



SUNSMART®

## Top tips for sunscreen at school

Regular use of sunscreen has been shown to reduce the incidence of melanoma and squamous cell carcinoma.

Teachers at school are not expected to apply sunscreen to students but SunSmart does ask that schools have strategies in place to help remind children to apply sunscreen before they go outside.

Choose SPF30 (or higher) broad-spectrum, water-resistant sunscreen. Monitor the expiry date and store it below 30 degrees.

It is best to apply a generous amount of sunscreen to any exposed skin around 20 minutes before going outdoors. Sunscreen should be reapplied every **TWO** hours even if the stated level of water resistance is 4 hours.

**Always use sunscreen with other sun protection measures - clothing, a hat, shade and sunglasses. Don't just rely on sunscreen.**

### Sunscreen application strategies

- Request children BYO SPF30 (or higher) broad-spectrum, water-resistant sunscreen – one that suits their skin. They could try a clip-on and hang it on their school bag. Not only is it easy for storage but it also acts as a visual reminder.
- Include sunscreen on the school booklist so each child has their own supply
- Download the free [SunSmart app](#) - set the sunscreen reminder
- Add the [SunSmart widget](#) to the school's website so everyone can check the daily sun protection times and see when they need to use sun protection each day.
- Style up your sunscreen bottle so it is attractive and fun to use. Check out the [stop-motion video](#) showing some examples. Students could create their own.
- Appoint sunscreen buddies so children can help each other.

- Have sunscreen monitors
- Store sunscreen with lunchboxes and/or hats so when children grab their food or hat before going outdoors, they will also be reminded to stop on sunscreen. If sunscreen is kept in the cooler section of the lunchbox, it will be cold when applying - especially nice on a hot day. By the time the food has been eaten, the sunscreen should have had time to bind to the skin.
- Set up sunscreen stations with a mirror and tissues for wiping hands. Try a sunscreen pump pack or roll on (they are usually easier to use).
- Encourage children to put a dot of sunscreen on each cheek, their nose and chin and rub it in with squiggles on their arms and legs. Try sunscreen letters and numbers.
- Post reminder notes near the door or on the board.
- Student leaders can make application reminder announcements over the PA
- Play [You've got to be SunSmart](#) or the [SunSmart Countdown song](#) before the recess bell as a prompt for sun protection
- Create a sunscreen application chart to keep track of applications, add a sticker or mark each time sunscreen is applied. Which student or team are the sunscreen application champions? Perhaps they can win some free time?
- Remember the value of teacher role modelling
- Include information about sunscreen in the school newsletter. Use one of SunSmart's sample [family notes](#).
- If a school supplies sunscreen it is best to notify parents of the sunscreen and its ingredients
- For [SunSmart resources](#) go to [sunsmart.com.au](http://sunsmart.com.au) or call 13 11 20



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