



Did you know...

...Unprotected exposure to the sun can lead to burns, premature ageing of the skin and other complications

...You can get sun burn even on a cloudy day

...On average, children get 3 times more sun exposure than adults

...37 people are diagnosed with melanoma each day in the UK

...About 86% of melanomas can be attributed to exposure to ultraviolet radiation from the sun

...Avoiding sun burn when young can reduce the chances of developing melanoma by as much as 78%

North Oxfordshire School Sport Partnership continues to campaign for Sun Awareness, following our previous support of the Melanoma Fund campaign we are pleased to be Sun Protection Accredited for 2021.

The campaign was designed to tackle melanoma, one of the UK's most common cancers in young people, by helping to develop and support sun protection practices for all those who work outdoors with children.

Just a few serious sunburns can increase everyone's risk of melanoma by 80%. With 86% of melanomas attributed to excessive sun exposure, and levels of melanoma rising in the UK, sun protection habits need to change.

To encourage this change, North Oxfordshire School Sport Partnership has a [Sun Protection Policy](#), which is promoted and endorsed by our team at all our outdoor events, as well as through our direct support of PE and Sport in Schools.

You can help too!

Not only students at your school, but children and young people in your family and within your local community.

...encourage young people to wear appropriate sunscreen (SPF30+), clothing, hats and sunglasses when taking part in any outdoor activities—even on cloudy days!

...promote the importance of hydration, encourage young people to carry water with them (and drink it!), particularly on warm/hot days.

...encourage young people to seek shade whenever possible when they are taking part in outdoor activities.

...lead by example, make the above actions part of your everyday routine, and help to spread the word on the importance of sun protection.

By raising awareness of the risks of prolonged sun exposure and educating young people on the importance of sun safety, we aim to further promote lifelong participation in health promoting activity.

Please help us to prevent over exposure to the harmful rays of the Sun's light and heat related illness, and reduce the risk of someone you know developing melanoma.

#StaySunSafe #SunSorted21 #OKSSC21

www.melanoma-fund.co.uk