Follow the Tabling 101 guidelines. If you’re doing this in a common area rather than a structured setting, think about what makes passersby want to engage in a tabling activity. Combine these strategies with one of the following prompts (or a variation) to draw people to your table. The prompt should be attention-grabbing, but should also relate specifically to the outreach.

Possible Prompts:
- Want to know how you can protect both yourself and the environment when you’re out in the sun?
- (Insert corny joke incorporating the words “burn,” “shine,” etc.)
- (Experiment with your own)

Once They’re at the Table:
- I have 6 quick questions to see how well you know your sunscreen. Let’s see how many you can get right.

Quiz Questions, Answers, & Talking Points

1. What is the economic value of the world’s coral reefs? (from tourism and food production)
   a. $12 billion/year
   b. $20 billion/year
   c. $30 billion/year
   d. $50 billion/year
   - Coral Reefs are very productive ecosystems; they support a great amount of biodiversity and provide monetary value to humans through supporting fisheries, tourism, and providing coastal protection.

2. What happens to corals when they are exposed to oxybenzone, a common ingredient in sunscreen?
   a. Bleaching
   b. DNA damage
   c. DNA death
   d. All of the above
   - Chemicals can awaken coral viruses causing coral to expel their life algae; without this algae, the coral bleaches and often dies.
   - Oxybenzone, a common ingredient in sunscreen, becomes more toxic when exposed to sunlight, contributing to bleaching, DNA damage, and death.

3. How many estimated tons of sunscreen enter the ocean each year?
   a. 3,000
   b. 10,000
   c. 14,000
   d. 25,000
   - When you swim with sunscreen on, chemicals like oxybenzone can get into the water.
   - Even if you don’t go swimming after applying sunscreen, it can still go down the drains when you shower and end up in the ocean.
   - Aerosol cans also contribute by spraying large amounts of sunscreen onto the sand where it gets washed into the ocean.
4. What percent of reefs in the Caribbean have disappeared in the last 50 years?
   a. 50%
   b. 65%
   c. **85%**
   d. 95%
   - Other stats that can be included: 95% of the reefs in the Florida Keys have disappeared in the last 50 years; 40% of the Great Barrier Reef has disappeared in the past 30 years.

5. What percent of sunscreens contain 1 or more ingredients banned from the eco-marine reserves?
   a. 25%
   b. 50%
   c. 75%
   d. **>90%**
   - There is a list of ingredients not allowed in many eco-marine reserves because of the negative effect of corals. However, one or more is in over 90% on the market.
   - The words “natural”, “eco safe” or “reef safe” may be used in descriptions of products that are still harmful; be sure to check the ingredients.

6. What active ingredient offers sun protection and is safe for coral reefs?
   a. Oxybenzone
   b. Parabens
   c. Octinoxate
   d. **Non-nano zinc oxide**
   - You’ll want to stay away from the first three ingredients.
   - Choose sunscreens with fewer ingredients.
   - Some safe brands to look for are: Caribbean Solutions Biodegradable, KineSYS Zinc Ointment, ECO logical All Natural Sunscreen, and Badger.

At the End of the Quiz:
- “A good resource for sunscreen selection is: [https://www.ewg.org/sunscreen/](https://www.ewg.org/sunscreen/). The EWG app is a handy tool to use while shopping. Some specific brands you can look for are: Caribbean Solutions Biodegradable, KineSYS Zinc Ointment, ECO logical All Natural Sunscreen and Badger.”

References for talking points (in case anyone asks):
- [https://www.sierraclub.org/sierra/your-sunscreen-destroying-coral-reefs](https://www.sierraclub.org/sierra/your-sunscreen-destroying-coral-reefs)
- **Question 1: Estimation provided by the National Oceanic and Atmospheric Administration**
- **Question 3: Estimation provided from a research study conducted in 2015**
HOW SUSTAINABLE IS YOUR SUNSCREEN?

What is the economic value of the world’s coral reefs? (from tourism and food production)

- a. $12 billion/year
- b. $20 billion/year
- c. $30 billion/year
- d. $50 billion/year

(answer: c. $30 billion/year)

What happens to corals when they are exposed to oxybenzone, a common ingredient in sunscreen?

- a. bleaching
- b. DNA damage
- c. DNA death
- d. all of the above

(answer: d. all of the above)

How many estimated tons of sunscreen enter the ocean each year?

- a. 3,000
- b. 10,000
- c. 14,000
- d. 25,000

(answer: c. 14,000)

What percent of reefs in the Caribbean have disappeared in the last 50 years?

- a. 50%
- b. 65%
- c. 85%
- d. 95%

(answer: c. 85%)

What percent of sunscreens contain 1 or more ingredients banned from the eco-marine reserves?

- a. 25%
- b. 50%
- c. 75%
- d. >90%

(answer: c. 75%)

What active ingredient offers sun protection and is safe for coral reefs?

- a. Oxybenzone
- b. Parabens
- c. Octinoxate
- d. Non-nano zinc oxide

(answer: d. Non-nano zinc oxide)

A good resource for sunscreen selection is: https://www.ewg.org/sunscreen/. The EWG app is a handy tool to use while shopping. Some specific brands you can look for are: Caribbean Solutions Biodegradable, KieNYS Zinc Ointment, ECO logical All Natural Sunscreen and Badger.
“Tabling,” or staffing an interactive event with the purpose of educating and engaging the university community, is an important part of our outreach and behavior change efforts. Your enthusiastic participation in these outreach events is essential to the success of any behavior change campaign. It is important to have fun at these events, but also to take this job seriously. Below are some basic tips for effective tabling.

Do:

• Stand behind the table or slightly in front of the table.
• Invite passers-by to join you at the table. Greet them and ask if they are interested in participating.
• Use clear and concise communication. Take a few minutes to practice your pitch so that you are prepared to deliver a short, accurate summary to every person who comes to the table. It’s often best to begin with a question as your prompt.
• Smile and exhibit a positive attitude. Sustainability is fun, tabling is fun, and people want to join other people who are having fun.
• Thank participants for their time and suggest at least one more way they can get involved with campus sustainability (e.g. mention that they can find more info on the office’s website, invite them to sign up to get more information delivered to their inbox, or mention an upcoming lecture or event).

Don’t:

• Be late for your shift. Your colleagues are counting on you.
• Sit behind the table. We usually don’t even have chairs, so this shouldn’t be a temptation.
• Read, play on your phone, or dig through your bag. This makes it look like you are disinterested, bored, or unapproachable, which prevents people from wanting to talk to you. You will also miss out on opportunities to invite people to join you at the table.
• Mumble or insult participants. This is not the place for inside jokes, sarcasm, or vagueness.
• Give inaccurate information. If you don’t know the answer to a question, take the person’s email address and let them know that you or someone from the office will get back to them.