



# SunAWARE™ Grades 9-12 Post-Test

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

Circle letter in front of correct answer.

1. UVA and UVB are proven human \_\_\_\_\_.
  - A. growth hormones
  - B. carcinogens
  - C. antioxidants
  - D. anticoagulants
2. Why are UV rays strongest at 12 noon and most intense on the summer solstice (June 21)?
  - A. angle of the Earth in relation to the sun
  - B. ozone depletion
  - C. the temperature peaks at those times
  - D. lunar influence
3. UV intensity is based on a scale from 1 to 11+. What sun protection actions are recommended when the UV index is 2?
  - A. no precautions necessary
  - B. sunscreen
  - C. sunglasses
  - D. seek shade
4. What area of the body gets the most lifetime (cumulative) sun exposure?
  - A. central face
  - B. scalp
  - C. hands
  - D. ears
5. Which type of UV radiation causes melanocytes to release melanin as a protective mechanism?
  - A. UVA
  - B. UVB
  - C. UVC
  - D. all of the above
6. UV rays do not cause which problem in the eye?
  - A. photokeratitis
  - B. cataracts
  - C. melanoma
  - D. astigmatism
7. Select which factor is not associated with an increased risk of skin cancer.
  - A. family history of skin cancer
  - B. having more than 50 typical moles
  - C. birthmarks
  - D. freckling tendency

8. Vitamin D cannot be safely obtained through \_\_\_\_\_.
- A. salmon
  - B. vitamin D supplements
  - C. indoor tanning
  - D. milk
9. Which acquired risk factors are associated with an increased risk of melanoma?
- A. indoor occupation, outdoor recreation
  - B. indoor tanning
  - C. sunburns in childhood
  - D. all of the above
- 10 Which one of the following are not inherent risk factors for skin cancer?
- A. freckling tendency
  - B. family history of skin cancer
  - C. pale skin
  - D. brown eyes
11. What factor does not impact a water resistant sunscreen's effectiveness?
- A. price of sunscreen
  - B. amount (dosage)
  - C. perspiration
  - D. re-application
12. Which sunscreen ingredient utilizes nanotechnology to make it more cosmetically appealing?
- A. Avobenzone
  - B. zinc oxide
  - C. oxybenzone
  - D. Mexoryl SX
13. When performing a skin self-exam, you should look for \_\_\_\_\_.
- A. new and changing growths
  - B. the "ugly duckling" sign
  - C. moles that are larger than an eraser head
  - D. persistent growths that are easily irritated
  - E. all of the above
14. The most common locations for melanoma to develop is \_\_\_\_\_.
- A. palms, soles, nailbeds (African Americans)
  - B. backs (men)
  - C. lower legs (women)
  - D. all of the above
15. 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: \_\_\_\_\_/15



## SunAWARE™ Post-Test, 9 -12

### Answer Key:

1. B. carcinogens
2. A. angle of the Earth in relation to the sun
3. C. sunglasses
4. A. central face
5. A. UVA
6. D. astigmatism
7. C. birthmarks
8. C. indoor tanning
9. D. all of the above
10. D. brown eyes
11. A. price of product
12. B. zinc oxide
13. E. all of the above
14. D. all of the above
15. F. all of the above