

# #newfamilyrule

## ‘How to’

Follow these steps to make  
sun protection your **#newfamilyrule**.

1. **FAMILY DISCUSSION:** As a family, discuss why sun protection is your #newfamilyrule and outline how to **protect your skin**.
2. **GET READY:** Gather your sun protection tools (hat, long clothing, sunglasses, sunscreen, shade) and place them in several accessible spots in your home, car and outdoor spaces.
3. **BUILD SUN PROTECTION INTO YOUR LIFE:** Establish routines such as ‘hats and shoes on’, ‘sunscreen after meals and snacks’ and scheduling outdoor activities before 11 a.m. or after 4 p.m., if possible.
4. **BE A ROLE MODEL:** Your **#newfamilyrule** will be most successful if you show your kids that sun protection is important for every member of the family. Be a role model — protect your skin outdoors and avoid indoor tanning equipment.

