3 or more summers having an outdoor job as a teenager
Having a noticeably enlarging mole
Going outside at noon without sun protection
Having 6 or more blistering sunburns under age 18
Having more than 50 moles on your body under the age of 18
Being a fair-skinned, blue-eyed, redhead
Applying sunscreen once while outside for 4 hours
Using bronzer makeup
Using indoor tanning beds
Wearing wraparound 100% UV protected sunglasses outside
Reapplying sunscreen every 1-2 hours
Using self tanner (dihydroxyacetone)
Wearing a baseball cap in the sun
Swimming while wearing a t-shirt and no sunscreen
Walking outside
in the winter
without sunscreen
Having dark brown skin, black hair, dark brown eyes
Going outside after 5 PM without sun protection
Using sunblock

with

SPF 30 or higher