



**W** e have a few questions we want you to answer about yourself and the sun. After answering these questions. Please use a pencil to fill in the circle for each answer. If you want to change your answer choice, be sure to erase your first choice.

**1. What month is it?**

- January      - February      - March      - April      - May      - June
- July      - August      - September      - October      - November      - December

**2. How old are you?** 8   - 9   - 10   - 11   - 12   - 13   - 14

**3. Are you a boy or a girl?** Boy   - Girl

**4. What is the color of your hair?** Blond   - Red   - Brown   - Black

**5. Does your skin burn easily in the sun?** - No   - I don't know

**6. What are some of the ways you can keep your skin safe from the sun?**

*\*Please fill in as many circles as you need to answer this question.*

- Eating cereal   - Using sunscreen   - Wearing a shirt and hat outside



**7. When do you have to use the most sun protection?**

- When the UV (Ultraviolet) Index is: - 1   - 5   - 10 or higher   - I don't know

**8. You can get a sunburn on a cloudy day.** False

**9. You only need to wear sunscreen when you are at the beach or pool.**

**10. Keeping your skin safe from the sun is:** Hard to do   - Not too hard, not too easy   - Easy to do

**11. Some of the reasons why I do NOT always wear sunscreen when I'm outside are:**

*\*Please fill in as many circles as you need to answer this question.*

- It takes too long to put on sunscreen.      - It's hard to put sunscreen on my whole body.
- I forget to put on sunscreen.      - I don't have any sunscreen.
- It stings my eyes.      - None—I always wear sunscreen!
- Sunscreen feels greasy on my skin.

**12. Some of the reasons why I do NOT always wear a hat when I'm outside are because:**

*\*Please fill in as many circles as you need to answer this question.*

- I forget to bring a hat.      - I don't like to wear a hat.      - I don't have a hat.
- It's too hot to wear a hat.      - None—I always wear a hat!

**13. Do you like to get a tan?** No

**14. Do you think people look healthier with a tan?** No

Continued on the back—please turn over.



**15. When you wear a bathing suit outside, what are all of the places that you put on sunscreen?**

*\*Please fill in as many circles as you need to answer this question.*

- My face
- My arms
- My shoulders
- My legs
- My back
- My ears
- My stomach
- My neck
- I don't put it on

**16. Have you ever reminded a:**

**Friend to put on sunscreen?** - Yes - No

**Sibling (brother or sister) to put on sunscreen?** - Yes - No

**Parent or guardian to put on sunscreen?** Yes - No

**Parent or guardian to put sunscreen on you?** - No

**17. When you are outside in the sun this coming summer, will you try to play in the sun?**

- Yes
- Most likely
- Probably not
- No

**18. Will you put sunscreen on when you go outside during the day this coming summer?**

- Yes
- Most likely
- Probably not
- No

**19. Does your school announce the UV-Index?** - No

**20. Have you had a school lesson before on sun protection?**

## When you were outside in the sun last summer

**21. Did you wear a hat?**

- Never
- Rarely
- Sometimes
- Often
- Always

**22. Did you wear a long-sleeved shirt?**

- Never
- Rarely
- Sometimes
- Often
- Always

**23. Did you wear sunglasses?**

- Never
- Rarely
- Sometimes
- Often
- Always

**24. Did you wear sunscreen?**

- Never
- Rarely
- Sometimes
- Often
- Always

**25. If you wore sunscreen, what number sunscreen or SPF (sun protection factor) did you use?**

- Less than 15
- 15-29
- 30 or higher
- I don't know

**26. How many times did you get sunburned?**

- None
- One or two
- Three or more

**27. If you got a sunburn, how many of the sunburns were painful?**

- None
- One or two
- Three or more
- I did not get sunburned

**28. How many days a week did you spend outside during the day between 10 am and 4 pm?**

- 0-1 day per week
- 2-3 days per week
- 4-5 days per week
- 6-7 days per week

**29. How many hours a day did you spend outside during the day between 10 am and 4 pm?**

- Less than 1 hour per day
- 1-2 hours per day
- 3-4 hours per day
- 5-6 hours per day

