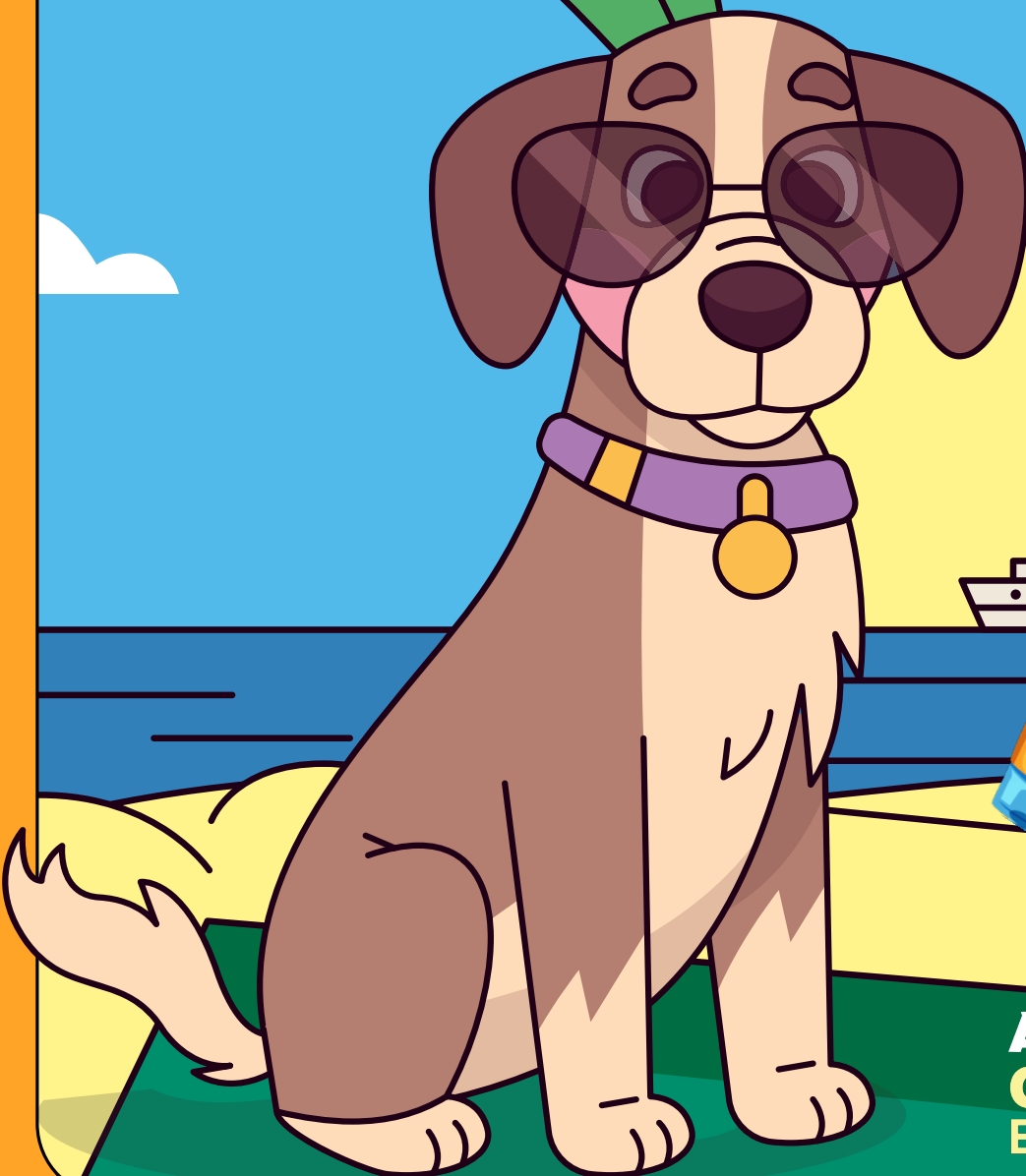


**POSTER  
COMPETITION**

# SUN SAVIOURS



**Amy  
CALLAGHAN MP**  
East Dunbartonshire

# SUN SAVIOURS

★ POSTER COMPETITION ★



Your local MP needs you! Take part in Amy Callaghan's competition to design your ultimate Sun Saviour and have the chance of your poster being printed in the local newspaper!

Pens at the ready, awesome artists!



It's so important to keep our skin safe all year round. Too much sun without protection causes painful burns and worse.

And with pollution heating up our climate, it's more important than ever to stay safe in the sun.

That's why I'm asking you to design posters to encourage your friends and family to protect their skin. Your poster should include a sun saviour, a little sidekick who could help us all protect our skin.

Your creative poster and saviour buddy could encourage others to use shade, sunscreen, and cover up all year round.

Good luck and happy drawing!!

Closing date: 27<sup>th</sup> October, 2023

Collection of entries can be arranged by emailing [amy.callaghan.mp@parliament.uk](mailto:amy.callaghan.mp@parliament.uk)

## FIND YOUR SUN SAVIOUR!

This quiz will reveal what kind of Sun Saviour you should draw.

1. Best day ever...

- a) Learning to fly a plane
- b) Scuba diving
- c) An organised picnic with lots of activities

2. Your favourite toy...

- a) Kite
- b) Water balloons
- c) Lego

3. Your favourite animal...

- a) Eagle
- b) Dolphin
- c) Dog

4. Your sidekick...

- a) Would fly to you when called
- b) Swim to the rescue
- c) Always be by your side

I always:

- a) Cover up outdoors with shirts, hats and shade
- b) Use waterproof SPF 30+ sunscreen
- c) Plan ahead to protect my skin

I never:

- a) Forget my sunglasses and sunscreen
- b) Ignore the heat of the sun on my skin
- c) Forget to reapply sunscreen

You chose mostly:

a) You might like a Shade Spreader sun saviour! They love umbrellas and tents. Draw them with lots of portable shade options.

b) You might like a Sunscreen Sentinel sun saviour! They keep everyone covered in sunscreen. Draw them with sunscreen sprayers.

c) You might like an Ultra Prepper sun saviour! They come prepared with shade, clothes and sunscreen. Show them with all the sun safety gear.

Now you know your sun saviour, it's almost time to get drawing. Before that, here are some catchphrases you could include on your poster. Or, if you would prefer, you can make up your own.

Don't let rays ruin your days!



STAY BRIGHT, AVOID THE LIGHT!



SLIP ON A SHIRT,  
SLOP ON SUNSCREEN,  
SLAP ON A HAT!



Use sun safety to stay healthy



DON'T GET BURNED,  
STAY SUN LEARNED!



Beat the heat, cover from head to feet!



You now have ideas for your sun saviour and their catchphrase. You can also give them a name.

It's now time to get drawing! Remember, your poster could make a huge difference by reminding everyone to look after their skin.

Good luck!

Draw your poster here or on a separate sheet of paper, but either way, please fill out your details below.

First name: \_\_\_\_\_ Last name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

School, group, or nursery: \_\_\_\_\_ Class: \_\_\_\_\_

Signature of parent, guardian, group leader, or teacher: \_\_\_\_\_

Contact email or phone number: \_\_\_\_\_

Terms and conditions: The winning design will be chosen by Amy Callaghan MP after the closing date. The winning entry will be posted on social media and printed in the local newspaper, and a winner's certificate will be presented by Amy Callaghan MP. You must have the permission of a parent, guardian, group leader, or teacher to enter. We will only use data provided to contact winners in relation to the competition. Collection of entries must be arranged with Amy's office by 5pm on 27th October, 2023.

You can see our privacy policy here: [www.amycallaghan.scot/privacy-policy](http://www.amycallaghan.scot/privacy-policy)