



**BRITISH ASSOCIATION
OF DERMATOLOGISTS**
HEALTHY SKIN FOR ALL

**Sun Awareness Week
12-18 May**

Sun Awareness Week 2025 is an essential initiative that aims to highlight the risks associated with excessive sun exposure and the importance of protecting the skin from harmful UV rays. This event promotes sun safety to prevent skin cancer and encourages everyone to enjoy the sun responsibly

Sun Safety Tips – Shade, Clothing & Sunscreen

Although sun exposure is a major cause of skin cancer, sun safety doesn't have to mean total sun avoidance. Instead, it is recommended to follow three simple steps to keep safe in the sun at home or abroad. These will keep you safe from sunburn and reduce your risk of skin cancer in the future



Make use of the shade
(especially between
11am and 3pm)



**Wear clothes that
protect you from the
sun**



**Use sunscreen
(SPF30+) and re-apply
it every 2 hours**

Useful links:

[Sun Advice for Skin of Colour - BAD Patient Hub](#) *Why should I use sun protection? Just because your skin may have some natural protection from the sun's UV rays, it doesn't mean you are completely resistant to sun damage. When we talk about sun damage we are talking about four types of damage: sunburn, skin ageing, hyperpigmentation and skin cancer.*

[British Association of Dermatologists](#)

[Sun Protection Advice for Children and Babies - BAD Patient Hub](#)

[Sun Awareness Week | Awareness Days](#)

[WHAT IS MELANOMA? | Melanoma UK](#)

Support is Available

Parents and carers if you would like further help or support for your child or teenager, Send a message to:

07312 263 080

Receive an answer within one working day from a qualified school nurse. Monday to Friday, 9am-4.30pm.



Young people in Hounslow can text a school nurse for confidential advice and support:

07507 333176

Learn more at: bit.ly/ChatHealthPrivacy