



### Quiz for Seniors/Ambassadors (Grades 9-12):

#### True or False

1. Skin cancer is not a serious cancer.
2. Getting a base tan protects you from sun damage.
3. Sunscreen with an SPF of 10 is adequate protection.
4. Melanoma is the second most common cancer in people ages 15 to 25.
5. People who use tanning beds have a higher risk of developing melanoma.

(F, F, F, T, T)

- Melanoma, a form of skin cancer, takes the life of one American every hour.
- Any type of tan is a signal of skin damage. Tanned skin is damaged skin and there's no such thing as a safe tan.
- A broad-spectrum sunscreen with an SPF of 30 or higher is recommended.
- Melanoma is also the most common cancer in people ages 25 to 29.
- Using a tanning bed before age 35 increases a person's risk for melanoma by up to 75%. Risk increases with each use.

*Facts and statistics provided by the American Academy of Dermatology and the American Cancer Society.*