

Hello Ambassadors!

Thank you for choosing to bring IMPACT Melanoma's Your Skin Is In program to your school. This Toolkit offers ideas on how to spread awareness and prevention of melanoma, the deadliest form of skin cancer, at your school. The Your Skin Is In Toolkit below provides steps on where to start and ideas to share this information with the students at your school! Let's get started!

WHAT IS YOUR SKIN IS IN?

Your Skin Is In is an educational, pledge-based program that encourages teens and young adults to make a personal promise that they will protect the skin they're in and encourage their friends, family, and peers to do so as well. Over the past 10 years, IMPACT Melanoma exposed over 1 million students to this educational program. Your Skin Is In's goal is to educate others on the dangers of skin cancer and encourage them to protect the skin they're in!

WHY YOUR SKIN IS IN?

- Melanoma is the 2nd most common form of cancer for teens and young adults ages 15-29.
- Melanoma is preventable and is 99% curable when caught early.
- One person dies of melanoma every 50 minutes.
- Using a tanning bed just once a month increases your risk of melanoma by 59%!
- Tan skin is damaged skin; there is no such thing as a safe tan.

GET STARTED!

1. Speak with a teacher or school administrator to let them know you are participating in the program and ask for their support.
2. Take the eLearning curriculum to learn about the facts of skin cancer and how to prevent it. This will provide you with the knowledge needed to be a Your Skin Is In Ambassador at your school.
3. If you would like a Your Skin Is In box shipped to you with a t-shirt, posters, brochures, ABCDE cards, and more, request a box [here](#). Hang the posters around your school, set-up a table during lunch, at a sporting event, or other occasion to educate others.
4. Visit www.impactmelanoma.org to request a UV facial scanner for students to see what their skin damage looks like and learn how to prevent further damage. As part of the program you may also request that a member of our Melanoma Survivor Speakers Bureau speaks **virtually** to share their personal story of melanoma.
5. Take the Your Skin Is In pledge and share the link with your classmates and family so they can too.

WHAT IS THE YOUR SKIN IS IN PLEDGE AND WHAT DOES IT SAY?

Obtaining pledge signatures is one of the many ways you can begin making an impact on your campus. Our Your Skin Is In pledge has been signed by hundreds of thousands of students who have wanted to be UV smart! Take the pledge here: www.impactmelanoma.org/our-work/your-skin-is-in/.

The pledge states:

I love the skin I'm in and pledge to protect my body's largest organ, my skin, by being UV safe both indoors and outdoors; especially prior to special events including prom, spring break, weddings, vacations, etc.

GETTING PLEDGES & SHARING KNOWLEDGE

- Tabling during lunch or at campus events is a great way to spread awareness to your classmates. Have the “[Take the Pledge](#)” webpage open on your laptop or phone for classmates to take the pledge or post the link on your social media to encourage your friends to take the pledge with you.
- Provide those interested with materials (brochures or ABCDE cards). Share knowledge and educate your classmates so they understand why being UV-safe is important.
- Be prepared for questions. Know your facts and get ready to help those who may not know about skin cancer to become educated.
- Take the eLearning curriculum to learn about the facts of skin cancer and how to prevent it. This will provide you with the knowledge needed to be a Your Skin Is In Ambassador at your school. Encourage others to take it with you and become Ambassadors together.

WHAT IS ELEARNING?

The Your Skin Is In eLearning curriculum is a free lesson available on-line and designed to provide a fun and interactive way to bring skin cancer education to students. It includes a fun and fact filled Trivia Game, interactive video scenarios, UV photos of skin damage, young melanoma survivor stories, a teacher’s guide, quiz and more! The lesson can be used in modules as class time allows. Share these resources with a teacher and explain to them that it would be beneficial to use it in the classroom.

Begin by identifying a Health or Science Teacher who may be interested in using our lesson in their classroom. You will need access to the Internet, a screen to project on and sound. Once they are prepared to use the eLearning, be helpful and appreciative. This is just another step towards helping to eliminate melanoma among your classmates!

GET OTHER ORGANIZATIONS AT YOUR SCHOOL INVOLVED

Here are some ideas for approaching other groups at your school:

Sports Teams

- Get the coaches involved! Talk to them about the dangers of prolonged sun exposure and how your school’s athletes would benefit from wearing sunscreen. They could fundraise to bring one of IMPACT Melanoma’s sunscreen dispensers to place on a popular athletic field.

Other Clubs

- Are there clubs at your school that are focused on community service or health? They would be great to partner with! Reach out and see if they would be interested in working together to plan a fundraiser for sunscreen dispensers or plan a day to bring skin cancer awareness to your school. Visit www.impactmelanoma.org to request a UV facial scanner for students to see what their skin damage looks like and learn how to prevent further damage.

Health Services

- Ask to put informational brochures and posters in the lobby at your school.

School News/Social Media

- Submit an article about the prevalence of melanoma in teens and young adults, share the facts and tips on how to stay safe in the sun and protect your skin. Tell them why you decided to become a Your Skin Is In Ambassador.

Thank you for educating others to love the skin they’re in!

Questions? We can always be reached at YourSkinIsIn@impactmelanoma.org or 800-557-6352.