



Grade 10 Sample Lesson Plan: Fun In The Sun Safety

SOLs

- Research and develop an educational campaign to encourage positive health choices and discourage risky choices regarding exposure to the sun.

Objectives/Goals

- Students will advocate for personal health and well-being and promote health enhancing behaviors for others regarding sun safety.
- Students will use accurate peer and societal norms to formulate a health-enhancing message.
- Students will adapt health messages and communication techniques to a specific target audience.

Materials

- [Sun Safety Slideshow](#)
- Sun Safety Poster Assignment - see below

Procedure

Hook - Read the true story, Clare Oliver's Story (see below)

- *What thoughts came to mind when I read this true story to you?*
 - *What does this story teach about the prevention of skin cancer?*
- You could also share the story of Courtney McClanahan. See the link here for the story - <https://www.skincancer.org/prevention/tanning/college-tanners>

- Share some stats on skin cancer (from SkinCancer.org)
 - *More than 5.4 million cases of nonmelanoma skin cancer were treated in over 3.3 million people in the U.S. in 2012, the most recent year new statistics were available.*¹
 - *More people are diagnosed with skin cancer each year in the U.S. than all other cancers combined.*
 - *One in five Americans will develop skin cancer by the age of 70.*
- Tell students that by the end of the lesson, they will be able to recognize the warning signs of skin cancer and the importance of early detection. You will also be able to conduct a self-skin check for early detection of skin cancer.
- Show the short video from the Skin Cancer Foundation - [What is Skin Cancer? \(https://youtu.be/YcFNz-lY4kc\)](https://youtu.be/YcFNz-lY4kc)
- From here you can review some important Functional Knowledge on Skin Cancer using this [Sun Safety Slideshow](#)
- At the end of the slide show there is a video to the Sun Safety Rap as well as a PSA called “Protect Yourself”. You can show these to get students thinking about how they might be able to encourage someone to make positive choices in regard to sun safety.
- Next, have students use at least one or more of the following resources to research more about skin cancer and sun safety.
 - [TeenHealth.org - Skin Cancer](#)
 - [The Skin Cancer Foundation: Skincancer.org](#)
 - [SkinCancerPrevention.org](#)
 - [SpotSkinCancer.org](#)
- Their task is to create a Sun Safety Advocacy Poster with the following information (see below). You could display student posters in your classroom or post them in other parts of your school or community where a sun safety message would be important to know (i.e. pools, beaches, etc)

References

- **Andy Horne, 2018**
- Center for Disease Control YRBS Data - Sun Safety
<https://nccd.cdc.gov/youthonline/App/Default.aspx>
- Sun Smart U - Teacher Resources & Lesson Plan Ideas -
<https://www.skincancer.org/prevention/educ>
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- Step by Step Self-Examination for Skin Cancer Video (2 mins) - <https://www.skincancer.org/skin-cancer-information/early-detection/step-by-step-self-examination>
- American Dermatology Association - [Prevent Skin Cancer](#)
- [SpotSkinCancer.org](#)
- [Sun Safety Rap](#) - Andy Horne, 2015 National Health Teacher of the Year

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.