

The SPOTS BINGO Game

Instructions: Give everyone a bingo card. Read the questions below. Students are to cover the appropriate square that matches the correct answer to the question. Squares can be covered (with small pieces of torn notebook paper or pennies) or use a pencil to X out the square. All students should cover “Free Space” at the start of the game. The first one to cover all squares in a row horizontally, vertically, or diagonally, calls “BINGO.” The winner’s squares should then be discussed verbally with the class and matched for the correct answers.

Questions

Q: What does A stand for in the ABCs of melanoma?

A: Asymmetry

Q: What does B stand for in the ABCs of melanoma?

A: Border

Q: What does C stand for in the ABCs of melanoma?

A: Color

Q: What does D stand for in the ABCs of melanoma?

A: Diameter

Q: What does E stand for in the ABCs of melanoma?

A: Evolving

Q: Which of the three skin cancers is the most fatal?

A: Melanoma

Q: Which of the three skin cancers is the most common?

A: Basal Cell

Q: What fraction of new cancers will be skin cancer?

A: 1/2

Q: Which skin type is at the highest risk for skin cancer?

A: Type 1 (fair skin/blonde or red hair/blue eyes)

Q: Who finds the most skin cancers?

A: Me

Q: About how many blistering sunburns under the age of 18 will increase your risk of skin cancer?

A: 3-6

Q: Using tanning beds is not a risk for skin cancer?

A: False

Q: What is the top layer of skin called?

A: Epidermis

Q: What is the number one risk factor for getting melanoma?

A: Change in an existing mole

Q: If they are caught early, what percentage of skin cancers are curable?

A: 90-95%

Q: The top layer of skin is the same thickness as a _____.

A: Piece of notebook paper

Q: What are the two main factors in the development of skin cancer?

A: Exposure to UV radiation and heredity

Q: An abnormal diameter in a skin cancer spot is generally the size of _____.

A: A pencil eraser

Q: If a person puts on a layer of sunscreen with SPF 20 and another layer of sunscreen with SPF 25, what is their total SPF?

A: SPF 25

Q: Indoor tanning beds use lights that are primarily ultraviolet A radiation which penetrates deeper than ultraviolet B radiation. True or False?

A: True

Q: It is important to protect high risk anatomical areas. Name three such areas on the face.

A: Nose, eyes, mouth

Q: Skin cancer currently affects one out of every 25 Americans. True or False?

A: False

Q: How long should you wait before entering the water after applying sunscreen?

A: 20-30 minutes

Q: How often should sunscreen be reapplied?

A: Every 1-2 hours

Sample SPOTS BINGO Card #1

Note: To make more cards, just shift an answer or two.

B	I	N	G	O
20-30 minutes	False	False	1/2	Nose, eyes mouth
Epidermis	Border	SPF 25	Every 1-2 hours	Type 1
Piece of notebook paper	Color	FREE SPACE	Basal Cell	Evolving
Diameter	A pencil eraser	True	Melanoma	Me
Change in an existing mole	90-95%	UV exposure and heredity	3-6	Asymmetry