

The facts

- Skin cancer is the most common and fastest rising cancer in the UK.
- Melanoma, the deadliest form of the disease is now one of the biggest cancer killers in 15-34 year olds.
- Experts estimate that by 2024 melanoma will become the most common form of all major cancers.
- Sunburn in childhood can more than double a person's chance of developing melanoma in later life.
- Over 85% of all skin cancers are caused by over-exposure to UV.
- Skin cancer is almost entirely preventable by adopting simple sun safe practices.
- NICE and government guidelines recommend that children do not get sun burnt and should be aware of how important it is to protect their skin.

The Charity

Karen Clifford passed away on New Year's Eve 2005 after a courageous battle against skin Cancer. When the disease was diagnosed, Karen's family knew little to nothing about skin cancer - public knowledge was limited, information was disparate and not easy to find and the disturbing facts compelling. Realising that skin cancer rates were soaring, ignorance booming and that most cases are preventable, Karen's family, with help from medical professionals, set out to fill the mammoth void that existed in skin cancer awareness, prevention and early detection in the UK.



Sun Safe Schools

Sun safe schools is a national accreditation programme for which I am a trained ambassador. This is one of many educational schemes Skcin runs, which include sun safe nurseries and sun safe workplaces and can be adapted for the Girlguiding and Scouting units. There are 4 steps to gaining accreditation.



[STEP ONE: CREATE YOUR SUN SAFETY POLICY](#)

[STEP TWO: COMMUNICATING WITH PARENTS](#)

[STEP THREE: CONDUCT A WHOLE SCHOOL ASSEMBLY WITH A SKCIN AMBASSADOR](#)

[STEP FOUR: CONDUCT INDIVIDUAL CLASS LESSONS](#)

Rainbows, Brownies, Beavers and Cubs

I recommend you run this over a couple of weeks.

[STEP ONE: CREATE YOUR SUN SAFETY POLICY](#) – register online and provide an address where resources can be delivered. Leaders need to complete the policy maker, but do not generate the letter at this point. If leaders email marie.tudor@skcin.org, Marie will create a unit specific policy.

[STEP TWO: COMMUNICATING WITH PARENTS](#) – Handout sun safety booklets and the unit policy.

STEP THREE: CONDUCT A BROWNIE POW WOW / RAINBOW CIRCLE TIME WITH A SKCIN AMBASSADOR (~ 30mins)

- What do we like to do in the sun.
- How does the sun make us feel.
- Sun burn.
- 5 S of sun safety
- slip slap slop song

STEP FOUR: REINFORCE SUN SAFETY USING THE CHALLENGE BADGE / SUN SAFE SCHOOLS RESOURCES

- George the sun safe superstar story
- Sun safe schools colouring & other curriculum resources.
- Sun related crafts

Guides, Rangers, Scouts and Explorers

STEP ONE: CREATE YOUR SUN SAFETY POLICY – register online and provide an address where resources can be delivered. Leaders need to complete the policy maker, but do not generate the letter at this point. If leaders email marie.tudor@skcin.org, Marie will create a unit specific policy.

STEP TWO: COMMUNICATING WITH PARENTS – Handout sun safety booklets and the unit policy.

STEP THREE: CONDUCT A UNIT MEETING TO DISCUSS SUN SAFETY. I am happy to facilitate this.

- What do they know quiz / Complete the LJMU SKCIN national senior school research survey.
 - What do they wear in the sun? sleeveless tops, bikinis etc.
 - Assess sun bed use.
- UV / sun burn and associated risks - wrinkles, melanoma (*age appropriate*).
- Sun cream science – what do they know about SPF and star rating, demo experiments with UV beads.
- 5 S of sun safety – Slip, slap, slop, slide, shade.
- Revisit what they (should) wear in the sun? hat, wide rimmed hat, glasses, t shirt, sun cream.

STEP FOUR: REINFORCE SUN SAFETY USING THE CHALLENGE BADGE / SUN SAFE SCHOOLS RESOURCES

- Sun related crafts – decorate a T-shirt, make a UV bead bracelet etc. Complete sun safe schools activities e.g word searches, crosswords etc.
- Develop a sun safety video/ play etc.



1st Allenton Brownies- Sun Safe Challenge Badge:

This badge is primarily aimed at rainbows and brownies but can be easily adapted for older children. It contains information about getting sun safe accreditation, some simple science experiments and great crafts to complement the sun safe schools programme. Badges are still available from Rachel Rudd at 1st Allenton Brownies. They cost £1.20 each with 50p going towards the Skcin charity.

<https://sciencegeekworkshop.yolasite.com/resources/Sun%20Safe%20Challenge%20badge.pdf>

Laura Watkin sciencegeekworkshop@outlook.com

<https://www.pinterest.co.uk/1stallentonbrow/>

<https://www.facebook.com/SkinCharity/posts/10155906343992873>

Useful websites

<http://www.skcin.org/>

<http://www.sunsafeschools.co.uk/>

www.sunsafeworkplaces.co.uk

<https://www.facebook.com/SkinCharity/>