



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:  
<http://www.cdc.gov/healthyschools/sher/standards/index.htm>

Teens know that sun exposure can cause skin cancer. But knowing they should protect their skin from sun damage and actually doing it are two different things. Images of bronzed models and celebrities don't help, and neither do tanning centers that target young people. These activities will help your students understand what they can do to take care of their skin.

## Related KidsHealth Links

### Articles for Teens:

#### Melanoma

[TeensHealth.org/en/teens/melanoma.html](http://TeensHealth.org/en/teens/melanoma.html)

#### Tanning

[TeensHealth.org/en/teens/tanning.html](http://TeensHealth.org/en/teens/tanning.html)

#### Indoor Tanning

[TeensHealth.org/en/teens/indoor-tans.html](http://TeensHealth.org/en/teens/indoor-tans.html)

#### I Got Blisters From a Sunburn. What Should I Do?

[TeensHealth.org/en/teens/sunburn.html](http://TeensHealth.org/en/teens/sunburn.html)

#### Skin, Hair, and Nails

[TeensHealth.org/en/teens/skin-hair-nails.html](http://TeensHealth.org/en/teens/skin-hair-nails.html)

#### Tips for Taking Care of Your Skin

[TeensHealth.org/en/teens/skin-tips.html](http://TeensHealth.org/en/teens/skin-tips.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. What are the short-term effects of sun exposure? What are the long-term effects? How do the sun's UVA and UVB rays affect the skin? Between what times of day is the sun at its strongest?
2. What should people look for in a protective sunscreen? How should they apply it? How much does sunscreen does it take to protect the skin? How can people who like a tan get the look without the sun?
3. What are the signs and symptoms of skin cancer? How old does someone have to be to get it?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Show Your True Colors

#### Objectives:

Students will:

- Learn about the connection between tanning and cancer
- Articulate the reasons why people should protect their skin from the sun

#### Materials:

- "Show Your True Colors" handout
- Computer with Internet access or the school library

#### Class Time:

1 ½ hours

#### Activity:

Did you know that skin color is controlled by many genes, which is why skin comes in such a wide range of shades? Today, we're going to start a new campaign against tanning, called Show Your True Colors. Your mission is to convince other students to stick with their own fantastic skin colors and think twice about tanning.

The first phase of the campaign is information. What do you think teens should know about sun exposure, sun damage, and skin cancer? What message do you want to send about the idea that a person's real skin color looks better than a tan? Have you heard any myths floating around that you'd like to correct? Using the TeensHealth.org articles and the "Show Your True Colors" handout, design an information pamphlet to convince teens that tanning is for twits. Be sure to include some convincing facts and statistics.

#### Extensions:

1. Next stop on the how Your True Colors campaign trail: Create a bold Show Your True Colors poster or infographic, using magazine clippings, images from the Internet, text, and your own artwork. Encourage teens to feel comfortable in their own skin.
2. Create a skin cancer awareness video using an interview a dermatologist, a skin cancer survivor, music, dance, whatever you think will get attention. Share your message via social media.



## Red Carpet, Tan Skin?

### Objectives:

Students will:

- Evaluate images in the media for their positive and negative impacts on the tanning culture
- Explore the real costs and value of tanning

### Materials:

- Computer with Internet access and printer, or old magazines
- Pen and paper, or computer word processing program with printer

### Class Time:

45 minutes

### Activity:

We hear again and again that sun exposure can cause skin cancer. But if you flip through a magazine or watch an entertainment news show, you may see some celebrities strolling down the red carpet or singing onstage with glowingly bronze skin. Yet, other celebrities seem to be protecting or even embracing their pale skin. What's going on here? Clearly, we're getting mixed messages: Tanning is bad for us, but it looks good? It looks bad, but a bunch of people do it anyway?

You be the judge. From magazines or the Internet, choose four images of famous people who have tanned at different levels. Write a one-page essay about the images, including what messages you think celebrities are sending about tanning. Be sure to include your images with your paper.

### Extension:

1. Do celebrities have a responsibility to the public? Write a letter expressing your opinion to the celebrity of your choice, whether it's a sun worshipper or a champion of the fair-skinned look.

## Reproducible Materials

### Handout: Show Your True Colors

[KidsHealth.org/classroom/9to12/problems/conditions/skin\\_cancer\\_handout1.pdf](http://KidsHealth.org/classroom/9to12/problems/conditions/skin_cancer_handout1.pdf)

### Quiz: Skin Cancer

[KidsHealth.org/classroom/9to12/problems/conditions/skin\\_cancer\\_quiz.pdf](http://KidsHealth.org/classroom/9to12/problems/conditions/skin_cancer_quiz.pdf)

### Answer Key: Skin Cancer

[KidsHealth.org/classroom/9to12/problems/conditions/skin\\_cancer\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/9to12/problems/conditions/skin_cancer_quiz_answers.pdf)



Health Problems Series  
**Skin Cancer**

Name:

Date:

## Show Your True Colors

Instructions: Cut out your pamphlet and fold it in the middle. Using all 4 pages, write about sun exposure, sun damage, and skin cancer.

A large rectangular area with a dashed border, divided by a vertical solid line down the center, intended for writing about sun exposure, sun damage, and skin cancer.



