



## Enjoy the outdoors safely

Spending time outdoors can be great for our wellbeing, but as the weather gets warmer, it's important to protect our skin from sun damage. Warwickshire School Health & Wellbeing Service have put together some useful resources and information to help families stay safe in the sun.

### The 5 s's of Sun Safety

1. **SLIP** on a t-shirt 
2. **SLOP** on SPF 30+ broad spectrum UVA sunscreen 
3. **SLAP** on a broad brimmed hat 
4. **SLIDE** on quality sunglasses 
5. **SHADE** from the sun whenever possible 

[Find out more about the 5 S's, or check out this in-depth guide to being smart in the sun and reducing your risk of skin cancer. You can also read the NHS guide to staying safe in the sun.](#)

### Sun safety videos & activities

#### For young people

[Why do we have to wear sunscreen?](#)

[How the sun sees you - shows not yet visible sun damage to the skin](#)

[The consequences of being a sunbed addict](#)

#### For parents/carers

[UV protection for kids - how to protect your children](#)

[Sun Safe Superstar - fun animation to teach children sun safety](#)

[Sun safety worksheets and activities](#)

## Staying hydrated

[Fluid fact sheet](#)

[Are you hydrated?](#)

[The benefits of drinking more water](#)

[Top 10 hydrating foods](#)

## Easy-read information

[Skin cancer and sun safety](#)

[Be safe in the sun](#)

[Taking care in the sun](#)

## Know your skin type

It's important to be aware of your skin type and your susceptibility to burning - think of your past experiences, and remember that fairer skin tends to burn easily. However, whatever your skin type, you are still at risk from skin cancer - so always wear sunscreen and protective clothing!

## Be smart in the sun: Top Tips

[Top tips and a quiz for children from Health for Kids.](#)

## Checking your skin

You should periodically examine the skin all over your body from top to toe. Remember, if in doubt check it out!

[Guide to checking your skin](#)

[The easy way to check moles](#)

## Treating sun exposure-related conditions

[Sunburn - the DOs and DON'Ts of treating sunburn](#)

[Treating heat exhaustion and heat stroke](#)

[Treating and avoiding dehydration](#)

## Contact your school nurse team for further support

If you have concerns about a pupil's health and wellbeing, Warwickshire School Health & Wellbeing Service are here to help: call 03300 245 204 or email [warwickshireschoolhealth@welearn365.com](mailto:warwickshireschoolhealth@welearn365.com).