

Sun Smarts



Tell us what you think...

1. 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
2. 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
3. What is the most fatal type of skin cancer?
 - A. Basal Cell
 - B. Squamous Cell
 - C. Melanoma
 - D. Lymphoma
 - E. Don't know
4. 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 know...

5. Red haired people have a greater risk of getting skin cancer.
 - A. True
 - B. False
 - C. Don't know
6. People with a lot of moles on their body have a greater risk of skin cancer.
 - A. True
 - B. False
 - C. Don't know
7. Freckling is a sign of sun damage.
 - A. True
 - B. False
 - C. Don't know
8. Tanning in an indoor tanning bed is safer than tanning in the sun.
 - A. True
 - B. False
 - C. I don't know
9. People who tan very easily do not get skin cancer.
 - A. True
 - B. False
 - C. Don't know
10. 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
11. Skin cancer is the most common cancer in the United States.
 - A. True
 - B. False
 - C. Don't know
12. 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
13. Getting a base tan will keep you from getting a sunburn.
 - A. True
 - B. False
 - C. Don't know
14. Wearing sunglasses with dark lenses will protect your eyes.
 - A. True
 - B. False
 - C. Don't know

Tell us a little about yourself...

15. How old are you?
 - A. 11
 - B. 12
 - C. 13
 - D. 14
 - E. 15
16. What color is your natural skin without a tan?
 - A. fair white
 - B. medium white
 - C. olive-brown
 - D. dark
 - E. very dark
17. What is your natural hair color?
 - A. red
 - B. white or light blond
 - C. dark blond or light brown
 - D. dark brown
 - E. black
18. What is your natural eye color?
 - A. blue
 - B. green or gray
 - C. hazel
 - D. brown
19. How many sunburns have you had since you were five years old that made your skin peel?
 - A. 0
 - B. 1-4
 - C. 5-10
 - D. 11-20
 - E. More than 20
20. Has anyone in your family had skin cancer?
 - A. No one
 - B. Yes, my parent
 - C. Yes, my grandparent/aunt/uncle
 - D. Yes, myself/brother/sister
 - E. Don't know
21. How many times have you used an indoor tanning machine?
 - A. 0
 - B. 1-4
 - C. 5-10
 - D. 11-20
 - E. More than 20
22. How would you describe yourself?
 - A. American Indian or Alaska Native
 - B. Asian, Hawaiian or other Pacific Islander (ie, Filipino)
 - C. Black or African American
 - D. Hispanic or Latino
 - E. White

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

For questions 26-28 use

- A. Never**
- B. Rarely**
- C. Sometimes**
- D. Almost always**
- E. Always**

26. When outside on sunny days, how often do you wear UV protected sunglasses?
27. When outside on sunny days, how often do you stay in the shade?
28. When outside on sunny days, how often do you use sunscreen with SPF 30 or more?

Tell us how you honestly feel...

For questions 28-30 use

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

29. It's worth getting sunburned to be tanned.
30. It's too much trouble to use sunscreen every day.
31. It's too hard to pick out a sunscreen I would use.

Thank you for answering our questions!