



Canadian
Cancer
Society

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USE SUNSENSE

Get outdoors and be sun safe

FACT SHEET

- 1 in 7 Canadians is diagnosed with skin cancer. Despite being highly PREVENTABLE, skin cancer is the most common type of cancer and it is on the rise.
- Ultraviolet radiation (UVR) is the major cause of skin cancer.
- Research indicates childhood exposure to UVR is an important contributing factor to the development of skin cancer later in life. It is estimated that 80% of an individual's lifetime exposure to the sun occurs before the age of 18.
- Children spend an average of one to three hours per day outdoors for recess, lunch, gym, field trips and extracurricular activities.
- Childhood represents a key period to intervene to prevent children from developing fatal forms of skin cancer. 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—between 11a.m. to 3p.m., therefor schools can play a significant role in both minimizing students' exposure to UVR and positively influencing student behaviour by establishing routines that foster healthy, safe enjoyment of the outdoors.
- 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.

Protect your staff and students by creating a healthy sun safe environment that supports learning and growth.

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