ACTIVITY 1

Know Your Skin Type?

Find your score from the eight questions below and determine your skin type. Then, pair up with another student in your class and see if you can determine their skin type.

What’s Your Skin Type? Answer these questions and find out!

PART I: Genetics

1. Your eye color is:
   A) Light green or light blue= 0
   B) Green or gray= 1
   C) Hazel or brown = 2
   D) Dark brown = 3
   Brownish black = 4

2. Your natural hair color is:
   A) Dark light blond = 0
   B) Dark blond = 1
   C) Dark brown or light brown = 2
   D) Dark brown = 3

3. Your natural skin color is:
   A) Pale with a reddish undertone = 0
   B) Olive or light brown = 1
   C) Dark brown or black = 2

4. Freckles on skin that’s not typically exposed to the sun:
   A) None = 0
   B) Slight = 1
   C) Moderate = 2
   D) Dark = 3

5. Your skin is made up of about 70% of this:
   A) Water = 0
   B) Nitrogen = 1
   C) Oxygen = 2
   D) Calcium = 3

6. Exposures to ultraviolet lights/sun/rays increase melanoma risk by what percent?
   A) 75 percent = 0
   B) 45 percent = 1
   C) 15 percent = 2
   D) 10 percent = 3

7. If your shadow is shorter than you, it indicates:
   A) You are safe from the sun’s damaging rays = 0
   B) It’s morning = 1
   C) You are more likely to develop a sunburn = 2

8. Which one of the following offers protection from damaging UV rays?
   A) A cloudy day = 0
   B) Cold temperatures = 1
   C) Going underwater = 2
   D) None of the above = 3

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So…how did you do?

1-2 correct: Ooh, oops. Study harder and re-apply to U.V. U. soon!

3-4 correct: Nice try, but you still have more to learn about the dangers of sun exposure.

5-7 correct: You’re accepted!

8 correct: Congratulations! Would you like to be our new class president?

To learn more about how to play it safe in the sun, visit the new website for The Skin Cancer Foundation at www.skincancer.org/school

ACTIVITY 2

Myth Mash…What’s the Truth?

The power of the sun is so great, it has created a number of widely circulated myths. It’s time to separate fact from fiction. Check out these myths and “get real” about sunbathing and other sun-exposure legends.

ACTIVITY 3

Can You get into U.V.U.?

This exercise encourages students to research the dangers of tanning and sun damage and then get the word out about why it’s best to “Go With Your Own Glow.”

• You can start by talking about the subject in class. Find out how many of your students know about sun, ultraviolet rays and skin cancer. Ask if any family members or friends have developed skin cancer. Ask whether they believe that tanning is smart, fashionable or “cool.”

• You can help students learn more about sun damage by reproducing the quiz and handouts featured on this poster. Students can also learn more by visiting www.skincancer.org/school where a short video (click on the section that reads “Glow”) features key fashion industry experts talking about why it’s smart to “Go With Your Own Glow.” Students can also access resources in your school’s library or media center.

• After they have a broad understanding of the potential dangers of the sun, tanning beds and skin cancer, ask students to think about how they would warn other students in their age group about these hazards.

• Ask students to share their ideas in the promotional format of their choice.

• Students can choose to write a public service television or radio script; a print ad, a 250 word newspaper article, create a poster campaign, collage, original artwork/poster; a webisode/script; interview an “expert,” or even create a mock TV news report.

• Give students several days/night to complete their projects. Then, ask students to “present” them to the class. Allow students to ask questions during presentations to further the discussion about the hazards of overexposure to the sun.

• Your school has a website, think about creating a PowerPoint presentation that showcases some of the best ideas.

ACTIVITY 4

Go With Your Own Glow

Once upon a time, tanning was considered cool. Fashion and beauty industry insiders have spoken and the tanned look is no longer fashionable.

Windows protect from all of the sun’s ultraviolet rays. A window behaves much like sunscreen. White glass does block UV rays, other longer-wavelength ultraviolet A radiation can get through. Which means, even indoors or in a car with the windows up, you can still tan or burn.

A cool breeze on my skin helps prevent sunburn. Cool breezes, swimming and comfortable temperatures can make your skin feel cool—even in direct sunlight. But don’t be fooled. You’re still receiving the same dose of UV radiation as when winds are light and temperatures are hot. So, you must use sunscreen to protect yourself—even when your skin doesn’t feel hot.

Take this multiple-choice U.V.U. entrance “exam” and test your knowledge of sun exposure, skin cancer...and what your shadow is trying to tell you.

1. What do you call UV damage to the lens of your eye?
   A) Retinitis
   B) Glaucoma
   C) Cataract

2. What time of day are the sun’s rays strongest?
   A) 6:00 AM – 10:00 AM
   B) 10:00 AM – 4:00 PM
   C) 4:00 PM – 8:00 PM

3. What percentage of Americans will develop skin cancer some point in their lives?
   A) 10%
   B) 15%
   C) 20%
   D) 50%

4. Snow reflects up to how much of the sun’s UV rays?
   A) 40%
   B) 50%
   C) 60%
   D) 80%

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