

ACTIVITY 3

Can You get into U.V.U.?

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) 6AM – 10AM
- B) 10AM – 4PM
- C) 4PM – 8PM

3. What percentage of Americans will develop skin cancer at 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%

5. Your skin is made up of about 70% of this:

- A) Water
- B) Nitrogen
- C) Oxygen
- D) Calamine

6. Exposure to tanning beds in youth increases melanoma risk by what percent?

- A) 75 percent
- B) 45 percent
- C) 15 percent
- D) 30 percent

7. If your shadow is shorter than you, it indicates:

- A) You are safe from the sun’s damaging rays
- B) It’s morning
- C) You are more likely to develop a sunburn

8. Which one of the following offers protection from damaging UV rays?

- A) A cloudy day
- B) Cold temperatures
- C) Going underwater
- D) None of the above



So...how did you do?

1-2 correct: Oooh, sorry. 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 web site for The Skin Cancer Foundation at: www.skincancer.org/school