

Depending on how much time you have, you can show all of the eLearning modules in one day, or break it up. We estimate that the course will take between 45 minutes - 1 hour to complete, including discussion and classroom management for the task. The approximate time per section is:

- Trivia Game: 15-20 minutes
- Video Scenarios: 10-15 minutes each
- How are you Exposed?: 10-15 minutes
- Take Action: 10-15 minutes

You may decide to focus on the interactive video scenarios or just the trivia game, however we think doing all sections will achieve the best result. We suggest you use the lesson in the following sequence:

1. Begin with the "Trivia Game." Set up teams or break the class in half, guys vs. girls, etc. whatever works best in your classroom. Call on individuals in the team or have them converse and come up with an answer together. The game will keep score.
2. Show the short interactive video scenarios in any order: "Day at the Beach," "The Perfect Tan" and "Athletes Under the Sun." Use this time to ask students questions about their own skin protection methods. How might they convince their friends to stay sun safe on the field, or stop using tanning beds? How can they enjoy the beach and the outdoors while still protecting their skin? We hope they love the skin they're in, but if they still want a tan, what are some alternatives?
3. Go into "Take Action" and show the "Exposed" video to hear personal stories from melanoma survivors and their tips on how to protect your skin. Do your students know anyone with skin cancer? Do they ever check their skin for changing or new moles?
4. Also in the "Take Action" section click on "Take the Pledge." Have the students watch you take the pledge to protect your skin and then share the [link](http://mfne.org/ysii/skinpledgeform2016.php) (<http://mfne.org/ysii/skinpledgeform2016.php>) with your class so they too can pledge to protect their skin. Teachers may also enter their class pledges as a group on the "Take the Pledge" page. Check out the *Your Skin Is In* contest rules and ask everyone at your school to share the "Pledge" link for a chance to win cash prizes (high schools only)! Posters are available in this section to download, print and hang at your school to help spread the word. Good luck with the contest!
5. In "Take Action," show the 60-second "Tanning Is Out" video. How do your students feel about the new FDA regulations to ban tanning beds for teens under 18? Should there be other laws and restrictions to keep teens safe?
6. Next talk to your students about their own UV exposure and use the "How are you Exposed" section to discuss how exposure to UV rays increases their risk of developing skin cancer. We used a special UV camera to take photos of students to show their underlying skin damage. Each

student told us about their skin regimen and history of any skin cancer in their family. Look at some or all of the student photos. How can your students relate to these students? Do they have darker skin? Do they think they would have little or a lot of damage based on their UV exposure? Point out that the dark spots (freckles) they see on the faces in the photos are UV damage. Why do some people have more than others (e.g. they used sunscreen only at the beach, but not while playing sports). How can they better protect themselves? Damaged skin cannot be reversed but they can protect their skin going forward. Suggest that your students do a monthly self-skin exam.

7. There's more to explore! In "take action", students can "Meet the Participants" to learn about each person in our videos. Or they can click on "Volunteer" to learn more about volunteering their time. We are always looking for students to provide input and join our Teen Council!
8. Email us at yourskinisin@mfne.org --we'd love to hear from you! Please let us know of any suggestions on how we can improve this eLearning lesson.

If you are interested in speaking with us to learn more about our programming or to assist with lesson planning around protection against skin cancer, please get in touch with us at 800-557-6352 or yourskinisin@mfne.org.

Thank you for educating others to protect their skin!