ACTIVITY 1

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:
   A) Light green or light blue = 5
   B) Hazel or brown = 2
   C) Dark brown = 1
   D) Brownish black = 4

2. Your natural hair color is:
   A) Black = 5
   B) Dark brown = 2
   C) Light brown = 3
   D) Gray = 1

3. Your natural skin color is:
   A) Fair skin color, white with red hair = 5
   B) Fair skin color, white with brown hair = 2
   C) Fair skin color, white with black hair = 3
   D) Dark skin color = 1

4. Freckles on skin that’s not typically exposed to the sun:
   A) Always = 5
   B) Sometimes = 3
   C) Never = 1
   D) Very rarely = 2

PART II: Sensitivity

5. How sensitive is your skin to the sun?
   A) Very sensitive = 5
   B) Sensitive = 3
   C) Normal = 1
   D) Not at all = 2

6. Does your skin tan?
   A) Always = 5
   B) Sometimes = 3
   C) Never = 1
   D) Very rarely = 2

7. How sensitive is your face to the sun?
   A) Very sensitive = 5
   B) Sensitive = 3
   C) Normal = 1
   D) Not at all = 2

8. Your natural hair color is:
   A) Blond = 1
   B) Brown = 2
   C) Black = 3
   D) Gray = 4

9. What is your favorite type of music, movie or dessert—but do you know your skin type?
   A) Water = 1
   B) Nitrogen = 2
   C) Oxygen = 3
   D) Calcium = 4

ACTIVITY 2

Myth Mash...What’s the Truth?

ACTIVITY 2

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.

4. Snow reflects up to how much of the sun’s UV rays?
   A) 70% = 4
   B) 60% = 2
   C) 50% = 3
   D) None of the above = 1

ACTIVITY 3

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
   D) None of the above

2. What is the difference between UVA and UVB rays?
   A) UVA rays are the most harmful because they penetrate more deeply into the skin.
   B) UVB rays are the most harmful because they cause sunburn.
   C) UVA rays are less harmful because they are blocked by the ozone layer.
   D) UVB rays are less harmful because they are absorbed by the atmosphere.

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 = 4
   B) Nitrogen = 2
   C) Oxygen = 3
   D) Calcium = 1

ACTIVITY 4

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.

The 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 quiz and handouts featured on this poster. Students can also learn more by visiting www.skincancer.org/school or www.skincancer.org/school/UVU 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, college, original artwork/poster; a webisode script; interview an “expert”; or even create a mock TV news report.

• Give students several days/weeks 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.

Windows protect from all of the sun’s ultraviolet rays. A window behaves much like sunscreen. White glass does block UV rays, other longer-wavelength ultraviolet A radiation can get through. Which means, even though it’s in a car with the windows up, you can still tan or burn.

A cool breeze on my skin helps prevent sunburn. Cool breeze, 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.