



## Sun-Safety Trivia Questions

While the Sun-Smart Program lesson does contain a few trivia questions, a full list of supplemental questions pertaining to sun safety, facts about Delaware, protecting children from UV rays, and skin cancer are provided below. These questions vary in difficulty and subject matter, to be an all-encompassing review of safe practices and facts that students should be aware of when they are out in the sun. These can be used as an additional resource for teachers looking to continue with the Sun-Smart Program beyond the provided lesson.

## Sun-Safe

1. During what time of year is the sun the strongest? (Source: [Shade Foundation](#))
  - a. **Summer**
  - b. Fall
  - c. Winter
  - d. Spring
2. The sun is a ... (Source: [Shade Foundation](#))
  - a. Planet
  - b. **Star**
  - c. Meteor
  - d. None of the above
3. You should limit your time in the sun between what hours of the day? (Source: [Shade Foundation](#))
  - a. 8 and 10 a.m.
  - b. **10 a.m. and 4 p.m.**
  - c. 4 and 6 p.m.
  - d. After 6 p.m.
4. What animal uses mud as sunscreen? (Source: [Shade Foundation](#))
  - a. Flamingo
  - b. Hippo
  - c. **Pig**
  - d. Dog
5. When should you apply sunscreen? (Source: [Coppertone](#))
  - a. Before you go to bed
  - b. **Before you play outside during the day**
  - c. Before you take a bath
  - d. When you go outside at night



6. **True** or False: Your skin can get burned even if you are in the shade.

## Screenings

1. **True** or False: Skin is your body's largest organ. (Source: [National Cancer Institute](#))
2. What does your skin keep you safe from?
  - a. The heat
  - b. Sunlight
  - c. Injury
  - d. Infection
  - e. **All of the above**
3. **True** or False: Some cancers never show any symptoms. (Source: [National Cancer Institute](#))

## Delaware

1. Name two Delaware beaches (Source: [Wikipedia](#))
  - a. Broadkill Beach (on Delaware Bay)
  - b. Lewes (on Delaware Bay)
  - c. Cape Henlopen State Park
  - d. Henlopen Acres
  - e. Rehoboth Beach
  - f. Dewey Beach
  - g. Delaware Seashore State Park
  - h. Bethany Beach
  - i. Middlesex Beach
  - j. South Bethany
  - k. Fenwick Island State Park
  - l. Fenwick Island
2. From 1 to 50, where do you think Delaware ranks in melanoma skin cancer? Hint: The number rhymes with "bee." (Source: [Cancer Incidence and Mortality in Delaware](#), page 67)
  - a. **No. 3 in the country**
3. The beach is somewhere that you should definitely wear sunscreen. Which of the following states have beaches?
  - a. California
  - b. Delaware
  - c. Maryland
  - d. New Jersey
  - e. **All of the above**



4. At which one of these places in Delaware should you wear your sunscreen?
  - a. Rehoboth Beach
  - b. Wilmington Blue Rocks Game
  - c. The park
  - d. **All of the above**

## Protecting Kids

1. What does SPF stand for? (Source: [Coppertone](#))
  - a. Summer Party Fun
  - b. **Sun Protection Factor**
  - c. Small Purple Flower
  - d. Skip Play Frolic
2. **True** or False: Everyone should wear sunscreen with SPF 30 or higher. (Source: [Shade Foundation](#))
3. On which parts of your body should you apply sunscreen? (Source: [Coppertone](#))
  - a. On your face
  - b. On your arms and legs
  - c. On the back of your knees
  - d. On your ears
  - e. **On all exposed body parts, including a, b, c, and d**
4. What is a suntan a sign of? (Source: [Shade Foundation](#))
  - a. Age
  - b. Strength
  - c. Weight
  - d. **Skin damage**
5. Which of these places can you head to for shade and good sun protection if you are outside for a long time?
  - a. Under an umbrella
  - b. Trees
  - c. Pavilion with a roof
  - d. Treehouse
  - e. **They're all good places.**