

USE SUNSENSE

GET OUTDOORS AND BE SUN SAFE

1 in 7



Canadians is diagnosed with skin cancer

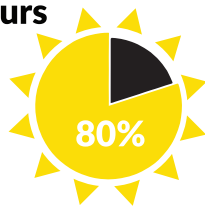


ULTRAVIOLET RADIATION (UVR)

is the major cause of skin cancer

80%

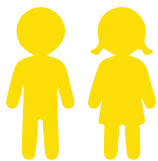
of an individual's lifetime exposure to the sun occurs before the age of 18



Children spend an average of

1 to 3 HOURS PER DAY

outdoors for recess, lunch, gym, field trips and extracurricular activities



Healthy behaviours established during **CHILDHOOD** are more likely to persist into adulthood

Students are at school during the highest UVR risk period of the day – from

11 to 3



STAYING INSIDE IS NOT THE ANSWER!

There are compelling benefits to children playing and learning outdoors. Appropriate sun safety habits are essential to maximize health and enjoyment all year round and prevent skin cancer.