

SunGuard Your Skin

Lesson Plan for Power Point Presentation

- Goals:**
1. Students will demonstrate increased knowledge regarding the dangers of overexposure to natural and artificial sources of UV radiation
 2. Students will display more positive attitudes toward sun protection
 3. Students will demonstrate sun protective behaviors
- Objectives:** At the completion of the program students will be able to
1. Identify three negative effects of unprotected, excessive sun exposure
 2. Identify three risk factors for skin cancer
 3. Identify melanoma as the most dangerous form of skin cancer
 4. Describe three personal behavior changes that will decrease their risk for skin cancer
- Time:** 45 minutes
- Materials:**
1. SunGuard Your Skin Survey (download and copy, or display final five Power Point slides)
 2. SunGuard Your Skin Power Point Presentation
 3. Optional: Videotape - “*Be Smart Protect Yourself*” Send check for \$5.00 payable to the Center for a Healthy Maryland, 1211 Cathedral St., Baltimore, MD 21201
- Procedure:**
1. Administer the *SunGuard Your Skin Survey* (pre-test); collect papers
 2. Initiate discussion with the following sample questions:
 - A. Could we live without the sun? What are some benefits we get from the sun? What are some negative things about (too much) sunlight?
 - B. Have you ever had a painful sunburn?
 - C. Do you think it is healthy to have a tan?
 - D. How does society dictate these beliefs? (advertisements, fashion and movie industry, tanning salon industry, etc.)
 - E. How difficult is it to change behavior in the face of society’s influences? Can you do it?
 - F. Do you know anyone who has had skin cancer?
 3. Tell students: You don’t have to be very old to get skin cancer. You can avoid this disease by learning how to protect yourself now.
Optional: Show video, “*Be Smart Protect Yourself*,” in which Doug Ulman, a young melanoma survivor talks about his experience with skin cancer. Discuss class reaction to video.
 4. Start Power Point presentation
 5. Review the *SunGuard Your Skin Survey*, asking students for answers.
- Evaluation:** Teachers may administer the *SunGuard Your Skin Survey* as a post test within two weeks of the lesson and compare results with the pre-test.
- Follow up:**
1. Encourage students to visit the *SunGuard Man Online* web site at www.sunguardman.org to play games, complete the Treasure Hunt, and learn more about skin cancer prevention.