

## Sun Safety for Parents/Carers for Children in Primary Schools

Most skin cancers are caused by exposure to UV radiation. UV radiation can come from the sun. In the UK almost 9 out of 10 cases of melanoma skin cancer could be prevented by staying safe in the sun. The sun is often strong enough to cause damage in the UK between mid-March and mid-October, even if it's cloudy or cold.

Take care to protect babies and children. Their skin is so much more sensitive than adult skin, and damage caused by the sun could lead to skin cancer in later life.

Children under 6 months should be kept out of direct sunlight.

Here are some things you could do to protect your child/ren when they are at school or nursery.

### How to enjoy the sun safely



#### Seek shade

Take a break under trees or umbrellas, especially in the middle of the day when the sun is strongest.



#### Cover up

Wear a top that covers your shoulders, a wide-brimmed hat and UV-protection sunglasses.



#### Apply sunscreen

Pick one with at least SPF 30 and 4 or 5 stars. Use it generously and regularly.



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Together we are  
beating cancer

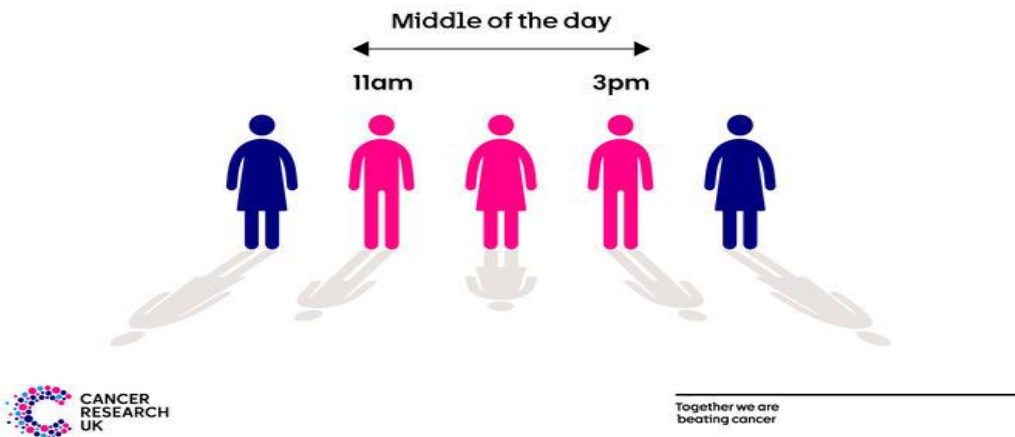
**Also keep them hydrated by sending them in with water!**



## The Shadow Rule

Another handy tip to help you work out when the sun is strongest is the 'Shadow Rule'. It's simple and it works anywhere in the world. It's also a fun way to talk to children about enjoying the sun safely.

**The sun's UV rays are strongest when your shadow is shorter than you.**



Look at your shadow. If it is shorter than you, this means that the sun's UV rays are at their strongest – in the UK, this is usually the middle of the day between 11am and 3pm. This is when you're most likely to burn and need to think about taking extra care to protect your skin, especially if you get sunburnt easily.

## Who's at risk of sunburn?

Getting sunburnt can increase your risk of skin cancer. Anyone can get sunburn or develop skin cancer, but some people are at a higher risk and need to take more care in the sun.

You should take more care in the sun if you have one or more of the following:

- Skin that burns easily
- A lighter skin tone
- Light coloured hair or eyes
- Lots of moles or freckles
- A history of sunburn
- A personal or family history of skin cancer

People with darker skin tones, such as brown or black skin, burn less easily and have a lower risk of skin cancer, but should still think about staying safe in the sun.

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer/the-uv-index-and-sunburn-risk>

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