

## SPOTS Video “Get It Checked Out”

### 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*