

DISCUSSION/WRITING ACTIVITIES

~ Selected students are given profiles to read about ordinary people with differing lifestyles and sun exposure.

~ Class is asked to analyze and reflect on the profiles:

Profiles for Discussion

1. Juan is a high school junior. Because his mother is of Mexican descent he has always been able to tan easily. A typical day for Juan is to wake up, shower & brush his teeth, go to school, and attend a two hour football or baseball practice. The girls just love coming to watch Juan throw the ball at practice. Juan knows this and constantly practices shirtless to show off for the ladies!

- a) Is Juan at risk for skin cancer?
- b) What are the behaviors that put him most at risk for skin cancer?
- c) Is there anything Juan can do to prevent further harm or damage to his skin?

2. Jessica is a high school senior. Fortunately she knows the damage the sun can cause, so every day she puts on makeup with an SPF of 8. Whenever she goes to the beach with her friends she stays in the sun a maximum of 2 hours to prevent her from getting sunburned.

- a) Is Jessica at risk for skin cancer?
- b) What are the behaviors that put her most at risk for skin cancer?
- c) Is there anything Jessica can do to prevent further harm or damage to her skin?

NOTE: There is data to suggest that severe sunburns in childhood may greatly increase risk of melanoma in later life, children, in particular, should be protected from the sun.

3. Cacee is another high school senior, one of Jessica's best friends. Like Jessica she knows that the sun can cause skin cancer. To avoid unnecessary exposure to the sun Cacee lifeguards at an indoor pool. However, to compensate, she visits the tanning bed once a week (for only 20 minutes) because she knows tanning beds don't emit UVB rays. To be extra safe while in the bed, she uses an oily sun tan lotion with an SPF of 2.

- a) Is Cacee at risk for skin cancer?
- b) What are the behaviors that put her most at risk for skin cancer?

c) Is there anything Cacee can do to prevent further harm or damage to her skin?

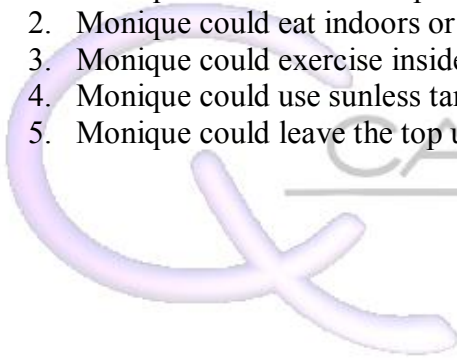
Essay Question:

Read the following scenario and give four simple and realistic suggestions that will reduce Monique's risk of getting skin cancer.

Every day, before school, Monique wakes up, showers, does her hair, brushes her teeth, and puts on her makeup. After a few classes, she buys her lunch in the cafeteria and eats outside in the courtyard at picnic tables with her friends. After school Monique either takes a swim in the ocean, runs on the beach, or plays tennis on the schools' outdoor courts. To get rid of those awful tan lines, and to prevent herself from burning, Monique occasionally visits the tanning bed (instead of exercising) to maintain her tan. On her way home she puts the top down in her convertible to enjoy the ocean-side drive back home. After some homework, Monique falls into bed excited for the next day.

Possible comments:

1. Monique could use makeup w/ SPF 15.
2. Monique could eat indoors or in the shade.
3. Monique could exercise inside or wear waterproof/sweat proof sunscreen while outside.
4. Monique could use sunless tanner to get rid of the tan lines (if they still exist).
5. Monique could leave the top up on her convertible and use it only at night.



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