

## DENI Care in the Sun Guidelines for Schools

Excessive sun exposure and particularly sunburn in childhood is a major risk factor for skin cancer in later life. The Care in the Sun Guidelines for Schools suggest ways to increase knowledge, influence behaviour and create an appropriate environment for pupils to stay safe in the sun.

The following guidelines should be considered by each school in the formulation of policy which acknowledges that the protection of the skin of children is particularly important.

**Curriculum:** Include sun awareness and sun safety issues in appropriate curriculum areas, particularly health and physical fitness projects.

**Uniforms:** The use of clothing as sun protection should be a factor in the design of school uniform and PE kit (for example, use of long sleeved, collared T-shirts and appropriate hats).

**Shade:** Provide shaded areas during the lunch and break periods using trees and buildings. Such issues should be considered in the development of school grounds.

**Outdoor Activities:** The school should take appropriate precautions on days when sunburn may be an issue for fairer skinned children. Policy considerations should extend to special activities such as sports days and school trips, and take into account the intensity of the midday sun.

**Sunscreens:** Use of sunscreens should be encouraged in schools. Teachers and other carers should ensure they are used correctly.

**Staff:** Teachers and carers should understand the sun awareness guidelines and staff should be encouraged to follow protection procedures and act as role models.

**Alliances:** Collaborate with parents, governors and other agencies to raise awareness amongst children and develop a healthy school policy.

*(These guidelines have been developed by the Department of Education in association with the Northern Ireland Melanoma Strategy Implementation Group and are supported by the Department of Health, Social Services and Public Safety. Issued May 1997; reviewed Oct 2013)*