

CGA/18/06 - A brief school-based intervention to reduce sunburn in adolescence: A feasibility study

The sun can be harmful. If children/adolescents get sunburnt five or more times, they are twice as likely to get skin cancer as an adult. The sun can also be beneficial. It is a source of vitamin D which is essential for healthy bones. In this study, 15/16 year olds will have a lesson on sun safety, home-based exercises and receive text messages over the summer holidays to encourage safer behaviour. We will measure skin colour on their forearms before and after the summer holiday to see if they got sunburnt and ask them about sun protection behaviours.