



Breast Cancer and Environment – Peer Education Tool Kit

Zero Breast Cancer – Adolescent Education Project

Lesson Plan: Breast Cancer and Environment

Activity #3: Breast Cancer Dialogue – Top Twelve Messages*

Objectives:

- To increase teen knowledge about breast cancer incidence and related risk factors
- To learn about established risk factors, lifestyle issues, and known and suspected environmental factors that may increase individual breast cancer risk
- To learn about breast cancer risk reduction strategies relevant to teens and adults

Materials/Preparation

- Review Breast Cancer Messages (*Top Twelve Topics, and Message Background*)
- Review information from Lesson Vocabulary, Fact Sheet, and/or Teen Brochure
- Make copies of Top Twelve Topics on cue cards to distribute for students to read
- Make copies of Top Twelve Topics on single sheet to distribute to the entire class
- Make copies of *Message Background* for classroom teacher and peer leaders

Lesson Activity Time: 15 minutes

Activity:

For the whole class, Top Twelve Topics can be read out loud. This can be done with cue cards (single message attached to each card) or another game created by Peer Leaders (see option). Each of the Top Twelve Topics corresponds to the Background Messages. After students read each message, Peer Leaders can add additional comments from the Background Messages. Peer Leaders can ask for student's questions, or add comments to the Fact, Myth, and Gray Area chart. Questions that cannot be answered by leaders can be noted for follow-up research.

- ✓ **Activity Option: Pictionary or Charades** (20 minutes)
Divide the Class into Two - Four Groups. Each group is given 3 to 6 messages. Teams of students can "act out," or draw pictures or illustration from the messages. The rest of the class can guess what the message is. Then ask one students to read the entire message.

To facilitate this game, Peer Leaders can place several objects on a table for students to use. This would include mini breast models, the breast cancer 1:8 risk chart, pictures of teens, adult women, older women and adult men; a 3_D breast model, a Puzzle of Breast Cancer visual, pictures of a families from different backgrounds, pictures of people being physically active, and pictures/objects of environmental exposures: e.g. tobacco, alcohol, soft plastics, weed killer, charred food. Include examples of fruits and vegetables, foods and cosmetics with readable ingredient labels, and a breast self-exam shower card. You can also include pictures of famous people who have had breast cancer, or a picture of a woman with a mastectomy or re-constructed breast. Include drawings of breast cells and genes. Students can use these objects or pictures to illustrate their individual messages.



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✓ **Wrap Up:** *Name one thing that you know more about now, or can do something about today.*

* Essential part of the 60-90 minute lesson presentation – Breast Cancer and Environment.