

The SkinCheck® Class for Teaching High School & Middle School Students About Skin Cancer / Melanoma

Background: Melanoma is a common, deadly skin cancer that is curable only when detected early. The US incidence is greater than new HIV/AIDS infections. In the 25 to 29 year age group melanoma is the most prevalent of all cancers and, in women aged 30 – 35, it is the leading cancer killer. Vulnerability begins at age 12. The public and most health educators are not well-informed about the disease.

Goal of Program: Ensure that all students at participating schools are educated about melanoma and the importance of early detection via self-examination in a one-session class prior to their graduation. Provide a one hour on-site wellness educator workshop, all required student materials, and educator resource materials.

Student content fits within the “Safety and Prevention” strand of the **Massachusetts Comprehensive Health Curriculum Framework, Standard 8: Disease Prevention and Control**. The one hour teacher workshop is registered with the Massachusetts Department of Education and is endorsed by MIAA, MAHPERD, and MSNO. A one hour certificate of attendance for use in meeting the 10 point PDP requirement is given to each attendee.

TERMS FOR PARTICIPATING SCHOOLS

Cost: (first and all subsequent years): NONE

Services and Materials Provided:

1. “**SunSpots**,” a powerful 16 minute videotape on skin cancer produced for teens by M.D. Anderson Cancer Center. The video focuses on the damaging effects of sun exposure. For school districts in which the class is presented in high school **and** middle school grades an alternative video, “**The Dark Side of the Sun**,” is available for middle schools on DVD.
2. “**See Spot**” bookmarks for all health class (or related course) students each year. The bookmarks, produced by the Foundation, complement the video and focus on early detection of melanoma.
3. One hour on-site skin cancer/melanoma **workshop** for health educators (also available as a VHS tutorial tape).
4. Detailed **one-session classroom lesson plan** for health educators.
5. Quiz questions and answers.
6. Supplemental information (on CD).
7. Training for any new health educators each year.

Requirements of Participating Schools

1. Skin cancer/melanoma session for students presented in mandatory health-related course(s).
2. Show SunSpots or Dark Side video. Discuss “See Spot” bookmarks with students in detail.
3. After course initiation all entering students receive the lesson prior to graduation.
4. Training of all staff members involved in teaching the session.

High School / Middle School One Hour On-Site Workshop Overview

[Additional topics in brackets are included in an optional two hour workshop covering K-12]

Brief Overview of Melanoma Education Foundation

Types of Skin Cancer

Melanoma

- Incidence
- Statistics
- Risk Factors
- Early Self-Detection

Prevention

- Dangers of Sun Exposure and Tanning Beds
- Sun protection
- Sunless tanning

High School / Middle School Education Aspects

- SunSpots Video (16") or Dark Side of the Sun Video (13")
- Why Students Don't Know About Melanoma
- Suggested Teaching Strategy

- Emphasis Points
- One Session Lesson Plan
- SkinCheck[®] Participation Requirements

[Elementary School Education]

- Killer Tans Video (20")
- EPA Sunwise Resources

[Facial Skin Analyzer Training]

- Use of skin analyzers in reinforcing skin cancer education
- Interpretation of results
- Hands-on practice

The sessions are registered with the Mass. Dep't of Education and are endorsed by MIAA, MAHPERD, and MSNO. Participants will receive one hour certificates of attendance which, when combined with related courses, may be used toward PDP requirements. All required student handouts and educator materials are provided to participating high schools and middle schools each year at no cost. An optional two hour course covering K-12 and hands-on skin analyzer use and interpretation is also offered. Participants receive two hour certificates of attendance. Recommended low cost and free elementary classroom materials available from other organizations are discussed during the two hour session.

Audio-Visual Equipment Required for the Training Session:

TV/VCR, Overhead or Digital Projector, Screen

Saving Lives Through Education