

## **Activity: *Dear Sixteen Year Old Me* Video**

**Objective:** Provide testimonials to enhance discussions about skin cancer and sun protection.

**Helpful Materials:** Laptop computer

**Directions:** Play the *Dear Sixteen Year Old Me* Video. A link for the video can be found on the CC&S website at [cancerclearandsimple.org](http://cancerclearandsimple.org). Separate participants into groups of 2, 3 or 4. Have each group discuss the questions below.

After each group has completed their discussion, go around the room and ask each group to summarize their conversation for the large group. After every group presents, the facilitator can open the session up to a large group discussion.

### **Discussion questions:**

- What did you learn from the video?
- What surprised you most about the video?
- What would you say to the 16 year old you about sun protection?
- What would you like to share about sun protection with a 16 year old in your life?