

## YOUR SKIN IS IN STUDENT NOTES

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Melanoma: just the facts

Melanoma is the most dangerous form of \_\_\_\_\_.

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

- Number of \_\_\_\_\_ on the skin
- Skin type
- Family history (genetics) and
- Exposure to \_\_\_\_\_.

People with darker skin have natural protection, so 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? \_\_\_\_\_.

You should re-apply sunscreen every \_\_\_\_\_ hours.

Consider wearing darker clothing or wear \_\_\_\_\_ clothing.

Stay in the shade and wear a hat and sunglasses with \_\_\_\_\_ protection.

### Dangers of tanning

Tanning beds are often unregulated and can be 3-6 times more dangerous than \_\_\_\_\_.

Check your moles every \_\_\_\_\_ to see if they change.

Early \_\_\_\_\_ can save your life.