SPOTS WORKSHEET

• SKIN CANCER STATISTICS
  In the US, _____ out of every ______ people has skin cancer.

• LIST THE TWO MAIN WAYS YOU CAN DEVELOP SKIN CANCER
  1. ______________________  2. ______________________
  ○ Put a star next to the one you have control over

• LIST THE ABC’S OF MELANOMA
  A = ______________________
  B = ______________________
  C = ______________________
  D = ______________________
  E = ______________________

• LIST FIVE RISK FACTORS FOR SKIN CANCER (Different from protection methods below)
  1. ______________________
  2. ______________________
  3. ______________________
  4. ______________________
  5. ______________________
  ○ Put a star next to any risk factors that you have

• LIST FIVE WAYS YOU CAN PROTECT YOURSELF FROM THE SUN
  1. ______________________
  2. ______________________
  3. ______________________
  4. ______________________
  5. ______________________