

Know Your Skin Type?

Find your score from the eight questions below and determine your skin type. Then, pair up with another student in your class and see if you can determine their skin type.

What's Your Skin Type?

Answer these questions and find out!

PART I: Genetics

1. Your eye color is:

- Light green or light blue = 0
- Blue, green or gray = 1
- Hazel or brown = 2
- Dark brown = 3
- Brownish black = 4

2. Your natural hair color is:

- Red or light blond = 0
- Blond = 1
- Dark blond or light brown = 2
- Dark brown = 3
- Black = 4

3. Your natural skin color is:

- Pale with a reddish undertone = 0
- Fair = 1
- Fair with a golden undertone = 2
- Olive or light brown = 3
- Dark brown or black = 4

4. Freckles on skin that's not typically exposed to the sun:

- Many = 0
- Several = 1
- Few = 2
- Very few = 3
- None = 4

PART II: Exposure to the sun

5. How does your skin respond to the sun?

- Always burns, blisters and peels = 0
- Often burns, blisters and peels = 1
- Burns moderately = 2
- Burns rarely, if at all = 3
- Never burns = 4

6. Does your skin tan?

- Never = 0
- Seldom = 1
- Sometimes = 2
- Often = 3
- Always = 4

7. How does your skin tan?

- Not at all or very little = 0
- Lightly = 1
- Moderately = 2
- Deeply = 3
- Very Deeply = 4

8. How sensitive is your face to the sun?

(cracking, chafing, rashes, etc.)

- Very Sensitive = 0
- Sensitive = 1
- Normal = 2
- Resistant = 3
- Very resistant – my skin has never been sensitive = 4

Total Score: _____

You probably know your favorite type of music, movie or dessert—but do you know your skin type?

What's Your Score?

Score 0-6 Very Fair: Type I

Light skin with freckles; red or blond hair; blue or brown eyes; always burns easily and severely, hardly ever tans; peels. You always burn and never tan in the sun. You are extremely susceptible to skin damage.

Score 7-12 Fair: Type II

You have fair skin; red, blond or brown hair; blue, hazel or brown eyes. You usually burn easily and tan just a little. Typically, you peel after a sunburn. You are highly susceptible to skin damage.

Score 13-18 Light: Type III

You are extremely prone to skin damage. You burn sometimes, and tan an average amount.

Score 19-24 Medium to Light: Type IV

White or light brown skin; dark brown hair; dark eyes. You tend to tan easily and are less likely to burn. But you are still at risk.

Score 25-30 Medium to Dark: Type V

Brown skin color; hardly ever burns, tans a lot very easily. But you are still at risk.

Score 31+ Dark: Type VI

Naturally very dark skin or African-American skin; seldom burns, tans very dark. Although you do not burn, dark-skinned people are still at risk for skin cancers.

Not everyone's skin type is the same. Different skin types react differently to the sun, but they all need protection. Remember, no matter what your skin type, everyone must stay protected, because anyone can get skin cancer.

No matter what your skin type, everyone should follow these essential UV sun safety tips:

- Seek the shade between 10AM and 4PM
- Use sunscreen or a daily moisturizer that contains SPF every day. Use a product with at least an SPF 15, such as Eucerin **Everyday** Protection Body Lotion.
- Wear long sleeves and pants, a wide-brimmed hat and sunglasses.
- The sun's intensity depends upon the time of day (*strongest at midday*).
- UVB rays, which cause sunburn and skin cancer, are strongest during summer, but rays that damage skin and contribute to the development of skin cancers cause damage year-round.
- Extra protection is required at high altitudes, where the air and cloud cover are thinner, allowing more damaging UV rays to get through the atmosphere.
- Sand, water, snow, ice, and other bright surfaces reflect UV and increase your UV exposure by up to 80 percent.

Myth Mash... What's the Truth?

The power of the sun is so great, it has created a number of widely circulated myths. It's time to separate fact from fiction. Check out these myths and "get real" about sunbathing and other sun-exposure legends.

MYTH!

You can't get sun damage on a cloudy day.

Don't be fooled by a cloudy day. Just because you can't see your shadow doesn't mean you're safe from the sun's damaging rays. Believe it or not, 80% of UVA and UVB rays can penetrate through clouds and fog. Even in these conditions, you can get sunburn as well as skin damage.

Tanning is good because it protects you from sunburn.

MYTH!

A tan is a sign of skin damage. Skin tans in response to damage to the skin's DNA from the sun; a tan is the skin's imperfect attempt to repair sun damage and prevent further injury.

MYTH!

If I use a sunscreen with a high SPF I'm all set.

Don't simply look for a sunscreen with SPF (*Sun Protection Factor*) of 15 or higher—you need a "broad spectrum" product that protects against both types of harmful rays, UVA and UVB. SPF indicates that the sunscreen provides protection from the sun's UVB rays. To protect against UVA rays, look for some combination of the following UVA blocking ingredients: zinc oxide, titanium dioxide, oxybenzone, avobenzone, and Mexoryl™ SX. Since no sunscreen blocks 100% of dangerous ultraviolet rays, always wear protective clothing and avoid midday sun exposure.

Dark-skinned people don't get melanoma.

MYTH!

It's accurate that dark-skinned people have a lower risk for melanoma, but they are still at risk. A very dangerous and fast-spreading skin cancer known as acral lentiginous melanoma is more common among darker-skinned people and may appear as suspicious growths in the mucous membranes, palms or soles of the feet. Darker-skinned people are also at higher risk for melanomas in the mouth. **Remember that no skin color is "safe"**—always use sunscreen and protect yourself from the sun's dangerous ultraviolet rays.

Windows protect from all of the sun's ultraviolet rays.

MYTH!

A window behaves much like sunscreen. While glass does block UVB rays, other longer-wavelength ultraviolet A radiation can get through. Which means, even indoors or in a car with the windows up, you can still tan or burn.

MYTH!

A cool breeze on my skin helps prevent sunburn.

Cool breezes, swimming and comfortable temperatures can make your skin feel cool—even in direct sunlight. But don't be fooled. You're still receiving the same dose of UV radiation as when winds are light and temperatures are hot. So, you must use sunscreen to protect yourself—even when your skin doesn't feel hot.



Can You get into U.V.U.?

Take this multiple-choice U.V.U. entrance "exam" and test your knowledge of sun exposure, skin cancer...and what your shadow is trying to tell you.

1. What do you call UV damage to the lens of your eye?

- A) Retinitis
- B) Glaucoma
- C) Cataract

2. What time of day are the sun's rays strongest?

- A) 6AM – 10AM
- B) 10AM – 4PM
- C) 4PM – 8PM

3. What percentage of Americans will develop skin cancer at some point in their lives?

- A) 10%
- B) 15%
- C) 20%
- D) 50%

4. Snow reflects up to how much of the sun's UV rays?

- A) 40%
- B) 50%
- C) 60%
- D) 80%

5. Your skin is made up of about 70% of this:

- A) Water
- B) Nitrogen
- C) Oxygen
- D) Calamine

6. Exposure to tanning beds in youth increases melanoma risk by what percent?

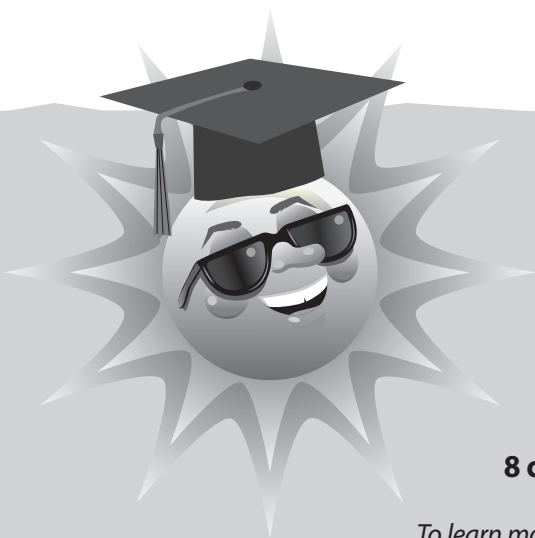
- A) 75 percent
- B) 45 percent
- C) 15 percent
- D) 30 percent

7. If your shadow is shorter than you, it indicates:

- A) You are safe from the sun's damaging rays
- B) It's morning
- C) You are more likely to develop a sunburn

8. Which one of the following offers protection from damaging UV rays?

- A) A cloudy day
- B) Cold temperatures
- C) Going underwater
- D) None of the above



So...how did you do?

1-2 correct: Oooh, sorry. Study harder and re-apply to U.V.U. soon!

3-4 correct: Nice try, but you still have more to learn about the dangers of sun exposure.

5-7 correct: You're accepted!

8 correct: Congratulations! Would you like to be our new class president?

To learn more about how to play it safe in the sun, visit the new web site for The Skin Cancer Foundation at: www.skincancer.org/school

Go with Your Own Glow

Once upon a time, tanning was considered cool. Fashion and beauty industry insiders have spoken and the tanned look is no longer fashionable.

This exercise encourages students to research the dangers of tanning and sun damage and then get the word out about why it's best to "Go With Your Own Glow."

- You can start by talking about the subject in class. Find out how much your students know about sun, ultraviolet rays and skin cancer. Ask if any family members or friends have developed skin cancer. Ask whether they believe that tanning is smart, fashionable or "cool."

- You can help students learn more about sun damage by reproducing the quizzes and handouts featured on this poster. Students can also learn more by visiting www.skincancer.org/school where a short video (click on the signpost that reads: "Glow") features key fashion industry experts talking about why it's smart to "Go With Your Own Glow." Students can also access resources in your school's library or media center.



- After they have a broad understanding of the potential dangers of the sun, tanning beds and skin cancer, ask students to think about how they would warn other students in their age group about these hazards.
- Ask students to share their ideas in the promotional format of their choice.
- Students can choose to write a public service television or radio script; a print ad, a 250-word newspaper article; create a poster campaign, collage; original artwork/poster; a webisode script; interview an "expert"; or even create a mock TV news report.
- Give students several days/nights to complete their projects. Then, ask students to "present" them to the class. Allow students to ask questions during presentations to further the discussion about the hazards of overexposure to the sun.
- If your school has a website, think about creating a PowerPoint presentation that showcases some of the best ideas.