Help Sid Seagull find his way to the school playground, beach, park and backyard. Collect the 5 SunSmart items along the way!

SLIP on clothing that covers your skin.
SLOP on SPF 30 or higher broad-spectrum sunscreen before going outside. Remember to pack your sunscreen each day and get a buddy to help you reapply!

SLAP on a hat that shades the head, face, eyes, ears and neck. Don’t forget your school hat each day so you can play outside in a sun-safe way.

SEEK shady spots in the playground.
SLIDE on sunglasses labelled AS 1067 if your school says it’s ok.

Visit SunSmart.com.au or call 13 11 20 for more information.