



W e have a few questions we want you to answer about yourself and the sun. When 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? - Yes - 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? - Yes - 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

