



## **MELANOMA ONLINE LESSON PLAN** **For High School & Middle School Health & Wellness Educators**

(Revised 3/18/2013)

1. Login to your account at <http://www.melanomaeducation.net>
2. Download the "See Spot document" and have it ready to show to students after they watch the student video.
3. Pre-video discussion questions to assess knowledge and attitudes.
  - a. How many have had bad sunburns?
  - b. Who uses sunscreen or other sun protection routinely outdoors?
  - c. How many are using tanning beds?
  - d. How many have family members who had skin cancer?
4. Show "Should've, Could've, Would've" (21 min) or "My Melanoma Vlog" (16 min) video.
5. Show "See Spot" document to students. Discuss the document with them, emphasizing:
  - a. **Who is Vulnerable?** Everyone, from preteens to old age. People with many moles, light complexions, and tanning bed users are especially vulnerable.
  - b. **Seriousness:** Deadly if you don't catch it early, but the easiest of all cancers to find early. Almost guaranteed curable when caught early - by painless removal in an office using local anesthetic. No chemotherapy or radiation required.
  - c. **How to Find It Early:** Check your skin from head to toes once every month. Look for **changes** in moles, freckles, birthmarks, and blemishes. Also look for **new** spots and growths that continue growing **more than two weeks**.
6. Assign students this homework (may save a parent's life, and students love it!):
  - a. View See Spot document at home at [www.melanomaeducation.net/SeeSpot.pdf](http://www.melanomaeducation.net/SeeSpot.pdf)
  - b. Teach their parents about melanoma using the document.
  - c. Print the second page of the document (parental verification form), have a parent sign it, and return it to you during your next class with them.

**DOWNLOADABLE TEACHER RESOURCES AT**  
[www.melanomaeducation.net](http://www.melanomaeducation.net)

1. PowerPoint slides from the teacher-education video.
2. Latest lesson plans
  - HS/MS Lesson Plan
  - HOSA Lesson Plan
  - Lesson Plan Lite
3. "See Spot" document with parental confirmation page.
4. Tanning bed dangers.
5. How to perform a self-skin exam.
6. What to do if something suspicious is found during a self-skin exam.
7. Body outlines to mark locations of skin growths.
8. Suggested elementary school resources.