National Skin Cancer Action Week 2026

Little Sid Seagull's KIDS' quiz!

So, you think you know how to protect your skin from the sun's UV radiation this summer?

Try Little Sid Seagull's quiz... for KIDS only!

You can find the answers upside-down at the bottom of the page.

Question 1:

What are the 5 SunSmart steps to protect your skin when the UV is 3 or higher?

A. Run, Jump, Skip, Hop, Slide

B. Hide inside, stay out of the sun, only go out at night, sit down, stand up

C. Swim, Swap, Spray, Search, Shout

D. Slip on protective clothing, slop on sunscreen, slap on a wide-brimmed hat, seek shade, slide on wraparound sunglasses

Question 2:

When should you put sunscreen on?

A. 20 minutes before going outside

B. When you feel like it

C. Every night before going to bed

D. Never

Question 3:

Which answer is TRUE?

A. Sunscreen only works when it's really, really hot

B. The older you get, the less important sun protection is

C. You can't see or feel UV radiation

D. A hat by itself is all the sun protection you need

Question 4:

Why are caps (like this red one) not the best choice of hat?

A. They look silly

B. They leave some parts of your head and neck exposed

C. You'll get wet if it rains

D. You can't run fast wearing a cap

Question 5:

What's the best way to protect yourself from UV?

A. Put on enough sunscreen – that's all you ever need

B. Stay inside whenever it's hot... with the aircon on max!

C. Use all five SunSmart steps together when the UV is 3 or above

D. Don't worry about it at all



Answers: D, A, C, B, C