General Curriculum Outline - One Day Course

• **Day One (85 minutes)**
  - Introduction (2 minutes)
    - SPOTS teachers introduce themselves
    - Brief explanation of program structure and what will be covered
    - Hand out SPOTS brochure and Helpful Information about Skin Cancer
    - Give worksheet to teacher for follow-up or review
  - Game (8 minutes)
    - Risk game OR
    - Myths/Facts game (part of lecture for large classes)
    - Discuss responses
  - Teaching - Focus on Early Detection (18 minutes)
    Lecture Outline and Script: Part One
    - Why We Are Here (Statistics)
    - What is Skin Cancer?
    - What Causes Skin Cancer?
    - What Does Skin Cancer Look Like?
    - ABC’s of Melanoma
    - Warning Sign Pictures of BCC and SCC
    - Who Gets Skin Cancer (Risk Factors)?
  - Video of teens with skin cancer/punch biopsy (14 minutes)
  - Game (5 minutes)
    - ABC game (part of lecture for large classes) OR
    - SPOTS Bingo game
  - Teaching with Demonstrations - Focus on Prevention (20 min)
    Lecture Outline and Script: Part Two
    - Basic Protective Measures
    - Three Types of Ultraviolet Radiation
    - How to Choose and Use a Sunscreen
    - Indoor Tanning Beds
    - Alternatives to Tanning
    - Non-Sunscreen Sun Protective Methods
    - Keeping Yourself Healthy
    - Conclusion
  - Skin Analyzer Machine (13 minutes)
  - Open Q & A/Discussion (5 minutes)