









www.epa.gov/sunwise



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

| 1. | What month is i | t? | | | | | | | | | | |
|---|--|---|------------------|--|-------------------------------|--------------|--------------|--|--|--|--|--|
| | O January | O February | O March | O April | O May | O Ju | ıne | | | | | |
| | O July | O August | O September | O Octobe | r O Novem | nber O Do | ecember | | | | | |
| | | | | | | | | | | | | |
| 2. | How old are you | ? 08 | O 9 O 10 | O 11 O | 12 O 13 | O 14 | | | | | | |
| 3. | Are you a boy or | a girl? | Boy O Girl | | | | | | | | | |
| 4. | What is the color of your hair? O Blond O Red O Brown O Black | | | | | | | | | | | |
| 5. | Does your skin burn easily in the sun? O Yes O No O 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. O Eating cereal O Using sunscreen O Wearing a shirt and hat outside | | | | | | | | | | | |
| | | | | Na Paris | | | | | | | | |
| 7. | When do you hav | e to use the m | ost sun protect | ion? | | | | | | | | |
| | When the UV (Ultra | | O1 O5 | O 10 or h | igher O I don | 't know | | | | | | |
| 8. | You can get a su | | dy day. | True O Fa | lse | | | | | | | |
| a | Ven and made the man and an analysis and a state of the s | | | | | | | | | | | |
| <i>J</i> . | You only need to wear sunscreen when you are at the beach or pool. O True O False | | | | | | | | | | | |
| 10. | Keeping your ski | in safe from the | e sun is: OH | ard to do | O Not too hard, no | ot too easy | O Easy to do | | | | | |
| 11. | | • | | | | are because: | | | | | | |
| | O It takes too lor | ng to put on suns | creen. | O It's hard to put sunscreen on my whole body. | | | | | | | | |
| | O I forget to put | on sunscreen. | | O I don't l | O I don't have any sunscreen. | | | | | | | |
| | O It stings my ey | forget to put on sunscreen. O I don't have any sunscreen. | | | | | | | | | | |
| | O Sunscreen fee | ls greasy on my s | skin. | | | | | | | | | |
| 12. | Some of the rea * Please fill in as n | • | • | | m outside are be | cause: | | | | | | |
| | O I forget to bring | g a hat. | O I don't like t | o wear a hat. | ○ I don't | have a hat. | | | | | | |
| | O It's too hot to | wear a hat. | O None-I alw | ays wear a hat | ! | | | | | | | |
| 13. | Do you like to ge | tatan? O | Yes O No | | | | | | | | | |
| 14. | Do you think peo | ple look health | ier with a tan? | O Yes | O No | | 1 | | | | | |
| | · | | | | | | | | | | | |
| CONTINUED ON THE BACK-PLEASE TURN OVER. Suppose a program that radiates good ideas | | | | | | | | | | | | |

| _ | a <mark>bathing suit outs</mark> i nany circles as you ne | | | - | u put on sunscreen? | | | | |
|-------------------------|--|-------------------|-------------|-------------------|-----------------------------|-----|--|--|--|
| O My face | O My arms | O My should | | O My legs | O My back | | | | |
| O My ears | O My stomach | O My neck | | O I don't put | • | | | | |
| 16. Have you ever re | minded a: | | | | | | | | |
| Friend to put on | sunscreen? | | 0 | Yes O No | | | | | |
| Sibling (brother | or sister) to put o | n sunscreen? | 0 | Yes O No | | | | | |
| Parent or guard | ian to put on sunsc | reen? | 0 | Yes O No | | | | | |
| Parent or guard | ian to put sunscree | n <u>on you</u> ? | 0 | Yes O No | | | | | |
| | tside in the sun this ost likely O Proba | | | try to play in t | the shade instead of in the | sun | | | |
| 18. Will you put sun: | screen on when you ost likely O Proba | | • | ay this comin | g summer? | | | | |
| 19. Does your school | ol announce the UV | Index? | O Yes | O No | | | | | |
| 20. Have you had a s | school losson befor | a an cun nnata | ction? | O Yes |) No | | | | |
| 20. Flave you had a s | 5C11001 1895011 DE1011 | e on sun proce | CUOTIF | O fes |) NO | | | | |
| O Never | O Rarely O S ar a long-sleeved sh O Rarely O S | irt? | Often Often | O Always O Always | | | | | |
| 23. Did you wea | _ | | 2.50 | ~ · · | | | | | |
| O Never | O Rarely O S | ometimes | Often | O Always | | | | | |
| 24. Did you wea | ar sunscreen? | | | | | | | | |
| O Never | O Rarely O S | ometimes | Often | O Always | * | | | | |
| | 25. If you wore sunscreen, what number sunscreen or SPF (sun protection factor) did you use? | | | | | | | | |
| O Less tha | ın 15 O 15-29 | O 30 or high | er OI | don't know | 1 | | | | |
| 26. How many | times did you get s | unburned? | | | | | | | |
| O None | O One or two | O Three or more |) | | | | | | |
| 27. <u>IF</u> you got a | 27. <u>IF</u> you got a sunburn, how many of the sunburns were painful? | | | | | | | | |
| O None | O One or two | Three or more | e Old | lid not get sunb | urned | | | | |
| 28. How many | 28. How many <u>days a week</u> did you spend outside during the day between 10 AM and 4 PM? | | | | | | | | |
| O 0-1 day p | per week O 2-3 o | lays per week | O 4-5 c | lays per week | O 6-7 days per week | | | | |
| 29. How many <u>i</u> | hours a day did you s | spend outside | during th | e day betweer | 1 10 AM and 4 PM? | | | | |
| \ C Less that | n 1 hour per day |) 1-2 hours per | day O | 3-4 hours per d | day O 5-6 hours per day | | | | |

