



SunAWARE Grades 9-12 Post-Test

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. What are factors that do not that affect UV intensity?
 - A. ozone layer, planetary rotation and revolution
 - B. altitude and latitude
 - C. ground cover and weather
 - D. full moon
3. UV intensity is based on a scale from 1 to 11+. What sun protection action is not recommended when the UV index is high (8-10)?
 - A. stay indoors
 - B. apply sunscreen every 2 hours, when outside
 - C. wear sunglasses with UV proven protection
 - 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 one of the following inherent risk factors is not associated with an increased risk of skin cancer?
- A. freckling tendency
 - B. having more than 50 moles
 - C. pale skin
 - D. brown eyes
10. Which acquired risk factor is not associated with an increased risk of skin cancer?
- A. personal history of skin cancer
 - B. history of indoor tanning
 - C. sunburns in childhood
 - D. obesity
11. What factor does not impact a water resistant sunscreen's effectiveness?
- A. price of sunscreen
 - B. amount applied (dosage)
 - C. perspiration
 - D. re-application
12. Which sunscreen works by reflecting UV rays?
- A. avobenzone
 - B. zinc oxide
 - C. oxybenzone
 - D. ecamsule
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, nail beds (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. D. full moon
3. A. stay indoors
4. A. central face
5. A. UVA
6. D. astigmatism
7. C. birthmarks
8. C. indoor tanning
9. D. brown eyes
10. D. obesity
11. A. price of sunscreen
13. E. all of the above
14. D. all of the above
15. F. all of the above