



CheckYourSkin.net™

## Outline – Adult Workshops

- Introduction
- Pre-Test (If 15 minutes or less, may not have time for pre/post test)
- Go through handout for the program (and additional questions from pretest).  
  
Discuss facts from Volunteer manual.
- Talk about ABCDE's of Melanoma
  - **Asymmetry:** one half unlike the other
  - **Border:** Irregular
  - **Color:** more than one color
  - **Diameter:** usually greater than 6mm
  - **Enlarge/Change:** change in size/shape/color
  - Check your skin monthly. If you detect any of these signs, see a dermatologist immediately.
- Post-Test
  - Pass out Skin Cards
    - Reminder of the ABCDE's of Melanoma
    - Reminder to Check Your Skin monthly!
- Ask SPF question for T-Shirt/Bracelet prize
  - What is the lowest, most-effective SPF recommended by dermatologists to use in order protect you from the sun? (Answer: SPF30)