1. Looking at the images on pages 2 and 3...

Think about which people in the images are more at risk of skin cancer.

Pair: In pairs, discuss the risk factors which could increase a person’s chance of developing skin damage and skin cancer.

Share: Join with another pair to share your thoughts and discuss ideas. Compare your lists and identify those risk factors which are different or missing from your original list. Discuss this amongst the group to come up with a final list.

Ink: Individually, write a response to the statement ‘All Australians are at risk of skin cancer’.
Case studies:

Jackson
Jackson loves to skate, spending all of his spare time at the local skate ramp. He leaves early in the morning and comes home only at dinner time. In summer he wears a cap under his helmet. He doesn’t think he can get sunburnt when he is skating as that only happens to people at the beach!

Hudson
Hudson wears a hat all the time when he plays soccer. As the match starts early in the morning, he doesn’t think it is necessary to put sunscreen on his face, arms or legs.

Callum
Callum never feels better than when he is outside. He loves to surf, ride his mountain bike and play tennis. In summer he spends many hours outside. He often gets a light tan and thinks that this ‘natural colour’ shows that he is fit and healthy.

Are Jackson, Hudson and Callum at risk of skin cancer? Explain why you believe this is/isn’t the case.

Outline the activities that may put these three young people at risk.
5. Outline the practices that these three young people are doing which may help reduce their risk of skin cancer.

6. Reorganise or add daily routines to each of these young people’s day so that they are following the SunSmart messages.

7. Outline the information that these three young people need to know about the importance of sun protection.

8. Choose one of the young people in the case study. Provide five suggestions that could reduce their risk of skin cancer.

Total ______ / 25
Extend yourself
Each of these young males in the case studies has a tan. Investigate the way in which a tan destroys skin cells. Explain how this can cause skin cancer. Discuss what is meant by ‘cumulative exposure’.

Teacher assessment advice
Use the allocated marking scheme to assess this activity.