

Sun Safe Sunscreen Station.

Objectives

- Encourage staff and students to understand the effects of Ultra Violet Radiation (UVR) and the protective measure of sunscreen.
- Encourage staff and students to access and apply sunscreen as part of their daily sun protection habits.

Description

INSTALL sunscreen stations for staff and students to access and apply sunscreen.

DESIGN a promotional campaign targeting staff and students to use the sunscreen stations and apply sunscreen before heading outdoors.

What's involved? Pitching the Sunscreen Station Initiative to school leadership, install sunscreen stations across the school and promote wearing sunscreen.

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

- Communication
- Critical thinking
- Organisation
- Creativity
- Design

Interests

- Fundraising
- Project Management
- Working with your community



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 sunscreen and how it protects you from UVR. 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 Sunscreen Station Initiative and build awareness among your community about why it's important and relevant to apply sunscreen before heading outdoors.

Engage your community

Now you know about the effects of UVR, are you can start advocating for your school community to take the protective measure of acquiring and providing sunscreen.

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

[CCNSW sunscreen](#)

[How to use sunscreen correctly](#)

CINSW

[UV index explained](#)

[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 community about using sunscreen and your plan for the sunscreen stations.

Know what you're doing

Use the **Project Plan** example to help you plan your Sunscreen Station Initiative. Use the budget template to better understand what costs are involved in implementing your initiative and ideas for fundraising. For tips on maintaining and sustaining the sunscreen stations see Appendix 1.

Tell others about what you're doing

Once your sunscreen stations are installed, promote using the sunscreen stations! Now it's time to **activate** and **educate** your community about applying sunscreen daily. Here are some ideas to help you get the word out there:

1. **Create** promotional posters to encourage people to use the sunscreen stations before they head outdoors – let everyone know there will be prizes for regular users!
2. **Create** promotional posters around the effects of UVR, why sunscreen is important and how to apply sunscreen correctly.
3. **Target** key staff to help support your initiative. For example, have a sunscreen station for the PDHPE teachers and ask them to use it regularly before any outdoor activity.
4. **Communicate** your initiative 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 using the sunscreen stations. 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 your successful, your school community is empowered and they are accessing the sunscreen stations before heading outdoors.

Make sure you are **celebrating** the efforts of your community. This could be done by doing random station checks and awarding those students who regularly use the sunscreen.

Empower the team

Knowledge is empowering! When implementing an initiative it's important to know what worked well and what you might do differently with your sunscreen station.

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 school leadership what the barriers are and offer solutions. For example, they may suggest alternatives to sunscreen stations perhaps they would prefer that students bring their own sunscreen to school. Be flexible and accommodating, any change in practice no matter how small is a win!
- You could start small by identifying one or two key areas – like near the oval – and set up a sunscreen station there then grow your initiative after you have proof your idea is working.

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.

3. What can you do if you haven't budgeted enough sunscreen to accommodate the students?

- Reach out to the broader community, see if there is a local organisation that would like to donate or contact Cancer Council NSW to get some advice.

Extend the initiative

This initiative builds a great foundation for a Sunscreen Policy or Sunscreen Guidelines for outdoor events and activities. **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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We're here for impactful prevention, early intervention and changing outcomes. If you need to talk about cancer, call Cancer Council on 13 11 20 for Information and Support.