



# SunAWARE™ Grades 6-8 Post-Test

Name: \_\_\_\_\_ Grade/Section: \_\_\_\_\_ Date \_\_\_\_\_

Circle letter(s) in front of correct answer(s).

- Which factor does not impact UV intensity?  
A. temperature      B. altitude      C. time of day      D. reflective surfaces
- Sunburns and skin cancer are attributed to \_\_\_\_\_ radiation exposure.  
A. UVA      B. UVB      C. UVC      D. UVA and UVC
- What blocks 90% of the UVB rays from reaching the Earth's surface?  
A. clouds      B. pollution      C. ozone layer      D. chlorofluorocarbons
- What months are you at greatest risk for sunburn in the Northern Hemisphere?  
A. May /June      B. July/August      C. August/Sept      D. December/January
- UVA and UVB are proven human \_\_\_\_\_.  
A. growth hormones      B. carcinogens      C. antioxidants      D. anticoagulants
- Which one of the following does not contain melanocytes (pigment producing cells)?  
A. eyes      B. gastrointestinal tract      C. skin      D. teeth
- Vitamin D can be obtained through \_\_\_\_\_.  
A. food      B. vitamin supplements      C. UVB exposure      D. all of the above
- Moles develop most commonly at sites of \_\_\_\_\_ exposure.  
A. sporadic      B. cumulative      C. limited      D. trauma
- Melanoma can develop in \_\_\_\_\_.  
A. African Americans      B. teenagers      C. Anglo Saxons      D. all of the above
- UV rays do not cause which problems in the eye?  
A. astigmatism      B. cataracts      C. melanoma      D. photokeratitis
- Sun Protection Factor (SPF) denotes \_\_\_\_\_.  
A. sunburn protection      B. tanning prevention      C. exposure time      D. water resistance
- A sunscreen with an SPF of 30, when applied properly, protects against approximately \_\_\_\_\_ of the sun's UVB rays.  
A. 30 %      B. 70%      C. 97%      D. 50%
- What does not block the sun's harmful rays?  
A. ozone layer      B. sunless tanning spray      C. sunglasses      D. tightly woven clothing

14. The proper dose of sunscreen to cover the entire adult body while wearing a bathing suit is \_\_\_\_\_ ounces (oz.).  
A. 1/4 oz.                      B. 2 oz.                      C. 1 oz.                      D. 1/2 oz.
15. How frequently should you re-apply a SPF 15 sunscreen while exposed to the sun?  
A. 15 hours                      B. 2 hours                      C. 1 hour                      D. not at all
16. Which skin cancer is the most deadly form?  
A. basal cell                      B. squamous cell                      C. melanoma                      D. none of the above
17. Which one of the following characteristics is not associated with skin cancer?  
A. persistent                      B. recurrent                      C. easily irritated                      D. shrinking
18. The most common location for melanoma in men is on the \_\_\_\_\_.  
A. scalp                      B. foot                      C. lower leg                      D. back
19. The most common location for melanoma in women is on the \_\_\_\_\_.  
A. scalp                      B. foot                      C. lower leg                      D. back
20. The SunAWARE™ acronym for skin cancer prevention denotes \_\_\_\_\_.  
A. Avoid unprotected UV exposure                      B. Wear sunglasses                      C. Apply sunscreen  
D. Routinely examine skin                      E. Educate others                      F. All of the above

Correct answers: \_\_\_\_\_/20

## Answer Key:

1. **A.** temperature
2. **B.** UVB
3. **C.** ozone layer
4. **A.** May/June
5. **B.** carcinogens
6. **D.** teeth
7. **D.** all of the above
8. **A.** sporadic
9. **D.** all of the above
10. **A.** astigmatism
11. **A.** sunburn protection
12. **C.** 97%
13. **B.** sunless tanning spray
14. **C.** 1 oz.
15. **B.** 2 hours
16. **C.** melanoma
17. **D.** shrinking
18. **D.** back
19. **C.** lower leg
20. **F.** all of the above