

Sun Safe Mufti Days.

Objectives

- Build knowledge about sun safe clothing and other sun safe practices that protect against the harmful effects of UVR.
- Run a Sun Safe Mufti Day to put into practice these protective measures and improve and promote sun safe behaviour at your school.
- Create a fun filled fundraising event and celebrate sun safety in style!

Description

ORGANISE a Sun Safe Mufti Day/s. Mufti Days could be held to educate your peers about sun safety with the change of the seasons or a significant event like National Skin Cancer Action Week. Build awareness about protective measures like sun safe clothing and changing sun safe practices. Involve the whole school community and promote sun safety.

What's involved? Pitching the initiative to school leadership, organising the event(s), and creating promotional material.

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

- Creativity
- Design
- Communication
- Organisation

Interests

- Event planning
- Fundraising
- Marketing



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 and awareness around sun safe clothing. 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 Sun Safe Mufti Day(s) and build awareness among your community about why it's important and relevant to practice protective measures like sun safe clothing.

Engage your community

Now you know why sun safe clothing is important, you can get others onboard. 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 Mufti Day activities 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 Resources](#)

[Sun Protective Clothing](#)

CINSW

[Students and sun protection](#)

[Skin cancer statistics](#)



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 approval and the support of staff and students, you'll need to educate your school community about your Sun Safe Mufti Day(s).

Know what you're doing

Use the **Event Plan** example to help plan your Mufti Day(s). The example includes allocating roles and responsibilities, setting a timeline, communicating your Initiative, Mufti Day: theme ideas, activity ideas, award ideas, donation ideas.

Tell others about what you're doing

Promote your event! Activate and educate your community about your Mufti Day(s). Here are some ideas to help you promote the day:

1. **Create** promotional posters with the event details (date, theme, activities, prizes etc.)
2. **Create** promotional posters around taking protective measures against the sun. For example, how to select clothing that protects by creating a barrier between the sun's UVR and your skin, and promoting the key message of slip, slop, slap, seek and slide.
3. **Communicate** your event in the school newsletter, daily bulletin reminders, digital signage, 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*).

**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 sun safe measures students can take on the Mufti Day. For example, wearing protective clothing like a sun safe hat, long sleeve shirts, long pants and longer style dresses and skirts, seeking shade, and wearing sunscreen. Be sure to include reasons why it's important for young people to take action.

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Step 3. Empower

Empower the community

Congratulations! If you've taken all the steps above and you're successful, your Mufti Day is here. Your community is behind you and empowered to make a change in sun safe practices by wearing sun safe clothing and implementing other sun safe measures you've promoted.

Throughout the day, make sure you are **celebrating** the efforts of your peers by presenting awards, and running fun activities. Also make sure you celebrate the money raised and communicate to your community how the donations will be used.

Empower the team

Knowledge is empowering! When implementing an Initiative it's important to know what worked well and what you might do differently for the next Mufti Day.

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 implement sun safe measures.

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 leadership what the barriers are and offer solutions. For example, leadership may suggest alternatives to a Mufti Day, see if there are other events running in the school calendar that you can make sun safe like a Sun Safe Athletics Carnival. 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 for advocating to make more school events sun safe. **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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