

# Top tips on sunscreen @ school



**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.** Regular use of sunscreen has been shown to reduce the incidence of melanoma and squamous cell carcinoma, both in the short and long term.

Choose SPF 30 (or higher) broad-spectrum, water-resistant sunscreen. Make sure it is within its use-by date and is stored 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 – don't just rely on sunscreen alone.

*Sunscreen application strategies include:*

- Suggest children BYO SPF 30 (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.
- Style up your sunscreen bottle so it is attractive and fun to use. Check out the [stop-motion video](#) showing some examples. Perhaps students could create their own version.
- Store sunscreen with lunchboxes and/ or hats so when children grab their food or hat before going outdoors, they will also be reminded to slop 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.
- Appoint sunscreen buddies so children can help each other.
- Have sunscreen monitors
- Set up sunscreen stations with a mirror and cloth or tissues for wiping hands. Try a sunscreen pump pack or roll on (they are usually easier to use).
- Post reminder notes near the door or on the board
- Make announcements over the PA
- Play the [SunSmart Countdown song](#) or [sun sound](#) before the recess bell to remind children to apply sunscreen and grab their hat
- Create a sunscreen application chart to keep track of applications, add a sticker or mark each time sunscreen is applied. Which student or team of children are the sunscreen application champions?
- Download the free [SunSmart app](#) - set the sunscreen reminder and use the [sunscreen calculator tool](#)
- Use the [SunSmart resources](#) to help children understand the importance of sunscreen and other sun protection measures
- Remember the value of teacher role modelling
- Include information about sunscreen in the school newsletter. Use one of SunSmart's sample [family notes](#).
- Include sunscreen on the school booklist so each child has their own supply
- For further information visit [sunsmart.com.au](http://sunsmart.com.au) or call 13 11 20

