Main Points

- Yes, *YOU can get skin cancer, it’s no longer just a disease of older people.*
  More teens and young women are getting melanoma and skin cancer.
  ▪ Statistics

- Primary modifiable behaviors for *skin cancer are using sun protective methods, something which YOU can easily do.*

- It is *easy to protect yourself from UVR with a few simple measures.*
  ▪ Risky Business: risk factors are defined
  ▪ *ABC's of melanoma:* description and pictures (*Skin cancer is one of the few cancers you can see with the naked eye so it is important to know what to look for — early detection).*
  ▪ Female teen’s story of tanning bed use: addictive, inexpensive, social norm
  ▪ Prevention tips: limit UV exposure, use sunscreen, avoid tanning beds, do a skin self-exam, get changing moles checked

- *When in doubt, get it checked out. The earlier skin cancer is found, the easier it is to treat.*
  ▪ Demonstration of a punch biopsy (reinforces how easy it is to get a changing lesion examined and that earlier is better than later).

- *Start protecting yourself now. It is never too early.*
  ▪ Messages from the two teens to other teenagers about *what they wish they had known, how they changed their behaviors, what they would do differently, how it affected their families, and their suggestions* to other teens.

Format

Video interviews of two teens (male and female) telling their stories of dealing with melanoma are interspersed with commentary from a dermatologist and a Mohs surgeon. The video is narrated by a female teen and the entire format and content has been created to appeal to the adolescent age group.

*Main video messages to teens are in bold italics*