



Sun Smart

Sun safe
Sun Ready !

Darlinghurst
ACADEMY

Are you sun ready ?



The sun's UV rays

The sun gives off invisible rays
They are called ultraviolet rays

These rays can cause sunburn and
damage our skin



How can we stop ourselves getting sunburn?



Let's be sun ready at Darlinghurst!

Let's learn from a successful campaign for sun protection to prevent sun damage



Achievement ★ Belonging ★ Confidence ★ Determination ★ Excellence

Successful health campaign – Australia

Sid the seagull



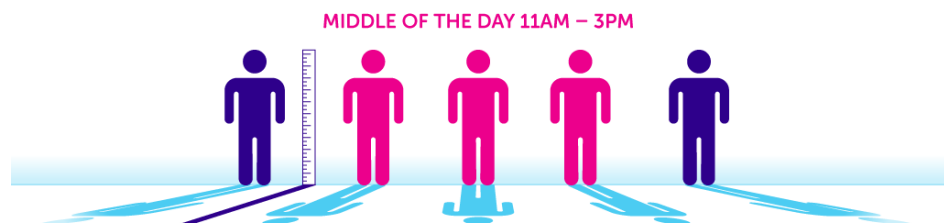
Sun-safe slogan



Achievement ★ Belonging ★ Confidence ★ Determination ★ Excellence

Let's learn

THE SUN'S UV RAYS ARE **STRONGEST** WHEN...
...YOUR SHADOW IS **SHORTER** THAN YOU

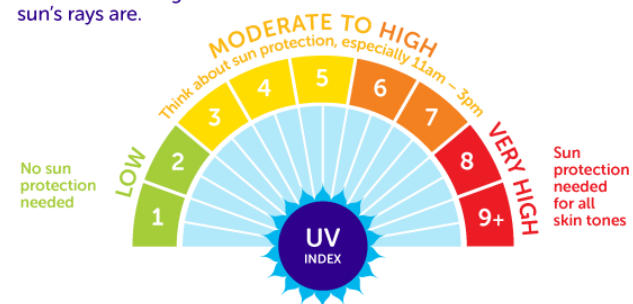


LET'S BEAT CANCER **SOONER**
cruk.org



DON'T LET **SUNBURN** CATCH YOU OUT

Check the UV index at
www.metoffice.gov.uk/uv
to see how strong the sun's rays are.



If it's **3 or higher**, think about protecting your skin,
especially if you get sunburnt easily.

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