

SHINE BRIGHT

Sun Safety for children

A Melanoma-Me and
Solar Buddies
Campaign





ENJOY SUNNY DAYS

There is so much fun to be had in the sun. But we must remember a few little things to help us enjoy the sun safely.



Not so fun fact...
Sun damage is irreversible.
Imagine uncooking a chicken?
It's impossible!

SUNBURN IS NOT FUN



Spending too much time
in the sun without
protective clothing or
suncream can lead to
sunburn and possibly skin
cancer.



THE GOOD NEWS!

**PROTECTING YOUR SKIN IS
SO EASY**

Just a few small changes
can protect you from
sun damage. It's so easy
and everyone can do it!



FIND SHADE

In the UK the UV levels are at their highest between 11am and 3pm. To best protect your skin during these times, seek shade. It's important to not expose our skin to UV rays. Find out why...

ABOUT UV RAYS

UV Rays are Ultra Violet light that comes from the sun. It can be harmful to our skin and eyes and cause sunburn and lasting skin damage.



Fun Fact-
Humans can't see UV rays
but bees can!



MORE ABOUT UV RAYS

UV rays can also be reflected from the sand, snow and water, so it's important to be mindful of them all year around.



WEAR A HAT

Wear a hat to protect your head, skin, and eyes from the sun.

A hat will provide shade if you don't have shade available.

Fun Fact -
They are over 100 different types of hats!
From bucket hats to caps -
there is a hat to suit all heads!

WEAR SUNGLASSES

Sunglasses will protect
your eyes from the sun
(and make you look
super cool!)

Fun fact! The first
pair of sunglasses
were created over
2000 years ago!



UMBRELLA SHADE

Bring an umbrella to the beach or pool.

An umbrella will protect you from the sun just like wearing a hat or sitting under a tree.



WATER

If you are spending lots of time outside in the sun your body temperature rises. It is best to drink lots of water to keep your body cool and hydrated.



Fun Fact-
Children should be
drinking 6-8 glasses of
water a day

SUNSCREEN

Make sure to apply sunscreen on your nose, ears, cheeks, shoulders, chest, neck, and arms to best protect yourself from harmful sun rays.

See the next slide for the EASIEST way to apply your sun cream!



SOLAR BUDDIES

Solar Buddies are our new best friend! The easiest way to apply your sunscreen, just fill the top with sunscreen and roll on! No more sticky hands!



COVER UP!

Wearing loose closely woven fabric can help protect your skin from sun damage.

Denim is one of the best protective types of material to wear in the sun. Darker colours reflect more UV rays than light colours

