

Create good sun protection habits

Did you know?

Skin cancer is the most common cancer in Australia, with an estimated two out of three Australians diagnosed in their lifetime. At least 95% of all skin cancers are caused by ultraviolet (UV) radiation from the sun.

Childhood and adolescence are particularly vulnerable periods when harmful UV exposure can significantly increase the risk of developing skin cancer later in life. By prioritising sun safety and reducing UV exposure during these formative years, we can safeguard the health and wellbeing of our children.

Early childhood services and schools have a key role to play in creating the healthiest environment for children to thrive. Parents and carers can help reinforce these behaviours at home by role modelling and encouraging positive sun safe behaviours. Protecting children from skin and eye-damaging UV radiation is crucial for their safety and giving them the best start in life.

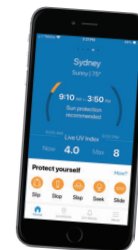
The good news? Almost all skin cancers are preventable. By fostering good sun protection habits, we can reduce UV exposure and the risk of skin cancer and eye damage.

Let's create good sun protection habits to keep our kids safe in the sun and ensure a healthier future for everyone.

When do we need sun protection?

Always check the UV index before heading outdoors. If the UV is 3 or above, ensure everyone protects their skin. UV levels in NSW are high enough to damage unprotected skin at least 10 months of the year.

Use the free SunSmart Global UV app to check the daily sun protection times at your location.



What to do when the UV is 3 or above?

Staying sun safe is simple! Just remember: Slip, Slop, Slap, Seek, and Slide.



Slip

on SunSmart clothing. Choose tops with collars and sleeves that are at least three-quarter to full-length, and pants or skirts that are at least three-quarter to full length.



Slop

on SPF 50 or 50+ broad-spectrum, water-resistant sunscreen 20 minutes before going outside. Reapply every 2 hours, or more often if swimming, sweating or towel drying.



Slap

on a broad-brimmed, bucket, or legionnaire hat to protect your face, neck, and ears.



Seek

out shady areas. Good-quality shade can reduce UV exposure by up to 75%. Cancer Council recommends a combination of built and tree shade.



Slide

on sunglasses that meet Australian Standards.

The facts about sunscreen

Evidence shows prevention works. For example, regular sunscreen use can halve the chance of new melanomas developing.

Sunscreen is essential when UV levels are 3 or above. Apply SPF50 or SPF50+ sunscreen 20 minutes before going outside and reapply every two hours, or immediately after swimming, sweating, or towel drying.

Always check the expiry date and storage conditions recommended on the label. Most sunscreens last about two to three years and should be stored at a temperature below 30°C.

Cancer Council recommends performing a usage test before applying a new sunscreen. If irritation occurs, discontinue use. Not all sunscreens contain the same ingredients. If your child's skin reacts to one sunscreen, talk to a chemist or doctor about choosing one with different ingredients.

Cancer Council does not generally recommend the use of sunscreen on babies under six months old. Babies under the age of 6 months should be kept in the shade, out of direct sunlight and covered by protective clothing and hats.

Remember, sunscreen is not a suit of armour. When the UV is 3 or above, protect your skin in five ways.



Walk the talk

As a parent, carer or educator, it's important to lead by example in sun protection. By protecting your own skin, you set a positive example for the children in your care. A handy tip is to always have a SunSmart hat and sunscreen in your bag or classroom, ready for any outdoor activities. This not only protects you but also teaches children the importance of sun safety.

Brims are best

SunSmart hats such as bucket, broad-brimmed or legionnaire styles are best. A SunSmart hat not only protects the face, head, neck and ears, but it can reduce the amount of UV reaching the eyes by 50%. Baseball caps and sun visors are not recommended because they do not protect the cheeks, ears and back of the neck.

Want to know more?

Visit sunsmartnsw.com.au or scan the QR code



Aboriginal Respect Symbol. Designed by Marcus Lee Design for Cancer Council NSW.

CPA-Skin-25_0210

Protect yourself in five ways from skin cancer



SLIP



SLOP



SLAP



SEEK



SLIDE