General Curriculum Outline - Two Day Course

- **Day One – Focus on Early Detection (50 min)**
  - Introduction (2 min)
    - SPOTS teachers introduce themselves
    - Brief explanation of program structure and what will be covered
  - Game (8 min)
    - Risk game OR
    - Myths/Facts game (part of lecture)
    - Discuss responses
  - Teaching (20 min)
    - 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)?
  - Skin Analyzer Machine (15 min)
  - Open Q & A (5 min)
    - Tell them what will be covered on Day Two (Prevention)

- **Day Two – Focus on Prevention/Protection (50 min)**
  - Review ABC’s Game (part of lecture) (5 min)
  - Video of teens with skin cancer and punch biopsy (14 min)
  - Teaching with Demonstrations (25 min)
    - 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
  - Open Discussion (6 min)