

The Myth/Fact Game

Instructions: Tell the students you will be reading from a list of myths about skin cancer and a list of facts about skin cancer. You will read out loud a myth or fact and ask them to tell you which one it is and why. Discuss both the correct and incorrect answers.

MYTHS ABOUT SKIN CANCER

1. Indoor tanning beds can help clear up acne and make scars fade.
2. Tanning at an indoor tanning bed is safe.
3. The tanning accelerator lotions that are sold at tanning salons protect people from UV radiation.
4. Children and teenagers cannot get skin cancer.
5. It is recommended to put chemical sunscreens on infants (6 months and younger).
6. African Americans and people who tan very easily don't get skin cancer.
7. Having a healthy tan will protect a person's skin.
8. You don't have to wear sunscreen while you're in the car.
9. People don't need to wear sunscreen in the winter or on cloudy days.
10. If a person wears sunscreen, they can stay in the sun as long as they want.
11. Getting a base tan will prevent a person from getting a sunburn.
12. If a person puts on SPF 20 sunscreen and puts on SPF 25 sunscreen an hour later, they will get a total SPF of 45.
13. Wearing a T-shirt in the pool or beach is a good way to protect yourself from the sun.
14. If a person doesn't get a lot of sun exposure, they won't get enough Vitamin D.
15. In order for sunlight to cause skin cancer, you must get a sunburn.

FACTS ABOUT SKIN CANCER

1. Exposure to UV radiation and heredity are the two main causes of skin cancer.
2. The number one risk factor for melanoma is change in an existing mole or spot.
3. Indoor tanning beds cause wrinkling, sagging, brown spots and skin cancer.
4. One out of every two new cancers will be a skin cancer.
5. Skin cancer affects more people than all other cancers combined.
6. Early sun exposure and blistering sunburns under age 20 increase your risk of skin cancer.
7. One ounce of sunscreen to cover the entire body is the proper amount for a person who is 5'4", 150 pounds, with a waist of 32 inches. Larger adults should use 1-2 ounces. Smaller adults or children should use slightly less than 1 ounce.
8. Rubbing, sweating, and swimming remove sunscreen.
9. People with fair skin, blue eyes, and blonde or red hair are at the highest risk for skin cancer.
10. Five or more blistering sunburns before age 18 is a risk factor for skin cancer.
11. If caught early, most skin cancers are 90-95% curable.
12. You should see a doctor if a mole is asymmetric, has irregular borders, or is changing.
13. If a family member has had skin cancer, you should be especially careful about protecting your own skin.
14. Vitamin D supplementation via foods and a daily multivitamin is a good idea.
15. Sunscreen is only part of a good sun protective program. You should also wear protective clothing, hats, sunglasses and seek shade.

This game is incorporated into the lecture for larger classes.