

YOUR SKIN IS IN DISCUSSION SHEET

Melanoma: just the facts

Melanoma is the most dangerous form of **skin cancer**.

Everyone is at some risk for melanoma, but increased risk depends on several factors:

- number of **moles** on the skin
- skin type
- family history (genetics) and
- exposure to **the sun**.

People with darker skin have natural protection, so they are not at risk for skin cancer.

Is this TRUE or **FALSE**?

How to be sun safe

How much SPF 30+ sunscreen should you apply if you're covering more than just your face? **1 ounce**.

You should re-apply sunscreen every **2** hours.

Consider wearing darker clothing or wear **UPF** clothing.

Stay in the shade and wear a hat and sunglasses with **UV** protection.

Dangers of tanning

Tanning beds are often unregulated and can be 3-6 times more dangerous than **the sun**.

Check your moles every **month** to see if they change.

Early **detection** can save your life.



Why is it surprising to learn that people with darker skin can also be at risk for skin cancer?



Learn more about the dangers of melanoma and how it impacts young people in the video: *Exposed*.

Find the video in the *Take Action* section of this course.



Now that you've learned about protecting your skin, take action by taking the *Your Skin is Is In Pledge* at yourskinisin.org.



Do you think going to a tanning salon is dangerous? Why do some people still go?