

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)