

SunSmart App.

Objectives

- Understand when UV levels are 3 or above sun protection is needed.
- Encourage staff and students to access the SunSmart App and SunSmart Widget.
- Understand about the harmful effects of UVR and taking protective measures to protect your skin.

Description

PROMOTE the adoption of using the SunSmart App and SunSmart Widget to track daily UV levels across the school community and use the data to inform sun safe practices at school.

What's involved? Pitching the initiative to school leadership, completing a project brief, working with the school's IT Department, creating promotional material, awarding participants.

Cost: Low.

Anticipated costs: Prizes for the participants; printing.

How to get started

- 1. LEADERSHIP APPROVAL** - It's vital that you get the school onboard. Use the Pitch Plan as your first activity and work with your supporting teacher to develop a strong and convincing pitch.
- 2. COMMUNITY SUPPORT** - The more support you get the higher chance of success. Build your team with other students who are interested, join forces with existing student councils and let all your teachers know what you are doing and how it links to your growth and development as a learner.

Skills

- Critical thinking
- Communication
- Creativity
- Design

Interests

- Technology
- Analysing data
- Advocacy



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



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Step 1. Engage

Engage in more learning

It's important that before you start you know what you're advocating for! Here are some great resources to build your knowledge about UV levels and sun protection. Look through the resource links below and make note of any new knowledge you come across. This information will help you to advocate for your SunSmart App Initiative and build awareness among your community about UV levels and sun safety.

Engage your community

Now you know more about the harmful effects of UVR, you can start advocating for others to use the app and widget. These tools can help your peers to make informed sun safe choices. It is crucial that your school is behind you.

First, you'll need approval from school leadership, so you have the backing and resources needed to implement your chosen Initiative successfully.

Use the **Pitch Plan** example for inspiration. It covers key information as well as guidance to help you get the approval you need. **Set a date** to pitch your initiative to School Leadership. Once you have the approval, move on to the next activity.

Secondly, you'll need support from students, and help and guidance from teachers who can provide resources and assistance - remember, if you **all work together**, you can yield better results!

Use the **Email to Gather Support** example as inspiration. Modify it to suit your Initiative then send it out to staff and students.

Sources

CCNSW

[Secondary Schools and Sun Protection](#)

[SunSmart Global UV App](#)

[SunSmart Global UV App YT](#)

[SunSmart UV Widget](#)

CINSW

[Skin cancer statistics](#)

[Students and sun protection](#)

[UV index explained](#)



TIP:

You might want to ask your support teacher about the best way to communicate

to your community to get others onboard - Is it email? Maybe it's a post in the newsletter or morning bulletin? Or posters around the school asking for help?

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Step 2. Educate

Now that you have your approval and the support of staff and students, you'll need to educate your community about the initiative.

Know what you're doing

Use the **Project Plan** example to help you plan your SunSmart App Initiative.

Note, this initiative can be approached in a couple of ways. You could focus on the SunSmart App as a personal tool to help individuals make informed sun safe decisions, and, focus on the SunSmart Widget as a tool that can be adopted by the school to inform the community in general.

Here are the links to the SunSmart App and the SunSmart Widget:

App: <https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/be-sunsmart/sunsmart-app>

Widget: <https://www.sunsmart.com.au/resources/uv-widget>

Tell others about what you're doing

Promote use of the SunSmart App and SunSmart Widget! It's time to **activate** and **educate** your community about how to access the data from the app and widget and use it to make informed sun safe choices. Here are some ideas to help you promote the initiative:

1. **Create** promotional posters to encourage people to download the SunSmart App.
2. **Create** promotional posters around the effects of UVR and why it's important to know what the UV levels are and what protective measures people can take if the UV levels are 3 or above.
3. **Communicate** your initiative in the school newsletter, school assembly, and/or school social media post (you'll need to work with the person in charge of Communications at your school for this last one, ask your support teacher if you don't know who that is).
4. **Access** the UV information daily through the app or widget and communicate what the UV levels are for that day daily through the daily bulletin or through digital signage and provide suggestions around what protective measures can be taken if the levels are above 3 or above.

**TIP:**

Have a look at the **poster and brochure examples** from CCNSW in the [Resources for Students](#) section for inspiration when designing your posters or communicating the use of the SunSmart App or SunSmart Widget. What are the key messages?

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Step 3. Empower

Empower the community

Congratulations! If you've taken all the steps above and you're successful, your community is informed and accessing the data from the SunSmart App or SunSmart Widget to empower them to make sun safe choices.

Make sure you are **celebrating** the efforts of your community. This could be done by doing random checks to see if people are aware of the UV levels for the day and awarding those students who regularly change their practices based on the information gained through the app or the widget.

Empower the team

Knowledge is empowering! When implementing an initiative, it's important to know what worked well and what you might do differently. Use the **How to Conduct a Survey: Step by Step Guide** to guide you and your team on how to collect feedback and how to use the feedback to inform future planning.

Finally, celebrate your own efforts! You have done an amazing job in helping to **engage, educate** and **empower** your community to better understand the dangers of UVR exposure by using the SunSmart App or SunSmart Widget. Chat with your support teacher on how you can celebrate your team's effort.

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Top Tips

1. What can you do if school leadership doesn't get onboard?

- Don't get discouraged! If leadership doesn't support the Initiative, you can try and seek support from other key staff like your Year Advisor, the Wellbeing Coordinator, Head of Teaching and Learning etc. These teachers can help you tie the initiative into existing programs the school is running or into your curriculum programs.
- Ask your school leadership what the barriers are and offer solutions. For example, Leadership may not want students accessing the SunSmart App at school but they are happy for staff to access the information on the app and let the students know. Be flexible and accommodating, any change in practice no matter how small is a win!

2. What can you do if the students don't get onboard?

- Involve your peers, ask them what the barriers are and try and find solutions – the survey can help you to collect the information you need.
- Think about creative ways to incentivise them.

Extend the initiative

This initiative builds a great foundation to create an educational video about UVR and why it's important to know the daily UV levels. This video could be shared with the school community through the school's communication channels. Check out this '[Protect your skin](#)' campaign for inspiration. Reach out to the team at Cancer Council NSW to build on this Initiative and take it to the next level!

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