



### Quiz for Juniors Cadettes (Grades 4-8):

#### True or False

1. The sun's ultraviolet (UV) rays are the highest during the early morning hours.
2. Your hair protects your scalp from the sun's rays.
3. You should protect your skin from UV rays.
4. Tanning beds should be used to help you get a base tan.
5. Skin cancers do not spread to internal organs.

(F, F, T, F, F)

- The sun's rays are the highest between 10 am and 2pm.
- The sun's UV rays penetrate your hair. Wear a hat!
- You should always protect your skin with sunscreen or protective clothing.
- Using tanning beds before age 35 can increase a person's risk for getting melanoma (a form of skin cancer that can be fatal) by as much as 75%.
- Skin cancers, especially melanoma, can spread deep into the skin's layers and can reach internal organs through the lymph system.

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