



Top tips for sunscreen in secondary schools

Too much ultraviolet (UV) radiation can cause skin and eye damage, sunburn, tanning and skin cancer. Sun protection is recommended whenever the UV level reaches 3 or above.

Regular use of sunscreen has been shown to reduce the incidence of melanoma and squamous cell carcinoma. SunSmart recommends sunscreen application is incorporated into daily routines (including morning routines) on days when the UV is forecast to reach 3 or above.

SPF50 (or higher) broad-spectrum, water-resistant sunscreen is recommended. It is also important to monitor the expiry date and store all sunscreen below 30 degrees.

SunSmart encourages secondary schools to continue to educate and strengthen students' independent sun protection skills by having sun protection strategies in place, including reminding student to apply sunscreen before heading outside when the UV is 3 or above. Continuing to encourage and support students to use sun protection measures will help to ensure that sun protection becomes a lifelong habit that will help to reduce their lifetime risk of developing skin cancer.

It is best to apply a generous amount of sunscreen to any exposed skin around 20 minutes before going outside. Sunscreen should be reapplied every two hours (or more frequently when sweating and swimming), 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 strategies

- Request students BYO SPF50 (or higher) broad-spectrum, water-resistant sunscreen – one that suits their skin and they like to use
- Include sunscreen on the school booklist so students and parents are reminded to supply their own sunscreen for use at school
- Promote the location of school supplied sunscreen so students know where they can find it at recess, lunch and for outdoor activities and classes
- Add the SunSmart Global UV widget to the school's website so students and staff can access the daily sun protection times
- Place reminders to apply sunscreen in locations where students gather before heading outside e.g. where their lockers are located or at exit points of classrooms and buildings
- On days when the UV is forecast to reach 3 or above, place reminders to use sun protection, including sunscreen, on electronic displays near the entrance to school, outside the school office or facing into the school yard. This will remind students at the start of the day and again during the school day
- Ensure teachers and staff are role-modelling sun protection measures too – students are quick to notice when adults are not doing as they say!

More information and resources

For more information for secondary schools, visit

<https://www.sunsmart.com.au/advice-for/secondary-schools> or

contact us via our online form at

<https://www.sunsmart.com.au/advice-for/schools-early-childhood/teacher-requests-feedback>

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