

# More Sun Smarts



## Tell us about the SPOTS program...

1. My favorite part of SPOTS was the . . .
  - A. lectures
  - B. video
  - C. games/Hands-on demonstrations
  - D. skin analyzer machine
  - E. I had no favorite part
2. The most important thing I learned was about . . .
  - A. sun protection methods – how to use sunscreen, hats, shade, clothing
  - B. early detection of skin cancers – what to look for, ABC's of melanoma
  - C. risk factors – what increases my chances of getting skin cancer
  - D. all of it was important
  - E. none of it was important
3. Looking at my face in the skin analyzer machine made me want to better protect my skin in the sun.
  - A. Strongly disagree
  - B. Disagree
  - C. I did not use the skin analyzer machine
  - D. Agree
  - E. Strongly agree
4. Attending the SPOTS presentation really made me want to practice better sun protection.
  - A. Strongly disagree
  - B. Disagree
  - C. I did not attend the SPOTS presentation
  - D. Agree
  - E. Strongly agree
5. I would recommend the SPOTS presentation to other teenagers.
  - A. Strongly disagree
  - B. Disagree
  - C. I did not attend the SPOTS presentation
  - D. Agree
  - E. Strongly agree

## Tell us what you think...

6. When should you reapply sunscreen?
  - A. You do not need to reapply sunscreen
  - B. After every 2 hours in the sun
  - C. After every 3 hours in the sun
  - D. After every 4 hours in the sun
  - E. Don't know
7. What are the ABCD's of melanoma?
  - A. Alignment, Big, Color, Dark
  - B. Asymmetry, Border, Color, Diameter
  - C. Abnormal, Big, Crusty, Diameter
  - D. Asymmetry, Black, Circular, Diameter
  - E. Don't know
8. What is the most fatal type of skin cancer?
  - A. Basal Cell
  - B. Squamous Cell
  - C. Melanoma
  - D. Lymphoma
  - E. Don't know
9. Who finds most skin cancers?
  - A. Doctors and nurses
  - B. The person with the skin cancer
  - C. Family members
  - D. Friends
  - E. Don't know

## Tell us what you actually do...

**For questions 10-12 use**  
**A. Never**  
**B. Rarely**  
**C. Sometimes**  
**D. Almost always**  
**E. Always**

10. When outside on sunny days, how often do you wear UV protected sunglasses?
11. When outside on sunny days, how often do you stay in the shade?
12. When outside on sunny days, how often do you wear sunscreen with SPF 30 or more?

## Tell us what you think . . .

13. Red haired people have a greater risk of getting skin cancer.
  - A. True
  - B. False
  - C. Don't know
14. People with a lot of moles on their body have a greater risk of skin cancer.
  - A. True
  - B. False
  - C. Don't know
15. Freckling is a sign of sun damage.
  - A. True
  - B. False
  - C. Don't know
16. Tanning in an indoor tanning bed is safer than tanning in the sun.
  - A. True
  - B. False
  - C. I don't know
17. People who tan very easily do not get skin cancer.
  - A. True
  - B. False
  - C. Don't know
18. If your parents or siblings have skin cancer, your chance of getting skin cancer is higher than average.
  - A. True
  - B. False
  - C. Don't know
19. Skin cancer is the most common cancer in the United States.
  - A. True
  - B. False
  - C. Don't know
20. Having five or more blistering sunburns before the age of 18 years can lead to skin cancer.
  - A. True
  - B. False
  - C. Don't know
21. Getting a base tan will keep you from getting a sunburn.
  - A. True
  - B. False
  - C. Don't know
22. Wearing sunglasses with dark lenses will protect your eyes.
  - A. True
  - B. False
  - C. Don't know

## Tell us what you actually do . . .

23. When do you wear sunscreen?
  - A. I do not wear sunscreen.
  - B. I sometimes wear sunscreen when I'm near water (beach, pool or lake) or doing something outside (like sports, picnic).
  - C. I always wear sunscreen when I'm near water (beach, pool or lake) or doing something outside (like sports, picnic).
  - D. I wear sunscreen every day in the summer.
  - E. I wear sunscreen every day during the whole year.
24. When you wear sunscreen, how often do you reapply it?
  - A. I do not wear sunscreen
  - B. I do not reapply it, once I put it on
  - C. Every 2 hours
  - D. Every 3 hours
  - E. Every 4 hours
25. When outside on sunny days, what type of hat do you usually wear?
  - A. I don't wear a hat outside
  - B. Do-rag, bandanna, scarf
  - C. Visor
  - D. Baseball cap
  - E. Hat with a brim

## Tell us how you honestly feel . . .

**For questions 26-28 use**

- A. Strongly disagree**
- B. Disagree**
- C. No opinion**
- D. Agree**
- E. Strongly agree**

26. It's worth getting sunburned to be tanned.
27. It's too much trouble to use sunscreen every day.
28. It's too hard to pick out a sunscreen I would use.

*Thank you for answering our questions!*