

Assessing Prior Knowledge and Setting A Sun-Safety Goal



Sun Safety Instruction for Grades 9-12

Skin cancer is the most prevalent cancer in America. Skin cancer affects people of all ages and ethnicities, yet it is highly preventable if individuals follow sun safe practices. According to the American Academy of Dermatology (AAD), children who get sunburns at an early age have an increased risk for developing skin cancer and melanoma later in life. Approximately 40-60% of sun exposure occurs before the age of 20. A person's risk for melanoma can double if they have had more than five sunburns.

Outrun the Sun, Indiana's only nonprofit organization supporting skin cancer education and melanoma research, has created sun safety educational units for the Indiana Department of Education. This information helps students learn how to protect themselves from skin cancer. These educational units also help fulfill many of the requirements set forth in the Indiana Department of Education Health and Wellness Standards. These units for grades 9 through 12 address the following Department of Education standards:

- 12.6.1 Critically analyze and articulate the benefits of planning and setting personal health goals.
- 12.6.2 Develop a personal health goal and a plan to achieve it.
- 12.6.3 Analyze and develop strategies to overcome barriers to achieving the personal health goal.
- 12.6.4 Implement the plan and adjust it, as needed, to achieve the personal health goal.

Outrun the Sun Activities for Grades 9-12

Lesson One- Take the Sun Safety Quiz to assess prior knowledge topic. Set a personal sun-safety goal.

Lesson Two- Complete the Sun Safety Scavenger Hunt to gain knowledge and to review credible sources.

Lesson Three- Using reliable sources, create a sun-safety pamphlet.

Lesson Four- Using the information garnered in lessons one-four, craft an on-demand essay arguing for or against the use of tanning beds. Include the counterargument. Lesson four can be a cross-curricular assignment and/or can be developed into a Socratic debate.