



# Sun Awareness Week Information for families

In support of Sun Awareness Week (**Monday 2nd to Sunday 8th May**), Connect for Health have developed this document to help families to enjoy the outdoors safely. During the hotter months of the year, children are exposed to UV radiation from the sun, often during the hours of the day when UV penetration is at its strongest (11am-3pm). Without adequate protection, a child's delicate skin can burn within minutes, causing irreparable damage.

## The Five S's of Sun Safety

Skcin's five sun safety tips are simple ways to stay safe in the sun - get more details [here](#).

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

## Sunscreen and sun safety

NHS have advice for adults and children on sunscreen and sun safety in the UK and abroad. Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy. Find out more [here](#).



# Sun safety tips and information

The British Association of Dermatologists have produced a range of downloadable sun awareness leaflets and posters, which you are welcome to view, print and display.



## A guide to checking your skin

The best way to detect skin cancer before it spreads is to check your skin regularly, about once a month. You should examine your skin from head to toe. **Find out what to look out for.**

## Skindex

Not everyone's skin offers the same amount of protection from the sun. **Find out your skin type and how much care you need to take in the sun.**

## Save our skin

- Slip on a shirt
- Seek out shade
- Slap on sunscreen

Follow these easy steps to stay safe in the sun. **Learn more with this free poster download.**

## The ABCDEasy way to check moles

**This guide** tells you a few signs that might indicate melanoma. You should tell your doctor if there are any changes to your moles or skin.

## Affected by the sun?

Advice, tips and information on what to do if you or someone you know experiences health concerns related to sun exposure.

- **Sunburn – DO's and DON'T's of what to do with sunburn.**
- **Heat Exhaustion and Heat Stroke – information and advice about how to treat it.**
- **Dehydration – the importance of staying hydrated.**



## Sun Safety websites

### British Association of Dermatologists

Sun Awareness Week 2022 will run from Monday 2nd to Sunday 8th May. Find out more about the week.

### Sun Safety - Cancer Research UK

Information and advice about how to look after yourself in the sun.

### CBeebies Sun Safety for Kids

Tips for staying safe in the sun



## General websites and Services

[www.mind.org.uk](http://www.mind.org.uk)

[www.selfharm.co.uk](http://www.selfharm.co.uk)

[www.papyrus-uk.org](http://www.papyrus-uk.org)

[www.themix.org.uk](http://www.themix.org.uk)

[www.rcpsych.ac.uk/mental-health/parents-and-young-people](http://www.rcpsych.ac.uk/mental-health/parents-and-young-people)

[www.warwickshire.gov.uk/sorted](http://www.warwickshire.gov.uk/sorted) (For self help books)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

[www.youthaccess.org.uk](http://www.youthaccess.org.uk)

[www.annafreud.org](http://www.annafreud.org)



### Kooth

Join Kooth, the free online mental health community for young people in Coventry and Warwickshire. Includes counselling via text service.

### CW RISE

RISE is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.



**C4H**

**For more information & advice,  
please get in touch:**



Text ChatHealth (11-19 years): 07507 331 525

Text ParentLine: 07520 619 376

Call us: 03300 245 204

Email us: [connectforhealth@compass-uk.org](mailto:connectforhealth@compass-uk.org)