



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

(Revised 11/10/2017)

1. Login to your account at <http://www.melanomaeducation.net>
2. Download the "See Spot document" from the Resource page 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" (22 min) video for middle school students or "My Melanoma Vlog" (16 min) video for high school students.
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:** Usually lethal 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 melanomaeducation.net/pdfs/SeeSpot.pdf
 - b. Teach their parents about melanoma using the See Spot 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/resources.php

1. PowerPoint slides from teacher video at melanomaeducation.net/pdfs/T_VideoSlides.pdf
2. Latest lesson plan
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.