

PRINT OUT BOTH SHEETS AND GLUE OR TAPE THEM BACK-TO-BACK. THEN CUT OUT EACH CARD.



Spending unlimited time in the sun to achieve a tan is . . .

- a) healthy—unlimited sunlight has health benefits
- b) unhealthy—a tan means the skin is damaged
- c) healthy—a suntan protects the skin
- d) unhealthy—there are no benefits to sunlight



To be sun safe, when is the worst time to plan outdoor activities?

- a) in winter
- b) afternoon
- c) morning
- d) between 11 am and 3 pm



Which of the following about tanning beds is true?

- a) tanning beds can cause skin damage that leads to cancer
- b) tanning beds are very safe
- c) a 'base' from a tanning bed protects you from sunburn
- d) you can get a healthy dose of vitamin D from a session in a tanning bed



What is the best way to protect yourself from the sun when you are at the beach or pool?

- a) wear protective clothing and a hat
- b) bring a beach umbrella or find a shady spot to rest
- c) wear SPF 30+ sunscreen
- d) all of the above



In the winter, your level of sun protection should be....

- a) less, because the sun isn't very bright
- b) more, because the cold air makes your skin burn
- c) the same as in summer
- d) none of the above



Which is the best kind of hat to wear for sun protection?

- a) any cotton or straw hat
- b) a baseball hat
- c) a wide-brimmed hat
- d) a headscarf



If you have already experienced damage to your skin from unsafe sun exposure . . .

- a) you should be very careful from now on
- b) you will get skin cancer
- c) you will be fine; skin repairs itself over time
- d) you should avoid any time in the sun in the future



Sunless tanners are applied to the skin to darken its colour. Which of the following is FALSE?

- a) the 'tan' fades with time
- b) sunless tanner will protect you from sun damage
- c) some sunless tanners contain sunscreen
- d) sunless tanners are safer than direct sun exposure

**PRINT OUT BOTH SHEETS AND GLUE OR TAPE THEM BACK-TO-BACK. THEN CUT OUT EACH CARD.**

**Answer**

If you chose d) all of the above, you are right! In addition, try to time your visit before 11 am or after 3 pm, when the sun's rays are less strong.



**Answer**

If you chose a) tanning beds can cause damage that leads to cancer, you are right! Unfortunately, there is no safe way to get a tan. The radiation from tanning beds can cause skin wrinkling and damage that leads to skin cancer.



**Answer**

If you chose d) between 11 am and 3 pm, you are right! Try to plan your outdoor activities for earlier or later in the day when the sun's rays are less strong.



**Answer**

If you chose b) unhealthy, you are right! A tan indicates the skin has been damaged. A suntan won't protect you against further sun damage, nor will it protect you against developing skin cancer.



**Answer**

If you chose b) it is false that sunless tanners will protect you from sun damage, you are right! Sunless tanners seem to be safe and they are certainly safer than the sun. But to protect your skin, look for tanning products that contain SPF 30+ sunscreen, and practice sun safety.



**Answer**

If you chose a) you are right! Sun damage is cumulative, meaning the damage builds up with each exposure to the sun. It may take 10 to 30 years for cancer to develop from repeated exposure.



**Answer**

If you chose c) a wide-brimmed hat, you are right! A hat with a brim that is at least 3 in or 7cm offers protection for your head, neck, and face. These are all common sites for skin cancer to develop.



**Answer**

If you chose c) the same as in summer, you are right! Of course, your skin will be hidden by additional clothing. But you should still wear a hat, protective clothing, and SPF 30+ sunscreen.

