### Breast Health Education for Young Women



# Facilitator's Cuide

Skills-based activities for young women







### **BREAST HEALTH EDUCATION FOR YOUNG WOMEN**

facilitator's guide





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In loving memory of Rosemary Williams.

For her leadership and vision,
her kindness, strength and dedication.

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This project has many roots, none more significant than *Project Early Awareness* (PEA), a breast health education program begun in 2001 at Howard University Cancer Center in partnership with the Prevent Cancer Foundation. Rosemary Williams, who started PEA, always described the program as a "long-term solution to reducing breast health disparities in Washington, D.C.," which has one of the highest state-level breast cancer mortality rates. Until PEA, there was no structured breast health education in the D.C. public schools. Since inception, PEA has been implemented in 16 high schools and has reached more than 6,000 high-school students.

### INTRODUCTION

### breast health education for young women

The goal of *Breast Health Education for Young Women* is to increase high school girls' knowledge about breast cancer and to encourage their commitment to lifelong breast health. As envisioned, program participants will in turn educate their female relatives and encourage them to have routine screening for breast cancer.

Breast Health Education for Young Women is an expansion of Project Early Awareness (PEA), a breast health education program for girls in District of Columbia public high schools. First implemented in 2001, PEA was developed by the Howard University Cancer Center with funding and support from the Prevent Cancer Foundation. Educational sessions for high-school boys covering breast and other cancers were added in 2004.

Beginning in 2006, PEA materials were expanded with the addition of new interactive, skills-based activities into the program now called *Breast Health Education for Young Women*. The program is designed for use in high schools and out-of-school settings across the country to broaden and deepen breast health education for young women. This easy-to-use guide provides facilitators with activities that may be used with groups of young women.

### breast health guidelines

The breast health information in this guide uses the screening guidelines developed by Susan G. Komen for the Cure®. For breast self-awareness, follow these four recommendations:

### 1. Know your risk.

- Talk to your family to learn about your family health history.
- Talk to your health care provider about your personal risk of breast cancer.

### 2. Get screened.

- Ask your health care provider which screening tests are right for you if you are at a higher risk.
- Have a mammogram every year starting at age 40 if you are at average risk.
- Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40.

### 3. Know what is normal for you, and see your health care provider right away if you notice any of these breast changes:

- Lump, hard knot or thickening inside the breast or underarm area
- · Swelling, warmth, redness or darkening of the breast
- · Change in the size or shape of the breast
- Dimpling or puckering of the skin
- · Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that doesn't go away

### 4. Make healthy lifestyle choices.

- · Maintain a healthy weight.
- Add exercise into your routine.
- · Limit alcohol intake.
- Limit postmenopausal hormone use.
- Breastfeed, if you can.

As part of a comprehensive approach to breast health, it is important that women become familiar with their own bodies, play an active role in their own health, know their family histories, and develop close partnerships with their health care providers.

### Why isn't monthly breast self-exam (BSE) recommended anymore for breast cancer detection?

BSE seemed promising when it was first introduced. However, it is not clear that it offers a benefit as a screening test. Results of studies on its effectiveness at finding early-stage tumors and improving chances for survival have been mixed. However, BSE may help women know how their breasts normally look and feel so that they can see or feel any changes.

### intended audience

Breast Health Education for Young Women is designed for high school girls in school and out-of-school settings, including community centers, clubs, youth groups and group homes, among others. The program has also been used with college-aged women.

### facilitating sessions

Breast Health Education for Young Women is designed for use by facilitators with a foundation in breast health and breast cancer facts. In addition, facilitators should have skills and experience in facilitating interactive activities for diverse groups of young women. Facilitators are encouraged to learn as much as possible about breast health and breast cancer. The most frequently asked questions about breast cancer are answered in the Resources section of this guide. Facilitators also need to be ready to acknowledge the limits of their knowledge about breast health and breast cancer and to say that they will share further information after they find it. Facilitators may also wish to bring someone who is more knowledgeable about breast health and breast cancer to the Breast Health Education for Young Women sessions.

### breast health education + national standards for teaching and learning

Breast Health Education for Young Women is designed so that it can be integrated into existing school units, lessons and activities. Depending upon the activities chosen, Breast Health Education for Young Women addresses many national standards for teaching and learning, as shown in the table below.

			OPTIONAL FOLLOW- UP ACTIVITIES		
		BASIC SESSION	ROLE PLAY	CRITICAL THINKING COLLAGE	EXTENSION ACTIVITIES
	learning standards			5 È	
<b>a</b>	Science in Personal and Social Perspectives				
science <sup>a</sup>	Personal and Community Health				
ien	Natural and Human-Induced Hazards				
SC	Science and Technology in Local, National and Global Challenges	-	•	-	•
	Reading: Range of Reading and Level of Text Complexity				
h ge	Writing: Production and Distribution of Writing				
nglisl nguaç arts <sup>b</sup>	Writing: Research to Build and Present Knowledge				
english language arts <sup>b</sup>	Speaking and Listening: Comprehension and Collaboration				
<u>а</u>	Speaking and Listening: Presentation of Knowledge and Ideas				
	Language: Vocabulary Acquisition and Use				
technology <sup>c</sup>	Communication and Collaboration				
	Research and Information Fluency				•

<sup>&</sup>lt;sup>a</sup>National Science Teachers' Association. *National Science Education Standards*. http://www.nap.edu/openbook.php?record\_id=4962&page=103. Accessed October 12, 2012.

bCommon Core State Standards Initiative. Common Core State Standards for English Language Arts & Literacy in History/Social Studies, Science, and Technical Subjects.

 $http://www.corestandards.org/assets/CCSSI\_ELA\%20Standards.pdf.\ Accessed\ October\ 9,\ 2012.$ 

<sup>&</sup>lt;sup>c</sup>International Society for Technology in Education. *National Education Technology Standards for Students:* http://www.iste.org/STANDARDS. Accessed October 12, 2012.

### PLANNING YOUR EDUCATIONAL SESSIONS

### using assent or consent forms

Depending upon the setting in which you are offering *Breast Health Education for Young Women* sessions, you may need to secure parent/guardian consent or assent for students to participate. In some settings, assent is sufficient. You need to notify parents/guardians about an upcoming *Breast Health Education for Young Women* session and have participants sign assent forms indicating that they have the permission of their parents/guardians to participate. In other settings, consent may be needed. Check with the administrator or other contact person at the setting where you will conduct *Breast Health Education for Young Women* sessions to determine if assent or consent forms will be necessary. A sample parent/guardian assent letter and a student assent form are included in the Sample Forms section of this facilitator's guide. If consent forms are necessary, you will need to develop a form to fit the needs of your setting and participants.

### collecting, analyzing and using data

Included in the Sample Forms section of this facilitator's guide are sample pre-test, post-test and participant feedback forms to be used in conjunction with *Breast Health Education for Young Women* sessions. While use of these items is optional, there are several benefits in collecting data about each *Breast Health Education for Young Women* session you conduct.

Comparing participants' scores on the pre- and post-tests provides you with an indication of how much they learned in *Breast Health Education for Young Women* sessions. Data collected through the participant feedback forms provide information that can be used to improve future sessions. Test and feedback data can be summarized in funding proposals, reports to existing funding sources, supervisors, and administrators of potential *Breast Health Education for Young Women* sites, among others.

A detailed discussion of how to analyze and summarize data is beyond the scope of this facilitator's guide. If you would like help, ask for support from an evaluation or research specialist in your organization. In addition, many colleges and universities can connect community organizations with students who have evaluation skills.

If you choose to use the sample evaluation forms as written in the Sample Forms section, the Prevent Cancer Foundation and the Howard University Cancer Center would appreciate it if you would share your data with us so we can gain a better understanding of the usefulness of this facilitator's guide across the nation. Please send compiled results or copies of student pre-and post-tests and feedback forms to:

Programs Division
Prevent Cancer Foundation
Suite 500
1600 Duke Street
Alexandria, VA 22314

### a note on institutional review boards

Depending upon the type of organization for which you work, you may need to seek approval from an institutional review board (IRB) before collecting data in a *Breast Health Education for Young Women* session. IRBs are tasked with protecting human subjects in research studies. Some IRBs may consider collecting data through the use of pre- or post-tests or feedback forms to be research. Universities and health departments are two work settings likely to require IRB approval for this type of data collection. Check with an administrator or research specialist in your organization to see if IRB approval is required for *Breast Health Education for Young Women* data collection in your work environment.

### PLANNING TO DO LIST

Take these eight easy steps to put together a breast health education session.

- 1. Choose a setting (school or school system, community center, youth group, etc.) in which to conduct your *Breast Health Education for Young Women* session. Use the Planning Checklist on the next page.
- 2. Contact the administrator in charge of the venue by telephone, letter and/or e-mail. You may adapt the sample Superintendent/Principal letter included in the Sample Forms section of this facilitator's guide for this purpose. Work with appropriate staff at the training site to:
  - Choose time, date and specific location for the Breast Health Education for Young Women session.
  - Determine if parental consent or student assent forms will be needed. If assent is required, you
    may use the sample assent letter and form in this guide. If consent forms are required, you will
    need to develop these with the organization's representative and send them out as appropriate.
  - Determine availability of equipment and supplies.
  - Recruit participants for the session.
- 3. Plan to conduct Basic Sessions as the first session with each new group and then consider offering optional follow-up activities.
- 4. If you are not a breast cancer survivor, recruit a survivor to tell her story during the Basic Session. Confirm her availability and go over the "My Story" activity with her. As an alternative, you may choose to show the YouTube video, "A Young Breast Cancer Survivor Shares Her Story." The segment runs for a little more than three minutes and is available at: http://www.youtube.com/watch?v=dpHe2IEwM5Y&list=UU0GwGv0zL59loxzrcwMtm3A&index=14&feat ure=plcp
- 5. Read the step-by-step instructions included in this facilitator's guide several times until you feel comfortable facilitating the activities.
- 6. Gather all necessary equipment and supplies and make any copies needed for the activities. These items are listed in the detailed instructions for each activity.
- 7. Make sure you have covered necessary preparation for each activity in advance of the session.
- 8. Facilitate the Breast Health Education for Young Women session.

### **Optional steps**

- Administer pre- and post-tests and feedback form during the Breast Health Education for Young Women session.
- Review data to identify ways in which to improve future sessions.
- Consider offering additional sessions using other Breast Health Education for Young Women activities.
- Share data from pre- and post-tests and feedback forms with the Prevent Cancer Foundation and the Howard University Cancer Center. Send compiled results or copies to:

Programs Division
Prevent Cancer Foundation
1600 Duke Street, Suite 500
Alexandria, VA 22314

### PLANNING CHECKLIST

Fill in this checklist to get ready for a Breast Health Education for Young Women session.

раскдго	und <b>information</b>			
Name o	of group:	Date:		
Contact	person:	Phone:		
E-mail:				
Location	n of session:			
Approxi	mate number of participants:	Language(s) spoken:		
Reason	Reason for requesting breast health education at this time:			
coccion	nlanning			
	planning			
	and times for session:ent available on-site: (Check all that apply.)			
	nputer with speakers (if using the survivor vide	o) 🗔	Easel and easel pad	
	ilkboard or whiteboard	,	·	
activity s	selection			
or w Gro	up has had no basic breast health education, vants to review basic information.  up has had some basic education, and now that to focus on one or more topics:	<b>□</b> >	Basic Session  Activities  Myths and Facts My Story	
	Optional Follow-up Activities		Choose one:  o Tell your story if you are a breast	
	Activity Options		cancer survivor  Recruit a survivor to share her	
	☐ Role Play: Talking About Breast Health		story	
	<ul><li>□ Critical Thinking Collage</li><li>□ Extension Activity or Activities</li></ul>		<ul><li>Show YouTube video of a young survivor (link is found on page 30)</li></ul>	
	·		□ One in Eight	
post <b>ses</b>	ssion			
☐ Furt	her session(s):			
Thank you letter to session sponsors				
Optional: To share data from pre- and post-tests and feedback forms with the Prevent Cancer Foundation and the Howard University Cancer Center, send compiled results or copies to:				
Prog Prevo 1600	rams Division ent Cancer Foundation Duke Street, Suite 500 andria, VA 22314			

Adapted from American National Red Cross. Basic HIV/AIDS Program: Fundamentals Instructor's Manual. Falls Church, VA: 1995

### **OVERVIEW**

Breast Health Education for Young Women is designed to allow flexibility in scheduling. Included below are brief descriptions of activities for the Basic Session and for the optional follow-up activities.

### basic session

The purpose of the Basic Session is to create a foundation in basic breast health and breast cancer facts. In addition, the Basic Session provides an opportunity for participants to hear the story of a young breast cancer survivor and to learn the four elements of breast self-awareness recommended by Susan G. Komen for the Cure®. It is recommended that participants complete the Basic Session before moving on to other activities in this facilitator's guide. If additional time is available for the Basic Session, consider including role-plays. Directions for role-plays can be found in the "Optional Follow-up Activities" section of this guide.

### optional follow-up activities

If you plan to conduct follow-up activities, you have a variety from which to choose. The activities described below are designed to build skills related to communication and screening behavior and to encourage critical thinking. Your choice of activities will depend on a number of factors, including available time and the preferences of participants and school/organization sponsors.

### role play: talking about breast health

This role play will help participants build skills in talking about breast health and breast cancer with doctors, friends and relatives.

### critical thinking collage

This art project encourages critical thinking about how the media influence the way girls and women feel about their bodies and their comfort level in talking about breast health.

### extension activities

This selection of activities may be used to extend learning about breast health, breast cancer and other health topics.

### **BASIC SESSION OVERVIEW**

The purpose of the Basic Session is to create a foundation in basic breast health and breast cancer facts. In addition, the Basic Session provides an opportunity for participants to hear the story of a young breast cancer survivor and to learn the four elements of breast self-awareness recommended by Susan G. Komen for the Cure. It is recommended that participants complete the Basic Session before moving on to other activities in this facilitator's guide.

Times listed below are approximate. Activities may take more or less time depending upon the facilitator and the group. The pages that follow have detailed activity descriptions. Make copies of these pages to help you facilitate the sessions. If participants complete a pre-test, post-test, participant feedback form and assent form, you will need to allot 15 minutes more for the session.

Overview	approximate time
BASIC SESSION: INTRODUCTION	5 minutes
MYTHS AND FACTS	15–30 minutes
MY STORY	10 minutes
ONE IN EIGHT	10 minutes
BASIC SESSION: SUMMARY + CLOSING	5 minutes

### note

If additional time is available for the Basic Session, consider including role-plays. Directions for role-plays can be found in the "Optional Follow-up Activities" section of this guide.

### equipment + supplies

- Masking tape
- Prepared myth and fact statements
- A chalkboard, whiteboard or easel pad
- Optional: Laptop with speakers if you will be showing "A Young Breast Cancer Survivor Shares Her Story" instead of having a live speaker
- Chalk, dry-erase markers or chart pad markers (depending on the writing surface you will use)
- Copies of the pages of the instructions for the activities and the Activity Tools and Handouts.
- Optional: Pre-test, post-test or participant feedback form (one copy of each form per participant)
- Optional: Assent form (one for each participant)
- Optional: A "goody bag" for each participant with the following:
  - Selected fact sheets or brochures about breast cancer
  - Pink-ribbon trinkets or small pink candles
  - Female Relative's Response Form (see page 61)
  - Susan G. Komen for the Cure® Breast Self-Awareness Card (available in 10 languages) for free download or purchase at http://www.shopkomen.com/cart.php?m=product\_list&c=99
  - o Information about local breast health programs, such as organizations in the National Breast and Cervical Cancer Early Detection Program, http://apps.nccd.cdc.gov/dcpc\_Programs

### BASIC SESSION INTRODUCTION

The introduction provides an opportunity for participants to meet the facilitator and to preview the material that will be covered in the session.

### approximate time

5 minutes (up to 10 minutes if participants complete a pre-test and assent form)

### learning objective

Not applicable

### equipment + supplies

- Copies of pages describing Basic Session activities
- Optional: pre-test and assent form (if appropriate)

### preparation

• Optional: Make one copy of the pre-test and assent form for each student.

### instructions

- Introduce yourself to participants and thank them for coming. If a breast cancer survivor will share her experiences as "My Story," introduce her too.
- Ask participants to raise their hands if they know people who have been diagnosed with breast cancer.
- Share the following information:
  - Breast Health Education for Young Women is based on Project Early Awareness, a breast health education program developed by the Howard University Cancer Center with support from the Prevent Cancer Foundation.
  - This program focuses on breast health and breast cancer, and that the group will:
  - Sort out myths about breast cancer from facts.
  - Hear the story of a young woman who had breast cancer.
  - Discuss risks, early detection, the importance of knowing your body and making healthy lifestyle choices.

### BASIC SESSION ACTIVITY MYTHS + FACTS

This game is designed to help reinforce facts and dispel common myths about breast health and breast cancer.

### approximate time

15-30 minutes

### learning objective

By the end of this activity, participants will be able to distinguish myths about breast cancer from facts.

### equipment + supplies

- Prepared Activity Tool: "myths" and "facts" statements
- Masking tape
- A chalkboard, whiteboard or easel pad
- Chalk, dry-erase markers or chart pad markers (depending on the writing surface you will use)
- One copy per participant of the "Breast Health Basics" handout

### preparation

- Select and copy the "myth" and "fact" statements onto brightly colored paper or cardstock and cut them out. (See the "myths" and "facts" Activity Tool in this guide.) Depending on the amount of time you have allotted for this activity, you may want to choose three myths and three facts for a 15-minute activity and up to five myths and five facts for a 30-minute activity.
- Review the talking points for each "myth" and "fact" that are included in the Activity Instructions. It may also be helpful to review "Frequently Asked Questions" in the Resources section of this facilitator's guide.
- Make one copy per participant of the "Breast Health Basics" handout.
- When you get to the room where you are holding the session, make two columns on a chalkboard, whiteboard or easel pad. Label one column "myths" and the other "facts."

### BASIC SESSION ACTIVITY MYTHS + FACTS

### activity instructions

- Shuffle the prepared myths and facts statements.
- Go through the statements one by one and ask participants whether each is a myth or fact.
- Place the statement in the correct column and reinforce information by sharing the "myths" and "facts" talking points included in this guide.\*
- Distribute the "Breast Health Basics" handout to participants, and read through it to reinforce basics facts about breast health and breast cancer. (You may wish to have volunteers take turns reading it.)
- Answer questions from participants.
- Summarize activity by asking participants to share one new thing they learned through this activity.
- Explain that the breast cancer survivor who will be sharing her story next is living proof that early detection and treatment can save lives! (If you, the facilitator, are the breast cancer survivor, say that you are a breast cancer survivor and that you're going to share your story. If you are using the YouTube video segment with the survivor's story, explain that you will show it now.)

\*Note to facilitator: As an alternative, you may hand out cards to volunteers and have them place the statements in the column they believe is correct. If there are any misplaced statements, move the statements to the right columns and reinforce the correct information.

### myths + facts activity talking points: myths

- If a girl or woman bumps or bruises her breast, it can turn into breast cancer.
  - This is a myth. Bumps or bruises on a person's breast do not cause breast
  - Abnormal cells growing out of control causes breast and other types of cancer.
- Antiperspirants and deodorants cause breast cancer.
  - This is a myth. There have been a lot of rumors that the use of antiperspirants or deodorants increases a woman's risk of getting breast cancer—but they are only rumors.
  - There is no scientific proof that this is true.
- Having breast cancer surgery will spread cancer to other parts of someone's body.
  - This is a myth. Cancer does not spread through the air or during surgery.
- If a woman is diagnosed with breast cancer when she's pregnant, her baby will get breast cancer.
  - This is a myth. However, having a close relative such as a mother, sister or daughter with breast cancer increases a woman's risk of getting breast cancer herself. It doesn't matter when the relative was diagnosed, even if it was during a pregnancy.
  - It is important to remember more than 85 percent of women with breast cancer do not have a close relative with breast cancer. This means that most women with breast cancer do not have a close relative with it.
- Healthy, cancer-free breasts are not lumpy.
  - This is a myth. Most breasts feel lumpy because the breast is made up of fatty tissue, glands that make milk and the ducts that carry the milk to the nipple.

### myths + facts activity talking points: facts

- When it comes to breast cancer, breast size doesn't matter.
  - This is a fact. Breast size and shape have nothing at all to do with a woman's risk of breast cancer.
- Taking birth control pills may slightly increase the risk of breast cancer.
  - Several scientific studies suggest that current use of birth control pills may slightly increase the risk of breast cancer, especially among younger women.
  - However, the risk level goes back to normal 10 years or more after a woman stops taking the pill.
- It is recommended that you know what is normal for you, and see your health care provider if you notice any changes in your breasts.
  - This is a fact. Susan G. Komen for the Cure® recommends that you get to know what your breasts are like so that you can notice any changes, such as a lump, dimpling or puckering of the skin or nipple discharge, to name a few.
  - We will go over other types of changes to look for a little later in today's session and will give you a handout you can keep.
- Screening tests can help women find breast cancer early.
  - This is a fact. Screening tests help women find breast cancer early, before symptoms appear.
  - Clinical breast exams, which are exams performed by a medical provider, are recommended at least every 3 years starting at age 20, and every year starting at age 40.
  - Mammograms, which are x-rays of the breast, are recommended every year starting at age 40 for women average risk.
  - Women at higher risk, such as women with a mother, sister or daughter with breast cancer, should ask their health care providers about which tests are recommended for them.
- Breast cancer is easier to treat if you find it early.
  - This is a fact. The earlier breast cancer is found, the more likely it is that treatment will be successful.

### myths + facts activity talking points: facts continued

- This is a fact. The earlier breast cancer is found, the more likely it is that treatment will be successful.
- In the past 20 years, great progress has been made in the early detection and treatment of breast cancer. As a result, the number of breast cancer survivors continues to rise. In fact, there are more than 2.9 million survivors in the United States today.

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## MYTHS

## IF A GIRL OR WOMAN BUMPS OR BRUISES HER BREAST, IT CAN TURN INTO BREAST CANCER.

### ANTIPERSPERANTS AND DEODORANTS CAUSE BREAST CANCER.

## HAVING BREAST CANCER SURGERY WILL SPREAD CANCER TO OTHER PARTS OF A PERSON'S BODY.

IF A WOMAN IS DIAGNOSED WITH BREAST CANCER WHEN SHE IS PREGNANT, HER BABY WILL GET BREAST CANCER.

## HEALTHY, CANCER-FREE BREASTS ARE NEVER LUMPY.

## 

## WHEN IT COMES TO RISK OF BREAST CANCER, BREAST SIZE DOESN'T MATTER.

## TAKING BIRTH CONTROL PILLS MAY SLIGHTLY INCREASE THE RISK OF BREAST CANCER.

IT IS RECOMMENDED THAT YOU KNOW WHAT IS NORMAL FOR YOU, AND SEE YOUR HEALTH CARE PROVIDER IF YOU NOTICE ANY CHANGES IN YOUR BREASTS.

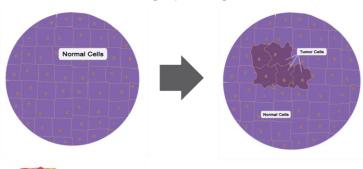
# SCREENING TESTS CAN HELP WOMEN FIND BREAST CANCER EARLY.

# BREAST CANCER IS EASIER TO TREAT IF YOU FIND IT EARLY.

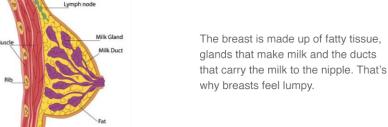
### HANDOUT BREAST HEALTH BASICS

Cancer occurs when a group of cells grows out of control.

### What is cancer?



### What's inside your breasts?



### What can be done to detect breast cancer?



Have a mammogram every year starting at age 40 if you are at average risk. Also, a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40. Know what is normal for you and see you health care provider if you notice any changes in your breasts.

What can be done to treat breast cancer?



Lumpectomy



Mastectomy

The earlier a cancerous tumor is found and the earlier the treatment is done, chances of survival and for a cure are better. If the tumor is small enough, a lumpectomy can be done to remove just the tumor. If the tumor is sizeable, then the whole breast may be removed. This procedure is called a mastectomy.

Sometimes after surgery, chemotherapy (treatment with drugs) is needed to kill any cells which might still be around. Sometimes radiation (the use of high-energy radiation to kill cancer cells and shrink tumors) may be used. Some women may need both.

### BASIC SESSION ACTIVITY MY STORY

Hearing a young woman's story about surviving breast cancer can help make breast cancer seem more "real" to participants.

### approximate time:

10 minutes

### learning objectives

By the end of this activity, participants will be able to:

- Describe how the story of a young breast cancer survivor relates to them and their own lives.
- Explain how hearing a survivor's story affects how they think about breast cancer.

### equipment + supplies

Optional: Laptop with speakers if you will be showing "A Young Breast Cancer Survivor Shares Her Story" instead of having a live speaker (The video can be accessed at http://www.youtube.com/watch?v=dpHe2IEwM5Y&list=UU0GwGv0zL59loxzrcwMtm3A&index=14&feature= plcp.)

### preparation

- If you, the facilitator, are a breast cancer survivor and will be telling your own story, practice telling your story in front of the mirror or in front of friends or colleagues.
- If you, the facilitator, are not a breast cancer survivor, you may choose to do one of these:
  - o Recruit someone to share her story. Ideally, she will be someone who was diagnosed as a teenager or in her 20s. Prepare her by telling her something about those who will be participating in the session. You may also want to encourage her to cover the points listed in Activity Instructions as she tells her story.
  - Show the YouTube video, "A Young Breast Cancer Survivor Shares Her Story." The segment runs for a little more than three minutes, and is available at: http://www.youtube.com/watch?v=dpHe2IEwM5Y&list=UU0GwGv0zL59loxzrcwMtm3A&index=14&feat ure=plcp.

#### BASIC SESSION ACTIVITY MY STORY

## activity instructions

- Tell your personal story about your breast cancer diagnosis and treatment, covering the following points:\*
  - Whether you thought you were at risk for breast cancer.
  - How old you were when you were diagnosed.
  - How you felt when you were diagnosed.
  - Whether there is a history of breast cancer in your family.
  - How you discovered that you had breast cancer.
  - The kind of treatment you went through and its side effects.
  - Other treatment options.
  - What you have learned from the experience and how you feel about it now.
- Answer questions from participants.
- Lead a discussion using the following questions:
  - What does my story have to do with you and your life?
  - How has hearing my story changed the way you think about breast cancer?
- Emphasize that finding breast cancer early is one of the things that makes treatment much more successful.

\*Note to facilitator: Make sure to define terms such as *tumor*, *benign*, *malignant*, *radiation* therapy and chemotherapy — and any other medical terms — as you tell your story. If you are unsure about how to answer a specific question, say that you will look into it and get back to participants with the answer. (Then be sure to get back to them.)

#### BASIC SESSION ACTIVITY ONE IN EIGHT

This participatory activity is designed to help participants understand lifetime risk of breast cancer among American women.

#### approximate time

5 minutes

#### learning objective

By the end of this activity, participants will be able to explain how many women in a group are likely to get breast cancer at some point during their lives and how important it is to know your family history.

#### equipment + supplies

• One copy per participant of the "Breast Self-Awareness" handout.

#### preparation

Make one copy per participant of the "Breast Self-Awareness" handout.

## activity instructions

- Explain to participants that this next activity and discussion will help them understand the risk of getting breast cancer.
- Ask participants to count off from one to eight.
- Ask all "Number 8s" to stand up.
- Explain that the participants represent the number of women with the chance of having invasive breast cancer—a type of breast cancer that spreads from the place where it first started.
  - What this means is that out of every eight women, one may develop invasive breast cancer at some time in her life.
  - This does not mean that the girls who are standing are more likely to get breast cancer.

#### BASIC SESSION ACTIVITY ONE IN EIGHT

## activity instructions continued

- This also does not mean that any individual woman has a one in eight chance of getting breast cancer.
- An individual woman's breast cancer risk may be higher or lower, depending on a number of things.
- Some risk factors for breast cancer are things that we can't change, like being a woman, getting older, the genes we inherited from our parents, and our family history.
- Being a woman in the main risk factor for breast cancer. Men can develop breast cancer, but the disease is 100 times more common among women.
- Women are more likely to get breast cancer as they get older.
  - 2 out of 3 women with invasive breast cancer are 55 and older. It is also true that younger woman do get breast cancer.
  - 1 in 3 women with invasive breast cancer are younger than 55.
- 5 to 10 percent of breast cancer cases are thought to be hereditary, meaning that they're caused by gene defects or mutations which are inherited from a parent. Having this gene mutation can increase a woman's chances of getting invasive breast cancer by up to 80 percent.
- Having a mother, sister or daughter with breast cancer almost doubles a woman's risk. However, most women—more than 85 percent—of women with breast cancer do not have a family history of the disease.
- That may sound scary, but there are things girls and women can do to take charge by maintaining a healthy lifestyle and to find breast cancer as early as possible, when it's easier to treat.

#### BASIC SESSION ACTIVITY ONE IN EIGHT

## activity instructions continued

- Distribute the "Breast Self-Awareness" handout, and read it with participants. (You may wish to have participants take turns reading.)
- Ask each participant to say one thing from the handout that she can commit to doing.
- Congratulate participants on their commitment to staying healthy!

#### references

American Cancer Society. "Breast Cancer Risk Factors You Cannot Change." http://www.cancer.org/Cancer/BreastCancer/MoreInformation/BreastCancerEarlyDetection/breast-cancer-earlydetection-risk-factors-you-cannot-change. Accessed October 11, 2012

American Cancer Society. "Can Breast Cancer Be Prevented?" http://www.cancer.org/Cancer/BreastCancer/OverviewGuide/breast-cancer-overview-prevention. Accessed September 19. 2012.

American Cancer Society. "How Many Women Get Breast Cancer?" http://www.cancer.org/Cancer/BreastCancer/OverviewGuide/breast-cancer-overview-key-statistics. Accessed September 19, 2012

American Cancer Society. "Lifestyle-Related Risk Factors for Breast Cancer." http://www.cancer.org/Cancer/BreastCancer/MoreInformation/BreastCancerEarlyDetection/breast-cancer-earlydetection-risk-lifestyle-related. Accessed October 11, 2012.

Susan G. Komen for the Cure®. "Breast Cancer Risk Factors Table." http://ww5.komen.org/BreastCancer/BreastCancerRiskFactorsTable.html. Accessed October 11, 2012.

#### HANDOUT BREAST SELF-AWARENESS

#### Know your risk.

- · Talk to your family to learn about your family health history.
- Talk to your health care provider about your personal risk of breast cancer.

#### Get screened.

- · Ask your health care provider which screening tests are right for you if you are at higher risk.
- · Have a mammogram every year starting at age 40 if you are at average risk.
- · Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40.

### Know what is normal for you and see your health care provider if you notice any of these breast changes:

- · Lump, hard knot or thickening inside the breast or underarm area
- · Swelling, warmth, redness or darkening of the breast
- · Change in the size or shape of the breast
- · Dimpling or puckering of the skin
- · Itchy, scaly sore or rash on the nipple
- · Pulling in of your nipple or other parts of the breast
- · Nipple discharge that starts suddenly
- · New pain in one spot that doesn't go away

#### Make healthy lifestyle choices.

- · Maintain a healthy weight.
- · Add exercise into your routine.
- · Limit alcohol intake.
- · Limit postmenopausal hormone use.
- · Breastfeed, if you can.

Source

Susan G. Komen for the Cure.® "Breast Self-Awareness." http://ww5.komen.org/BreastCancer/BreastSelfAwareness.html. Accessed October 11, 2012

#### BASIC SESSION SUMMARY + CLOSING

The summary and closing provides an opportunity for participants to share what they have learned and to make a commitment to talk with friends and family members about breast health.

#### approximate time

5 minutes (up to 15 minutes if you are having participants complete feedback forms and/or post-tests)

#### learning objectives

By the end of this activity, participants will be able to:

- List one new thing they learned in today's session.
- Commit to discussing what they learned with older female relatives.

#### equipment + supplies

- Optional: Participant feedback form and/or post-test
- Optional: A "goody bag" for each participant with the following:
  - Selected fact sheets or brochures about breast cancer (e.g. Prevent Cancer Foundation breast cancer fact sheet http://preventcancer.org/files/prevention/breast-fact-sheet-english.pdf)
  - o Pink-ribbon trinkets or small pink candles
  - Female Relative's Response Form (see page 61)
  - Susan G. Komen for the Cure® Breast Self-Awareness Card (available in ten different languages) for free download or purchase at http://www.shopkomen.com/cart.php?m=product\_list&c=99
  - Information about local breast health programs. Information about local participating organizations in the Centers for Disease Control and Prevention's National Breast and Cervical Cancer Early Detection Program can be found at http://apps.nccd.cdc.gov/dcpc\_Programs/default.aspx?NPID=1.

## preparation

Optional: Make one copy per student of feedback form and post-test

## instructions

- Ask for volunteers to name one new thing they learned and share the name of a female relative with whom they will discuss breast cancer this week.
- Remind each participant about the importance of knowing her risks, getting screened, knowing what is normal for her and making healthy lifestyle choices.
- Optional: Have participants complete feedback forms and post-tests.
- Thank participants for their time and attention. Preview additional activities if appropriate.

#### FOLLOW-UP ACTIVITIES OVERVIEW

If you plan to conduct follow-up activities, you have a variety from which to choose. The activities listed below are designed to build skills related to communication and screening behavior and to encourage critical thinking. Your choice of activities will depend on a number of factors, including available time and the preferences of participants and school or organization administrators.

Follow-up Activities	approximate time
ACTIVITY OPTIONS (CHOOSE FROM THE OPT	TIONS BELOW)
ROLE PLAY: TALKING ABOUT BREAST HEALTH	30 minutes
CRITICAL THINKING COLLAGE	45 minutes
EXTENSION ACTIVITIES	Variable

Times listed above are approximate. Activities may take more or less time depending upon the facilitator and the group. You will need to make copies of the activity instructions for the optional activity you have chosen and of the role play Activity Tool (if appropriate). If you will be having participants complete a pre-test, post-test, feedback form or assent form, you will need to allot an additional 15 minutes during the session.

#### equipment + supplies

Please refer to the individual activity descriptions that follow for a list of items and preparation needed for each activity. You will need copies of the pages for the activity option you have chosen, and of the role play Activity Tool (if appropriate).

#### **ROLE PLAY: TALKING ABOUT BREAST HEALTH**

This role play will help participants build skills in talking about breast health and breast cancer with doctors, friends and relatives. Consider including this activity in your Basic Sessions if time allows.

#### approximate time

30 minutes

#### learning objectives

By the end of this activity, participants will be able to:

- List tips for talking with others about breast health.
- Engage in role play about breast health.

#### equipment + supplies

- Prepared Activity Tool: Role-Play Scenarios slips
- Container for drawing role-play scenarios
- A chalkboard, whiteboard or easel pad
- Chalk, dry-erase markers or chart pad markers (depending on what you will be writing on)

## preparation

- Review the Role-Play Tips on the following page and think about how to use them in this activity.
- Photocopy the Activity Tool: Role-Play Scenarios in this guide. Select the scenarios you wish to use and cut each out separately, then put them in a container for a drawing.
- Choose a scenario that you will use as a demonstration.
- Recruit a volunteer for the role-play demonstration and explain to her the role she will be playing.

#### **ROLE PLAY: TALKING ABOUT BREAST HEALTH**

#### role-play tips

- Create a safe climate for the role play by setting ground rules.
- Give clear, detailed instructions before putting participants into roles.
- Set aside a special place in the room for people to do their role plays. This helps emphasize when participants are and are not in role.
- Give participants a chance to ask questions before starting their role plays.
- Have participants switch roles so that each person gets to play both parts.
- Circulate and listen carefully during the role play.
- If participants slip out of roles, help them get back into roles. Gently remind them that this is a chance to act like someone else and that they will have a chance to talk about their experiences after the role play is over.
- · Release participants from their roles.
- Use open-ended questions to encourage participants to share their experiences in the role play.

## activity instructions

- Welcome participants to the activity.
- Ask participants to review what they learned from previous activities.
- Explain that this activity will give participants a chance to practice what it may be like to have a one-on-one conversation with someone else about breast health.
- The other person may be a doctor, a friend or a female relative.
- It can be embarrassing and can make people nervous to talk about breast health.
- That's why it's important to practice what you may say ahead of time. That way, you may feel less nervous and embarrassed when you have a conversation about breast health.

<sup>\*</sup>Based on American National Red Cross. Basic HIV/AIDS Program: Prevention Skills Guide for Training Instructors. Falls Church, VA: American National Red Cross, 1997

#### **ROLE PLAY: TALKING ABOUT BREAST HEALTH**

## activity instructions continued

- Create a brief role play of the scenario you chose to demonstrate with the preselected volunteer, using two chairs in the center of the room.
- As the facilitator, you will first play the young woman, and the volunteer will play the doctor, friend or relative.
- Debrief the role play by asking the following questions:
  - What did I say that helped me get my point across?
  - What else could I have said in this situation?
- Ask for the participants' ideas about what you did effectively and what you may have done better. Record their ideas.
- Switch roles and repeat the role play with the same scenario.
- Debrief the role play, this time asking the questions above about the volunteer's performance.
- Have someone draw a new scenario from the container and read it aloud.
- Ask for two more volunteers to role-play. Repeat the role-play process with as many pairs and as many scenarios as time allows:
- One plays the young woman and the other the doctor, friend or relative.
- Debrief the role play, getting feedback from the rest of the group.
- Have the volunteers switch roles.
- Debrief again.

#### **ROLE PLAY: TALKING ABOUT BREAST HEALTH**

## activity instructions continued

- Lead a discussion using the following questions:
  - How will this practice help you talk with others about breast health?
  - Who will you commit to talking with about breast health?
  - What message do you want to get across to her or him?
- Review the list of participants' ideas for talking about breast health and encourage them to use the strategies with doctors, friends or relatives.\*
- Ask participants to share what they will do differently as a result of what they have learned today.
- Optional: Have participants complete feedback forms and/or post-tests.
- Thank participants for their time and attention.

\*Note to facilitator: You may want to ask for a student volunteer to write or type the list of ideas and have copies for participants made in the school or organization office.

## **ACTIVITY TOOL: ROLE-PLAY SCENARIOS**

Your grandmother and aunt both had breast cancer. You want to ask your doctor if you're at risk and what you can do to stay healthy.	Your friend Alicia is afraid to use deodorant because she thinks it causes breast cancer. You explain the facts to her.
Your friend Yolanda just said that she doesn't have to think about breast cancer because she has small breasts. You want to set her straight.	Your grandmother won't let you play sports because she thinks that if you bump your breast it will turn into breast cancer. You really want to play soccer, so you decide to talk to her.
Your friend Sonia tells you she's had a lump in her breast for about two months.  She thinks it will go away on its own.	Your aunt says that she doesn't want a doctor touching her "boobies." You want to explain to her why it's so important for her to have a clinical breast exam.
Your mother is 50, and you know she has never had a mammogram. You want to explain to her why it's so important to get a mammogram every year.	While looking in the mirror yesterday, you noticed a red area on your left breast. You want to see a doctor about it, but you're nervous and embarrassed.

#### CRITICAL THINKING COLLAGE

This art project encourages critical thinking about how the media affect how girls and women feel about their bodies and how comfortable they are talking about breast health.

#### approximate time

45 minutes

#### learning objective

By the end of this activity, participants will be able to describe the relationship between media images and their own comfort level with thinking and talking about breast health and participating in screening.

#### equipment + supplies

- Glue
- · Culturally and age-appropriate magazines
- One sheet of poster board for every four participants
- One pair of scissors for every four participants
- Enough markers or crayons and regular glue or glitter glue for small groups of four

### preparation

- Collect culturally and age-appropriate magazines (e.g., teen, fashion, entertainment or fitness magazines) that contain pictures of women and girls.
- Collect the poster board, scissors, crayons or markers and glue.
- Decide how to divide the class into groups of four.

# FOLLOW-UP ACTIVITY OPTION CRITICAL THINKING COLLAGE

## activity instructions

- Welcome participants to the activity.
- Ask participants to review what they learned in from previous activities.
- Tell participants that they are going to complete an art project that will get them thinking and talking about effects of the media on how girls and women feel about their bodies and how comfortable they are talking about breast health.
- Give the following instructions:
  - Participants will work in small groups to create collages from magazine pictures that show girls and women.
  - You can use the materials (scissors, markers/crayons, glue/glitter glue) provided.
  - You will have 20 minutes to create your collages.
  - You will be sharing and discussing your collages with the rest of the class.
- Divide participants into groups of four and allow 20 minutes for small-group work.
- Bring the class back together and have each group present its collage.
- Lead a discussion using the following questions:
  - What do the pictures say about girls and women?
  - What do these pictures have in common?
  - How do you think growing up with images like these all around you affects how you feel about your body and your breasts?
  - How do these images affect our willingness to talk about our breasts and about breast health and breast cancer?
- Review themes or ideas that came out during the discussion.

#### CRITICAL THINKING COLLAGE

## activity instructions continued

- Emphasize the following points:
  - Images like the ones we saw today are all around us. Images of female bodies are everywhere. Women — and our body parts — sell everything from food to cars.
  - Even if we don't realize it, these images affect the way we think and feel about our bodies and ourselves.
  - Breasts are featured in a lot of pictures and images all around us in a sexy way. We don't have many chances to talk about our breasts and what we can do to keep them healthy in a more matter-of-fact way.
  - We hope that this session provided an opportunity to move beyond the pictures. We hope the session helps you talk more openly and honestly about what girls and women can do to keep their breasts healthy.
- Lead a brief discussion using the following questions:
  - What did you learn through today's session?
  - What will you do differently as a result of what you have learned?
  - Which female relatives will you talk with about what you have learned?
     What will you tell them?
- Optional: Have participants complete feedback forms and/or post-tests.
- Thank participants for their time and attention.

#### references

About-Face. "Facts about Body Image." http://about-face.org/r/facts/media.shtml. Accessed October 23, 2012.

Media Smarts "Body Image—Girls." http://mediasmarts.ca/body-image/body-image-girls. Accessed October 23, 2012.

Neurotic Physiology "Magazine, Media, and Teen Body Image."

http://scientopia.org/blogs/scicurious/2011/04/25/magazines-media-and-teen-body-image/. Accessed September 19, 2012.

Westminster College. "Female Body Image and the Mass Media: Perspectives on How Women Internalize the Ideal Beauty Standard." http://www.westminstercollege.edu/myriad/index.cfm?parent=...&detail=4475&content=4795. Accessed October 23, 2012.

# OTHER FOLLOW-UP **ACTIVITIES EXTENSION ACTIVITIES**

Listed below are a selection of activities that teachers and other group leaders may use to extend learning about breast health, breast cancer and other health topics. Descriptions are purposely general so that teachers can tailor them to the needs and interests of students and to local or state content standards.

Activity	subject(s)
Write a letter to a female family member explaining what she can do to help keep her breasts healthy.	health/science language arts
Research a famous person who has had breast cancer and write a report and/or develop a presentation for the class.	language arts social studies technology
Interview a member of a young survivors' group (e.g., youngsurvival.org, stupidcancer.org) about her/his experience with cancer and ways to promote cancer prevention and early detection; write a report and/or develop a presentation for the class.	health/science language arts social studies
Research a new technology for breast cancer detection or a new breast cancer treatment; write a report and/or develop a presentation for the class.	language arts social studies technology
Research another health issue; write a report and/or develop a presentation for the class.	language arts social studies technology
Develop a breast cancer awareness campaign for other students using one or more of the following elements:  Skit or play Song Posters Video	language arts social studies technology music art

#### **RESOURCES**

This section contains information resources to be used in conjunction with the *Breast Health Education for Young Women* program. They include:

- Glossary Definitions of some common words related to breast health and breast cancer.
- Frequently Asked Questions Answers to commonly asked questions that facilitators may be asked about breast health and breast cancer.

### RESOURCES GLOSSARY

**benign** — A word to describe a tumor that is not cancerous.

**breast self-exam (BSE)** — A tool that may help you become familiar with the way your breasts normally look and feel. BSE is not recommended as a screening tool for breast cancer. However, BSE may help you know what is normal for you and help you see or feel changes in your breasts.

cancer — A disease in which abnormal cells divide without control.

**chemotherapy** — A treatment with drugs to kill cancer cells.

clinical breast exam (CBE) — A breast exam done by a health care provider to check for lumps or other changes.

**genetic mutation** — A permanent change or error in a gene (genes are "blueprints" for the body). Mutations may be inherited (passed from parent to child) or spontaneous (occur for various unknown reasons). Certain inherited mutations (such as changes to the BRCA1 and BRCA2 genes) account for 5 to 10 percent of breast cancer cases.

hormonal therapy — A treatment that adds, blocks or removes hormones. For certain conditions, such as menopause, hormones are given to adjust low hormone levels. To slow or stop the growth of certain cancers, such as prostate and breast cancer, synthetic hormones or other drugs may be given to block the body's natural hormones. Sometimes surgery is needed to remove the gland that makes a certain hormone. (Also called hormone therapy, hormone treatment or endocrine therapy.)

incidence — The number of new cases of a disease diagnosed each year.

invasive breast cancer — A cancer that has already grown beyond the layer of cells where it started.

**lumpectomy** — Surgery to remove a cancerous tumor ("lump") in the breast and a small amount of normal tissue around it.

**lymph node or lymph gland** — A rounded mass of lymphatic tissue that is surrounded by a capsule of connective tissue. Lymph nodes filter lymphatic fluid called lymph and store white blood cells called lymphocytes. They are located along lymphatic vessels.

**malignant** — A word to describe a tumor that is cancerous.

mammogram — An x-ray of the breast. Yearly mammograms are recommended for women age 40 and older.

mastectomy — Surgery used to remove a breast — or as much of the breast tissue as possible.

**metastasis** — The spread of cancer from one part of the body to another. A tumor formed by cells that have spread is called a "metastatic tumor" or a "metastasis."

**radiation therapy** — The use of high-energy radiation from x-rays, gamma rays, neutrons and other sources to kill cancer cells and shrink tumors.

**risk factor** — Something that may increase the chance of developing a disease. Some examples of risk factors for cancer include age, a family history of certain cancers, and lifestyle choices.

tumor — An abnormal mass of tissue that results when cells grow and divide without control.

#### RESOURCES FREQUENTLY ASKED QUESTIONS

#### q. Why isn't monthly breast self-exam (BSE) recommended anymore for breast cancer detection?

a. BSE seemed promising when it was first introduced. However, it is not clear that it offers a benefit as a screening test. Results of studies on its effectiveness at finding early-stage tumors and improving chances for survival have been mixed. However, BSE may help women know how their breasts normally look and feel so that they can see or feel any changes.

#### q. If a girl or woman bumps or bruises her breast, will it turn into breast cancer?

a. No. Abnormal cells that grow out of control cause breast cancer. Bumps and bruises on someone's breast do not cause breast cancer.

#### q. Does sleeping in a bra cause breast cancer?

a. No. Abnormal cells that grow out of control cause breast cancer. Sleeping in a bra does not cause breast cancer.

#### q. Are cancerous lumps painful?

a. No. Most breast cancer lumps do not hurt.

#### q. Is a woman at risk for developing breast cancer even if no one in her family has had it?

a. Yes. Having a close relative such as a mother, sister or daughter with breast cancer increases a woman's risk of getting breast cancer; however, it is important to remember that more than 85 percent of women with breast cancer do not have a close relative with breast cancer. This means that *most* women with breast cancer *do not* have a close relative with it.

#### q. How often should a woman get a mammogram?

a. A woman age 40 or older should have a mammogram (an x-ray of the breast) every year unless a health care provider advises her to have one at a younger age or more often (because of a family history or a problem).

#### q. Can surgery for breast cancer spread cancer to other parts of someone's body?

a. No. Cancer does not spread through the air or during surgery.

## q. I've heard that if a woman is diagnosed with breast cancer when she's pregnant, her baby will get breast cancer. Is this true?

a. No, this is a myth. However, having a close relative such as a mother, sister or daughter with breast cancer increases a woman's risk of breast cancer. It doesn't matter when the relative was diagnosed, even if it was during a pregnancy. It is important to remember that more than 85 percent of women with breast cancer do not have a close relative with breast cancer. This means that *most* women with breast cancer *do not* have a close relative with it.

#### q. Are women with larger breasts at a higher risk for breast cancer than women with smaller breasts?

a. No. Breast size or shape has nothing at all to do with a woman's risk of breast cancer.

#### q. Can vegetarians get breast cancer? Can fruits and vegetables protect you from breast cancer?

a. There is scientific evidence that a diet filled with a variety of plant foods such as vegetables, fruits, whole grains and beans helps lower the risk of many cancers. However, most studies focused specifically on breast cancer have not found a link between a high total intake of fruits and vegetables and breast cancer risk.

#### q. Is it safe to use antiperspirants and deodorants?

**a.** There have been many rumors about the use of antiperspirants or deodorants increasing a woman's risk of getting breast cancer. There is no scientific proof that this is true.

#### q. Does having an abortion increase a woman's risk for getting breast cancer?

a. There is no scientific evidence to show that having an abortion makes a woman more likely to develop breast cancer.

#### q. Where can I find out more information?

a. Several organizations provide information about breast health and breast cancer. They include:

Prevent Cancer Foundation: www.preventcancer.org

Susan G. Komen for the Cure®: www.komen.org

American Cancer Society: www.cancer.org

The National Cancer Institute/ National Institutes of Health: www.cancer.gov

#### SAMPLE FORMS

This section contains sample resources to be used in conjunction with the *Breast Health Education for Young Women* program. Many of these resources were originally developed for *Project Early Awareness* (PEA) in Washington, DC. Users of this facilitator's guide may adapt these resources to meet their needs.

- Sample Superintendent/Principal Letter This letter may be sent to a school system superintendent to introduce the *Breast Health Education for Young Women* program. It may also be used with individual school principals. In addition, it may also be adapted for use with organizations other than schools.\*
- Sample Parent or Guardian Assent Letter This letter may be sent home to inform parents or guardians about upcoming *Breast Health Education for Young Women* sessions and used in conjunction with the Assent Form.\*
- Sample Student Assent Form The assent form may be used in situations in which parental or
  guardian consent is not required for participation in the *Breast Health Education for Young Women*program. Through the use of this form, participants acknowledge that their parents or guardians have
  been informed about the program and have given them permission to participate.\*
- Sample Pre-Test and Pre-Test Answer Key The optional pre-test may be administered before Breast
  Health Education for Young Women sessions to assess participants' initial understanding of breast
  cancer facts.\*
- Sample Post-Test and Post-Test Answer Key The optional post-test, which contains most of the pretest questions, may be used in conjunction with the pre-test to assess changes in knowledge as a result of *Breast Health Education for Young Women* sessions.\*
- Sample Participant Feedback Form The feedback form provides an opportunity for participants to
  provide feedback (their likes and dislikes) about the *Breast Health Education for Young Women*sessions.\*
- Female Relative's Response Form This form may be used to assess the impact of *Breast Health Education for Young Women* on participants' female relatives.\*

\*Note to facilitator: Electronic versions of the letters, forms, and tests may be downloaded from www.preventcancer.org. Type "breast health" into the search box on the homepage to find the electronic copy of the guide. These may be adapted to fit your program's needs.

## SAMPLE FORMS SUPERINTENDENT/PRINCIPAL LETTER

This letter was originally developed for Project Early Awareness (PEA) in Washington, D.C. Users of this facilitator's guide may adapt this letter to meet their needs.

Date	
Dear	<b>≟</b>
In 2001, the How	vard University Cancer Center received funding from the Prevent Cancer Foundation (
develop Project	Early Awareness: A Breast Health Education Program for High School Girls. The
program has bee	en implemented in 16 Washington, DC, public high schools, where it is currently offere
to 10th, 11th and	d 12th grade students.
Early education a	and other new strategies are needed to combat the high breast cancer mortality rate in
the nation's capit	tal, which has one of the highest death rates from breast cancer in the U.S. I am askir
your permission	to offer Project Early Awareness in your high school. Through this important
educational prog	ram, the girls will learn good breast health habits. It will also help to dispel myths and
fears that preven	nt women from being screened for breast cancer at the appropriate age.
In addition to lea	rning the basics about breast health, the girls are provided with packets of information
to take home to t	their mothers and other female relatives. These take-home packets will contain breast
health education	information, information about free screening programs in the community and
brochures to aid	in dispelling myths and reducing fears about breast cancer.
Your support for	this project is appreciated.
I can be reached	at (phone number) should you have questions or concerns.
	Sincerely,
	Name
	Title

#### SAMPLE FORMS PARENT/GUARDIAN ASSENT LETTER

This letter was originally developed for Project Early Awareness (PEA) in Washington, D.C. Users of this facilitator's guide may adapt this letter to meet their needs.

Date

Dear Parent or Guardian:

Your teenage daughter is being offered a classroom session on breast health and breast cancer topics including information about risks for breast cancer, having mammograms and understanding myths and facts about breast cancer.

This important information will be provided as part of the Project Early Awareness program, which is designed to educate 10th, 11th and 12th grade girls in Washington, DC, where women die from breast cancer at a high rate. Women with breast cancer are more likely to die if it is found late, when the lump is big or when the breast cancer has spread to other parts of the body. Women are much more likely to survive the disease when breast cancer is found early. This program will help students understand breast cancer and knowing what is normal for them can help them recognize any changes. Also, the girls will be given take-home packages for their mothers and other female relatives to provide them with information on local mammography programs and to help dispel myths and fears about breast cancer and mammograms.

There are no anticipated risks in the program. There is an unlikely risk that your child may experience some anxiety or fear about her own breasts after the session. The girls will be instructed during a regular class, depending on which class is considered appropriate by your daughter's high school. Classes generally last between 45 and 60 minutes. Most likely, the breast health session will be held during a gym (physical education), health or English class. The girls will be given a test before and after the breast health education class. The pre-test will be given as the class begins. The post-test will be given during the last 15 minutes of the class. A health educator will teach the girls about breast cancer risks. Brochures about breast health, a breast self-awareness card and small token gifts will be given to each girl. Your daughter will not be graded for this session. It will in no way affect her high school graduation.

## SAMPLE FORMS PARENT/GUARDIAN ASSENT LETTER CONTINUED

By educating girls at a young age, Project Early Awareness will serve to instill good breast health habits. It will help keep them from believing in myths and having fears about breast cancer, which may in turn keep them from getting mammograms when they are older.

You can be assured that information collected on this project will not be linked to individual students. The pre- and post-tests that your child will take will use code numbers that identify only the school, not the individual girl.

Your teenage girl will not receive any money for participating in the breast health sessions. She may however receive small token gifts donated by the Howard University Cancer Center or other organizations.

By agreeing to have your teenage daughter participate in the program, it is understood that she is free to withdraw consent and not participate in the session without jeopardizing her relationship with (name of high school) or Howard University.

The Howard University Cancer Center and the Howard University Institutional Review Board will be the only university departments that have access to the completed pre- and post-tests given to the girls or to any information collected on the school breast health program.

Sincerely,

To address comments or questions, please contact (name) at (phone number) or (email address).

Name

Title

## SAMPLE FORMS STUDENT ASSENT FORM

This form was originally developed for *Project Early Awareness* (PEA) in Washington, DC. Users of this facilitator's guide may adapt this form to meet their needs.

Informed Assent Form for Mino Howard University	
Washington, DC, 20059	
vvasilington, DC, 20039	
l	, have been informed that my parent(s) or guardian(s)
	o participate in a study about breast health, which includes learning
	earning breast self-awareness and taking a test before and after the
	ne direction of the Howard University Cancer Center, which is the
institution in charge.	The state of the s
	s voluntary and I have been told that I may stop at any time without
	loward University or [name of high school]. Also, if I choose not to
participate, it will not affect my	grade in any way.
Signature	 
Signature	 
Signature	 
Signature	Date
Signature	 Date
Signature	 Date
Signature	Date

## SAMPLE FORMS PRE-TEST

This test was originally developed for *Project Early Awareness* (PEA) in Washington, D.C. Users of this facilitator's guide may adapt this test to meet their needs.

Today's Date:		7. It is recommended that women get to know what is normal for their breasts, and that they tell their health care provider if they notice any changes.		
Mark the and question or s	swer you think is correct for each tatement.	cnanges.	True False	
1. A woman's increases as	s chance of getting breast cancer she gets older.	Ö	I don't know	
_ _ _	True False I don't know	clinical breas	women should start having a t exam (exam by a health care every three years. At 40, they them yearly.	
	th large breasts are more likely to an women with small breasts.	_ _ _	True False I don't know	
_ _ _	True False I don't know	9. I am comfo	ortable speaking to my family out our family history of breast	
3. Bruising, b cause breast	umping, or injuring the breast can cancer.  True		Strongly agree Agree Unsure	
	False I don't know		Disagree Strongly disagree	
	a woman's family has had breast s not at risk for getting the disease.		now anyone who has ever had r? (Please check all that apply.)	
_ _ _	True False I don't know	_ _ _	Mother Grandmother Sister Aunt	
5. Breast can early.	cer is easier to treat if it's caught	_ _ _	Cousin Friend Other (please specify):	
<u> </u>	True False I don't know	_ _	No one I don't know	
nave a mamr	and older at average risk should nogram (x-ray of the breast) every	11. What is y	-	
/ear.		12. What is y	our racial/ethnic background?	
<u> </u>	True False I don't know		Black/African American White/Caucasian Latina/Hispanic Asian/Pacific Islander American Indian/Alaska Native Other (please specify):	

## SAMPLE FORMS PRE-TEST KEY

This test was originally developed for *Project Early Awareness* (PEA) in Washington, DC. Users of this facilitator's guide may adapt this test to meet their needs.

ID #	7. It is recommended that women get to know what is normal for their breasts, and that they
Today's Date:	tell their health care provider if they notice any changes.
Mark the answer you think is correct for each	
question or statement.	□ True □ False
Correct answers are shown in bold below.	☐ I don't know
1. A woman's chance of getting breast cancer	8. At age 20, women should start having a
increases as she gets older.	clinical breast exam (exam by a health care professional) every three years. At 40, they
☐ True	should have them yearly.
☐ False	D . T
☐ I don't know	☐ True ☐ False
2. Women with large breasts are more likely to	☐ I don't know
get cancer than women with small breasts.	
D . T	I am comfortable speaking to my family members about our family history of breast
□ True □ <b>False</b>	cancer. <b>Answers will vary.</b>
☐ I don't know	······
	☐ Strongly agree
3. Bruising, bumping, or injuring the breast can cause breast cancer.	☐ Agree ☐ Unsure
cause breast cancer.	Disagree
☐ True	Strongly disagree
□ False □ I don't know	10. Do you know anyone who has ever had
I don't know	breast cancer? (Please check all that apply.)
4. If no one in a woman's family has had breast	Answers will vary.
cancer, she is not at risk for getting the disease.	☐ Mother
☐ True	☐ Grandmother
☐ False	☐ Sister
☐ I don't know	☐ Aunt ☐ Cousin
5. Breast cancer is easier to treat if it's caught	☐ Friend
early.	Other (please specify):
☐ True	No one
☐ False	☐ I don't know
☐ I don't know	
6. Women 40 and older at average risk should	11. What is your age? Answers will vary.
have a mammogram (x-ray of the breast) every	12. What is your racial/ethnic background?
year.	Answers will vary.
☐ True	
□ False	<ul><li>□ Black/African American</li><li>□ White/Caucasian</li></ul>
☐ I don't know	□ Latina/Hispanic
	☐ Asian/Pacific Islander
	American Indian/Alaska Native
	Other (please specify):

## SAMPLE FORMS POST-TEST

This test was originally developed for *Project Early Awareness* (PEA) in Washington, DC. Users of this facilitator's guide may adapt this test to meet their needs.

ID #		7. It is recommended that women get to know what is normal for their breasts, and that they				
Today's Date:		tell their health care provider if they notice any changes.				
Mark the ans	swer you think is correct for each	changes.				
question or statement.				True False		
				I don't know		
1. A woman's chance of getting breast cancer increases as she gets older.		9 At 200	20 1	women should start having a		
norcases as	sile gets older.			exam (exam by a health care		
☐ True☐ False		professional) every three years. At 40, they should have them yearly.				
2 Women wit	th large breasts are more likely to			True False		
	an women with small breasts.					
			-			
	True			rtable speaking to my family		
_	False I don't know		abo	ut our family history of breast		
	I GOITE KITOW	cancer.				
3. Bruising, b	umping, or injuring the breast can			Strongly agree		
cause breast	cancer.			9		
	_					
	True False			Disagree Strongly disagree		
_	I don't know		_	Strongly disagree		
	a woman's family has had breast s not at risk for getting the disease.					
	True					
	False					
	I don't know					
5. Breast can	cer is easier to treat if it's caught					
	-					
	True False					
	False I don't know					
_	I don't know					
6. Women 40 nave a mamn /ear.	and older at average risk should nogram (x-ray of the breast) every					
	True					
	False					
ā	I don't know					

## SAMPLE FORMS POST-TEST KEY

This test was originally developed for *Project Early Awareness* (PEA) in Washington, DC. Users of this facilitator's guide may adapt this test to meet their needs.

Today's Date  Mark the anaquestion or s	::swer you think is correct for each	what is norma	nended that women get to know all for their breasts, and that they heare provider if they notice any  True
Correct answ	wers are shown in bold below.		False I don't know
	chance of getting breast cancer she gets older.	clinical breast	women should start having a exam (exam by a health care every three years. At 40, they
<u> </u>	True False	should have t	hem yearly.
2 Women wi	I don't know th large breasts are more likely to		<b>True</b> False I don't know
	an women with small breasts.	_	rtable speaking to my family
	True <b>False</b>	members abo	out our family history of breast vers will vary.
3. Bruising, b cause breast	I don't know umping, or injuring the breast can cancer.	_ 	Strongly agree Agree Unsure
<u> </u>	True False I don't know	0	Disagree Strongly disagree
4. If no one ir cancer, she is	n a woman's family has had breast s not at risk for getting the disease.		
<u> </u>	True <b>False</b> I don't know		
5. Breast can early.	cer is easier to treat if it's caught		
_ _ _	<b>True</b> False I don't know		
6. Women 40 have a mamr year.	and older at average risk should mogram (x-ray of the breast) every		
<u> </u>	<b>True</b> False I don't know		

## SAMPLE FORMS PARTICIPANT FEEDBACK FORM

This form was originally developed for *Project Early Awareness* (PEA) in Washington, DC. Users of this facilitator's guide may adapt this form to meet their needs.

Date:					
Please circle your responses below.					
	Strongly Disagree	Disagree	Unsure	Agree	Strongly Agree
1. I was interested in the activity.	1	2	3	4	5
2. I learned a lot from the activity session.	1	2	3	4	5
3. The survivor's personal story made an impact on me.	1	2	3	4	5
4. Information was presented clearly.	1	2	3	4	5
5. The presenter(s) seemed knowledgeable.	1	2	3	4	5
7. What did you enjoy <i>least</i> about the activity?					
7. What did you enjoy <i>least</i> about the activity?					
7. What did you enjoy <i>least</i> about the activity?  8. Additional comments:					

## SAMPLE FORMS FEMALE RELATIVE'S RESPONSE FORM

This form was originally developed for *Project Early Awareness* (PEA) in Washington, DC. Users of this facilitator's guide may adapt this form to meet their needs.

You can help us know more about breast health practices of women in order to reduce leaths from breast cancer in Washington, D.C. Your answers will help the Howard Unilan breast cancer education and screening programs.	-
Have you ever been diagnosed with breast cancer?	☐ Yes ☐ No
Do you have a mother, sister or daughter who has been diagnosed with breast cancer?	☐ Yes ☐ No
Do you have an aunt, grandmother, cousin or any other biological (blood) relative (who is not your mother, sister or daughter) who has been diagnosed with breast cancer?	☐ Yes ☐ No
Have you ever had a mammogram?	☐ Yes ☐ No
How old are you?	Age
If you are age 40 or older and have not had your annual mammogram in more than a year or never had a mammogram, do you plan to seek one now?	☐ Yes ☐ No ☐ I don't know ☐ Younger than 40
If you are younger than age 40 and have never had a mammogram, do you plan to get one when you turn age 40?	☐ Yes ☐ No ☐ I don't know ☐ Older than 40
Please provide us with any comments that you would like to share:	ate as a thank you for
articipating in this brief questionnaire (please print):	

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