



# SOS (Save Our Skin) Bingo

Developed by:  
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**Target audience:** Adults

## Before the lesson:

- Photocopy and cut out numbers 1 to 24 and place them in a bowl, hat, etc. (Keep the original sheet with the lesson.)
- Have small prizes available for the winners. (If you play to the end, everyone will have a “blackout” because the answers are on every card.)
- Distribute one bingo card to each player. You may wish to laminate the cards so they last longer. (You can use erasable markers to mark the cards if laminated.)
- Distribute pennies, dry beans, buttons, pieces of paper, etc., to players to mark their bingo cards.

## Rules:

- Read the question. The answers will be on the bingo cards. Give the players 10 seconds to figure out the answer before you tell them the answer. After you give them the answer, allow them time to mark it on their card with a penny, button, etc. Reinforce the correct answer by providing some additional information.
- A “bingo” occurs when a person gets five across, diagonally or down. The leader should check the card to make sure it’s a “bingo.” Continue to play until “blackout” if desired. Or try these variations: four corners, stamp or kite. (You may wish to create a poster showing the variations.)
- If you have limited time to play, you can choose the questions/answers you want to highlight ahead of time and just include the numbers of those questions in the “hat.”
- If you choose to play a variation game other than blackout, the only way to win is to fill the spaces that correspond to the game you choose. For example, if you are playing for a kite, the only way to win is to get a kite in any of the corners. If someone gets five across, diagonally or four corners, it’s not a bingo because the participants are playing for a kite.
- To “bingo” in a blackout game, the winner must have every space on his or her card filled.

## Game questions:

**Question 1: What type of skin cancer causes the most deaths?**

**Answer:** Melanoma

**Comment:** Melanoma is particularly dangerous because it is capable of spreading to other organs very rapidly if it isn’t treated early on.

**Question 2: What level of SPF is recommended to have in your sunscreen?**

**Answer:** 30 SPF or higher

**Comment:** 30 SPF is the minimum amount recommended to have in your sunscreen, but higher SPF is always good because this offers more protection.

If you will be outside for an extended period of time, then 30 SPF is recommended. You should reapply sunscreen every two hours or more if you are swimming or perspiring.

**Question 3: What is the most common form and frequently occurring form of all skin cancers that arise from abnormal growth of basal cells?**

**Answer:** Basal cell carcinoma

**Comment:** In the U.S. alone, more than 4 million cases are diagnosed each year. Basal cell carcinoma grows slowly, making it easier to treat when it is caught early.

**Question 4: To protect your eyes and the skin under your eyes, what accessory should you wear when outside?**

**Answer:** Sunglasses

**Comment:** The sun can damage your eyes and cause cataracts. In addition, the skin under your eyes and on your eyelids is very tender and sensitive, so wearing sunglasses is important to block UV rays from damaging the skin.

**Question 5: Wearing a hat with a brim all the way around will protect your face, the back of your neck and what other part of the body?**

**Answer:** Ears

**Comment:** If your hat only has a brim on the front, such as a baseball cap, you also should make sure to apply a broad spectrum sunscreen on the back of your neck and your ears to protect your skin.

**Question 6: You are at a greater risk for developing melanoma if you have a lot of what type of moles on your body?**

**Answer:** Atypical moles

**Comment:** Atypical moles normally are recognized by being asymmetrical, having an uneven border or are made up of several different shades of brown, tan or black.

**Question 7: People with what type of skin are most likely to develop skin cancer?**

**Answer:** Very fair

**Comment:** While all people with any type of skin tone are capable of developing skin cancer, it most commonly appears in people with very fair skin and less commonly in people who are tanner or darker in color.

**Question 8: To detect the development of skin cancer, how often should you do a self-exam?**

**Answer:** Once a month

**Comment:** Detecting skin cancer is crucial for treatment, so doctors recommend you do a self-exam every month to look for any new or changing moles or sore spots on your body.

**Question 9: How much vitamin D is recommended for the average adult every day?**

**Answer:** 800 IU

**Comment:** Most adults need around 800 IU of vitamin D while the recommendation sometimes is for older adults to get even more. Vitamin D is needed for calcium absorption, and without vitamin D, your body may absorb only 10% to 15% of the calcium, which can lead to bone fractures.

**Question 10: How often should you reapply sunscreen?**

**Answer:** Every 2 hours

**Comment:** Sunscreen wears off eventually, so reapplication is very important. It should be reapplied if you stay out in the sun for more than two hours and after swimming, sweating or toweling off.

**Question 11: Are men or women more likely to develop skin cancer?**

**Answer:** Men

**Comment:** Men with lighter skin tones are the most likely to develop skin cancer, especially those over age 50. This happens because men tend to spend more time outside throughout their lifetimes than women do, so they have increased exposure to the sun.

**Question 12: What is the most preventable cause of skin cancer?**

**Answer:** Exposure to UV light

**Comment:** Overexposure to UV light is the most preventable cause of skin cancer, and this can come from the sun or tanning beds. Luckily, overexposure can be prevented by staying out of the sun during the peak hours of 10 a.m. to 4 p.m. and applying sunscreen regularly.

**Question 13: How often should you see a dermatologist for a professional skin exam?**

**Answer:** Once a year

**Comment:** Dermatologists recommend getting a professional exam done once a year to check for skin cancer. While self-exams are good to do once a month, going to the dermatologist allows a professional to check for things that you might miss in your self-exam.

**Question 14: What percent of nonmelanoma skin cancers are associated with exposure to UV radiation from the sun?**

**Answer:** 90%

**Comment:** While 90% is a high number, exposure to UV radiation is completely preventable. The biggest way to prevent yourself from developing any type of skin cancer is to protect your skin when you are outside.

**Question 15: One risk factor for skin cancer is if you have any spots/moles on your skin that are bigger than what size?**

**Answer:** ¼ inch

**Comment:** Spots or moles on your body bigger than ¼ inch, which is about the size of a pencil eraser, can be cause for concern. To be safe, these spots should be checked out by a doctor.



**Question 16:** While sunscreen is helpful, what is the most effective way to shield your skin from UV rays when you are outside between the hours of 10 a.m. and 4 p.m.?

**Answer:** Long sleeves

**Comment:** Wearing clothes that cover your skin is the most effective way to block UV rays. Try to wear long sleeves and pants, as well as a hat and sunglasses during the peak hours of the day.

**Question 17:** When looking for sunscreen, what words on the label indicate that it will protect against UVA and UVB rays?

**Answer:** Broad spectrum

**Comment:** Broad spectrum means that the sunscreen protects against UVA and UVB rays. UVB rays cause sunburn, but UVA rays penetrate deeper into your skin and can play a larger role in premature aging and producing wrinkles.

**Question 18:** How long do the sun's UV rays take to damage your skin?

**Answer:** 15 minutes

**Comment:** The sun can take as little as 15 minutes to damage your skin. Therefore, wearing clothes that cover your body in the sun, applying sunscreen regularly and staying in the shade when possible are important.

**Question 19:** What is the second most common form of skin cancer, characterized by abnormal, accelerated growth of squamous cells?

**Answer:** Squamous cell carcinoma

**Comment:** In the U.S. alone, more than 1 million cases are diagnosed each year. The majority of squamous cell carcinomas can be treated easily if caught early, but if they continue to grow for an extended period of time it can become dangerous and deadly. Squamous cells are thin, flat cells that look like fish scales and are found in the tissue that forms the surface of the skin and other organs.



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**Question 20:** Most sunscreens have an expiration date on the bottle, but if no expiration date is listed. then what should you use for its shelf life?

**Answer:** 3 years

**Comment:** While the standard shelf life is no more than three years after the date of purchase, this will be shorter if the sunscreen is exposed to high temperatures. Mark the bottle.

**Question 21:** At what UV index do you need to wear sunscreen?

**Answer:** 3 or higher

**Comment:** Any time the UV index is 3 or higher, sunscreen is needed. This usually occurs between the hours of 10 a.m. and 4 p.m.

**Question 22:** What percent of melanomas are found in existing moles?

**Answer:** 20-30%

**Comment:** Only 20% to 30% of melanomas are found in existing moles, while 70% to 80% arise on normal looking skin. Therefore, pay attention to any new moles that may arise on your body so you can get them checked out.

**Question 23:** Proper sunscreen application means applying how much every time you put it on?

**Answer:** 1 ounce

**Comment:** One ounce of sunscreen is considered essential to cover your whole body and for proper UV protection. To picture this in your head, 1 ounce of sunscreen is about the size of a shot glass.

**Question 24:** How long before going outside should sunscreen be applied?

**Answer:** 30 minutes

**Comment:** Applying sunscreen 30 minutes before going outside is important so the sunscreen has time to bind to your skin. If you apply it while outside and immediately jump in a pool or get sweaty, you run a risk that the sunscreen won't stick to your skin and will fall off without providing any protection.