

ACNE

Subtopic: Do I have Acne? Is it a Choice? **Age Group:** 11-13 **Time:** 45 min

OBJECTIVE: SWBAT

- Explain that acne is not something that people choose to have
- Discuss the challenges of having acne
- Provide at least one symptom of acne

MATERIALS

- *Acne 5 Words* slips (4 slips/page, each student receives one slip)
- *Do I Have Acne* handout (enough for class)
- Pencils
- Any type of bag/bowl/folder/envelope
- Stickers (optional)

ASSESSMENT

- At the end of the Introduction to New Material, Facilitator will check for questions and clarifications.
- At the end of the Introduction to New Material, Facilitator will evaluate the discussion regarding the material covered to see if students understand the challenges of having acne.
- At the end of the Guided Practice, Facilitator will evaluate whether students changed their perspective on those with acne, or gained an understanding of the challenges by looking at the before and after responses on the *Acne 5 Words* slips and assessing the discussion.
- During the Closing, Facilitator will check for understanding by asking review questions.

OPENING

3-5 min; Materials: *Acne 5 Words* handouts, pencils

1. Facilitator hands out *Acne 5 Words* slips to students and explains that s/he wants them to write down the first five words that come to their minds when they think of or see someone with acne.
2. Facilitator should tell them NOT to put their names on the sheet and that they have about 1 minute for this activity. They shouldn't think too much about it and just write.
3. After 30 seconds to a minute, Facilitator tells them to flip the sheet over and put it at the top of their desk.
4. Facilitator tells students that they will be learning about acne and also about whether or not we can really control if we have it.

INTRODUCTION TO NEW MATERIAL

20-25 min; Materials: *Do I Have Acne* handout

1. Facilitator asks students if they had the choice between having pimples and not having pimples, which they would choose. Why?
 - a. If students are not responsive, Facilitator can try rewording the question to simply ask, "Do you want acne? Why or why not?"
 - b. Discussion should be about 5 minutes.
 - c. Facilitator should bring up questions/topics regarding how people are treated for their complexion and how those people may feel.
2. Facilitator then passes out *Do I Have Acne* handout.

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3. Facilitator has students read through handout together as class.
 4. Facilitator states that it is very common for people to think they can't do anything about their acne, but they can. It's important to see a dermatologist.
 5. Facilitator checks for questions/clarifications.
 6. "If you had the choice, you probably wouldn't choose acne. It's not a choice, so why do people get picked on for something they have no control over? Did you know that people with acne could feel those ways?"
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GUIDED PRACTICE:

10 min; Materials: Backside of Acne 5 Words slips, pencils, any type of bag/bowl/folder/envelope

1. Facilitator tells students that s/he wants them to keep that sheet of paper with the five words they wrote when they thought of someone with acne face-down on their desks.
 2. On the back of the paper, Facilitator wants them to now write the first five words they think of when they think of someone with acne, now that they've discussed some different perspectives and introduced some new information during the lesson.
 3. Facilitator gives students 1-2 minutes to do this part of the exercise.
 4. Facilitator then collects the sheets and puts them in a bag or folder. S/he then looks at some of the "before" words and "after" words and sees how they have changed. Facilitator then reads some of them out loud to show the change (reminding students it is completely anonymous—hence the lack of names on the sheets).
 - a. If there has not been much change, Facilitator can point that out and says, "A lot of the words are the same. Why do you think that is? Is it because that is still your gut reaction? Did you learn anything new? Do you think about how people with acne feel or are treated differently now? Did you realize how challenging acne could be?"
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INDEPENDENT PRACTICE

None.

CLOSING

5 min; Materials: Stickers (optional)

1. Facilitator asks students some closing questions:
 - a. Who can get acne?
 - i. Does it have to do with someone being dirty?
 - b. What are symptoms of acne?
2. Facilitator can give students stickers for when they answer correctly.