

George the Sun Safe

# SUPERSTAR!



Kathryn Clifford & Chantal Renn



**GEORGE THE SUN SAFE SUPERSTAR,**  
written by Kathryn Clifford  
on behalf of Skcin - The Karen Clifford Skin Cancer Charity.  
In memory of Karen Clifford  
and dedicated to her grandchildren  
Lauren, Ben, Lottie, Reiss, Gracie, Harrison & Ava.

## *Note from the Author*



Skcin was established in 2006 following the death of my dear mother Karen Clifford after her courageous battle with melanoma, the most deadly form of skin cancer. When Karen was diagnosed, knowing nothing about the disease, our family were dismayed to discover the alarming statistics behind what is the UK's most common and fastest rising cancer. So extreme are the soaring rates of skin cancer, it is now one of the biggest cancer killers amongst young people aged 15-34, yet this devastating disease is largely preventable. Approximately 80% of all skin cancers are caused by over-exposure to UV from the sun and or sun beds and so, with appropriate education on sun safety and the early detection of skin cancers, lives simply do not have to be lost!

The Karen Clifford Skin Cancer Charity, 'Skcin' was set up to raise the profile of skin cancer. The charity educates on sun safety and the dangers of over exposure to UV, promoting early detection to ultimately save lives! Skcin is now the only skin cancer specific charity with national status. We have a very strong belief that in order to effectively educate our future generations, the seeds of sun safety need to be planted in primary education. As such, the charity has established the Sun Safe Schools Award Scheme, supported by a comprehensive website and bank of resources. This scheme has been developed to assist primary schools in their duty of care to implement a suitable and achievable sun safe policy and curriculum linked teaching on the subject. Together parents and teachers really do have a responsibility to ensure children grow up with sufficient knowledge of the dangers of over exposure to UV and that all children are adequately protected, so they can go out to play and enjoy the sun safely - not forgetting that some sun is good for us!

It is my sincere wish that this book is enjoyed by all children, helping them to learn, understand and remember the 5 S's of sun safety. I hope that with the efforts of Skcin and the Sun Safe Schools Award Scheme this approach will continue to be embraced by schools throughout the country for many years to come and create a true generational change in attitudes and behaviours towards sun safety.



**For information about Skcin  
and skin cancer including prevention and detection  
please visit [www.skcin.org](http://www.skcin.org)**

**Is your school Sun Safe?  
Encourage your school to register at  
[www.sunsafeschools.co.uk](http://www.sunsafeschools.co.uk)**







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# George the Sun Safe SUPERSTAR!



Written by Kathryn Clifford  
Illustrated by Chantal Renn  
Edited and Produced by Charlotte Fionda





This is a story of how a boy became known by a very, very special name. How he spread a message near and far, and became a **Sun Safe SUPERSTAR!**





It began one day when his mummy said...

“When you go out George, use your head. Remember son to **SLIP, SLOP, SLAP**, wear a t-shirt, sunscreen and a hat. When it’s *sunny* you must think, that these will stop you turning **pink!**”

“The sun is fun and good for you, but it can *burn* and *hurt* you too. It is important that you know, whilst it gives us light and makes things **grow** the sun sends out *invisible* rays that can *burn* your skin on sunny days.”







“Unlike a burn from normal heat, sunburn harms the skin beneath. It can make you very sore, so be certain and make sure...

**You cover shoulders, shade your head and apply your sunscreen!”** his mummy said.

George asked...

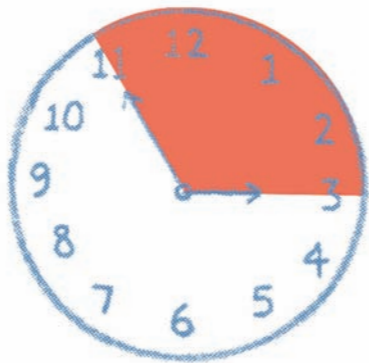
“How can something I can't see hurt my skin and **damage** me?” Mum said “it's a *harmful* form of light that's called **UV** and is out of sight, like lots of things that are in the air that we can't see but are still there.”







"The sun is **hottest** around midday, so find a shady place to play. Be extra *careful* between 11 and 3, when the sun produces strong UV. Find some shade under a tree, or go indoors for a while, maybe?"



"A tip that's really good to know, is to look down at your *shadow*. If your shadow is shorter than you **SLIP, SLOP, SLAP** is what to do! Another tip that's very wise, is to wear *sunglasses* to protect your eyes."





George knew that he'd look really *cool*, if he followed the **Sun Safe Rule**.  
"To help *remember* it" his mummy said,  
"Just think **five S's** in your head.  
**SLIP, SLOP, SLAP**, that makes 3,  
plus **sunglasses** and **shade** makes 5 you see!"



So on that *sunny* summers day before George went outside to play, he **slipped on his t-shirt, slopped on his sunscreen, slapped on his hat**, easy as that! Remembering what his mum had said, he popped his **sunglasses** on his head.





His mum said proudly "George you are, an official **Sun Safe Superstar!**"



The following day George went to school, where a year six boy who's really cool was playing football in the *midday sun*, *without* his **hat** or **sunscreen** on. The boy was slowly turning **red**, as the sun beat down upon his head.



**“SLIP,  
SLOP,  
SLAP”**

George said...

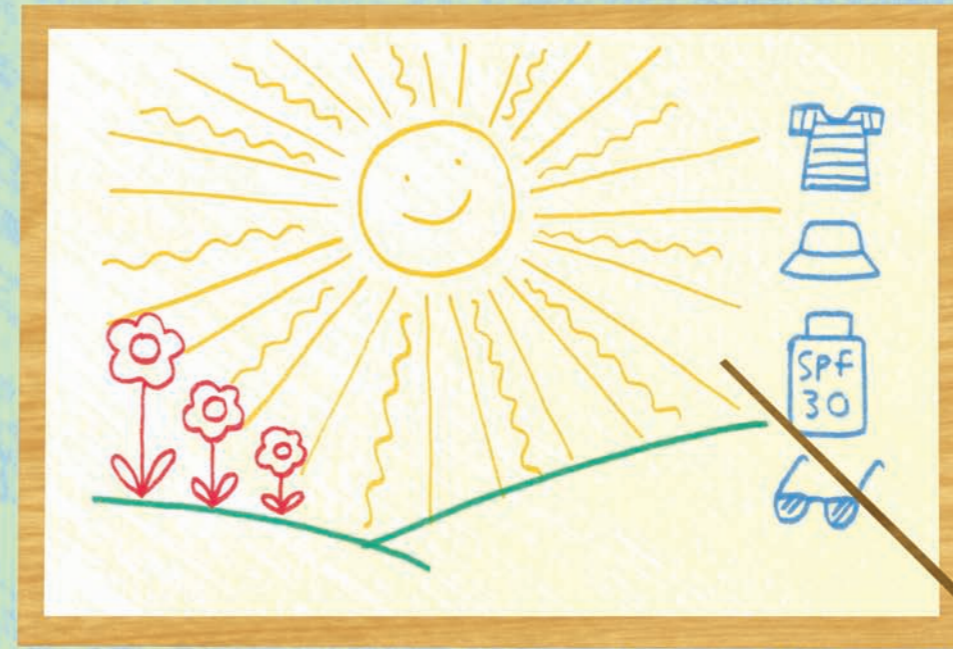


**“Slip on a T-shirt, Slop on the sunscreen,  
Slap on a hat - as simple as that!  
The only thing you need to learn,  
when playing outside is *never* burn.  
Follow these rules and you’ll know you are,  
like me - **A Sun Safe Superstar!**”**





"Thanks!" said the boy, "I didn't think, the sun could **burn** and turn me **pink**. For a little kid, you've a *clever* head, like a *super-hero* the big boy said! Now I know I can pass it on, to someone else who loves the sun. So spread the message near and far, until we're all a **Sun Safe Superstar!**"



George thought about what the boy had said, and how *he* could make the message *spread*. So he told his friends, he told his school, he told them all the **Sun Safe Rule**. He told them all to pass it on, and soon he had told *everyone!*







George was *pleased*, he told his mum, he told her all that he had done. And told her how he'd now become known by his school and *everyone*, as not just 'George, age 5, class R,' but...









# Are you a Sun Safe Superstar? Can you answer the following questions?

Parents and teachers can help reinforce the sun safe message and 5 S's of Sun Safety by creating a question and answer based discussion as outlined below.

## 1) What special name did George become known as?

Answer: George the Sun Safe Superstar.

Create a discussion about how all children could become 'Sun Safe Superstars' by being sun safe and learning how, when and why to protect themselves.

## 2) The sun is fun and good for you, it gives us light and makes things grow, but why can it be dangerous if we don't protect our skin?

Answer: Because it can burn our skin.

Discuss all the positive aspects of the sun in the question. Then discuss sunburn, how it makes our skin red and sore and can damage the skin underneath that we can't see.

## 3) The sun sends out invisible rays, that can burn your skin on sunny days, can you remember what these rays are called?

Answer: UV.

Explain that UV stands for Ultraviolet and that like George's Mum says - they are invisible. Perhaps then discuss other things that are around us that we can't see like gases, etc.

## 4) What time of day is the sun extra hot when we need to be most careful not to burn?

Answer: Between 12 and 3.

Discuss this time of the day and what we do around this particular time of day - e.g. eat lunch, have lunch break at school, etc. This will help them remember without the need to tell the time.

## 5) What tip did George's mum give him about his shadow?

Answer: When your shadow is shorter than you, Slip, Slop, Slap is what to do! Discuss this and maybe use a torch and model to demonstrate how your shadow gets bigger or smaller as the sun moves. Explain that our shadows will be shorter when the sun is highest in the sky above our heads, and that the sun is hotter, sending out stronger UV rays at this time.

## 6) What three words beginning with 'S' does George use to help him remember what to put on sunny days?

Answer: Slip, Slop, Slap.

Ask the children what each of these words relate to - Slip on a T-shirt, Slop on sunscreen and Slap on a hat. Discuss each item advising that their hat must have a wide brim to shade their face, neck and ears and a suitable T-shirt that will cover their shoulders, which can easily burn. Sunscreen must be also be applied regularly to all exposed areas of skin.

## 7) Where does George's mum tell him to play when it's extra hot?

Answer: In the shade

Discuss where you might find shade, for example under a tree, or if your school or garden has a shade or sheltered area.

## 8) What did George see that the Year 6 boy was doing wrong?

Answer: Playing in the midday sun without a hat or sunscreen on.

Recap the importance of protecting your skin, especially around midday. Discuss the fact that when you go outside for lunchtime play, this is when the sun is at its strongest - reinforce the shadow tip. Point out that if George hadn't helped, the Year 6 boy would become red and sore and damage his skin. That's why he was so grateful and called George a Superhero!

## 9) What are the 5 S's of sun safety?

Answer: Slip, Slop, Slap, Sunglasses & Shade.

Discuss with the children how George's mum helped him to remember them: "Slip, Slop, Slap, that makes 3, plus sunglasses and shade makes 5 you see!"





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This is a story of how a boy became,  
known by a very, very special name.  
How he spread a message, near and far,  
and became a **Sun Safe SUPERSTAR!**

*Helping children learn about the  
importance of sun safety in a fun  
and engaging way.*



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comprehensive free resources at:  
[www.sunsafeschools.co.uk](http://www.sunsafeschools.co.uk)

