment, curriculum, staff OHS risk controls, student duty of care and evaluation. Consider uniform requirements, shade provision, classroom lessons, sun protection timing and staff expectations.

How might this policy be different to a primary school's SunSmart policy?

The policy needs to clearly outline sun protective behaviours and suggestions for how the policy can be implemented.

How can a UV policy address a healthy UV exposure balance so that skin cancer risk is minimised and vitamin D levels are maintained throughout the year?

Your SunSmart policy needs to include:

- An outline of why such a policy is necessary.
- Identification of shade areas in your school and recommendations for possible improvements or additional areas.
- A list of reasons why young people may not follow the SunSmart message. Consider barriers that you will need to overcome e.g. 'A hat messes up my hair!'
- A list of strategies to promote sun protective behaviours (Slip, Slop, Slap, Seek and Slide) amongst the staff and students.

Extension activity

Develop a table with two columns. Under the heading 'Challenges', develop a list of excuses or reasons secondary students might typically come up with so they don't have to use sun protection. In the next column, under 'Possible solutions', write down any suggested compromises, or strategies to help address each excuse or reason. What have you discovered?