

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)