



Breast Cancer and Environment – Peer Education Tool Kit *Zero Breast Cancer – Adolescent Education Project*

MBCW Peer Education Breast Cancer Awareness Pilot Project – (Drake High School, 2005-06)

Module Description: This breast cancer awareness module, targeting adolescent girls and boys ages 13 – 15, focuses on introducing breast cancer facts and factors and risk reduction practices in a single lesson presentation. Established risk factors are introduced as well as the relationship of physical activity, diet and avoidance of suspected environmental exposures to breast cancer risk reduction and prevention. A selected segment of the Adelphi University educational video *Teens Talk About Breast Cancer* is viewed and discussed as part of the lesson module. Trained peer educators (ages 15 – 18) lead structured participatory activities (from a lesson format) to help younger students learn about breast cancer, environmental exposures, and preventive health practices. At the lesson conclusion, students complete a written Personal Action Plan and are provided with a packet of breast cancer prevention information resources to share with others. Students complete pre-and post-test surveys prior to and after participating in the lesson presentation.

Learning Objectives:

At the completion of the breast cancer lesson module, student participants will be able to:

- Recognize the concept that Bay Area women have a 1:7 lifetime risk for developing breast cancer
- Identify the two primary risk factors for breast cancer as being a woman and growing older
- Understand that family history is risk factor that increases one's odds for developing breast cancer
- Recognize that inherited breast cancer genetic defects are rare (5 – 10%) but pose significant risk
- Identify one example of a suspected environmental exposure associated with breast cancer
- Comprehend that breast cancer incidence is not common in young adults and men (less than 1%)
- Be aware that Marin County's elevated breast cancer rates are the focus of many scientific studies.
- Understand that early detection and effective treatment of breast cancer improves survival
- Identify one method of breast cancer detection or screening (breast exam, mammography)
- Recognize one myth about the causes of breast cancer (example from the instructional video)
- Identify two *modifiable* risk factors for breast cancer (excessive alcohol use, tobacco exposure)
- Recognize that lifetime physical activity beginning in adolescence can reduce breast cancer risk

Academic Content Standards (Source: California Challenge Health Education Standards)

Health Standard 1 – The student understands and demonstrates ways in which his or her health and well being can be enhanced and maintained.

Health Standard 8 – The student will identify products, services and information that may be helpful or harmful to his or her health.

Methods

(Refer to Breast Cancer Awareness Peer Education Lesson/Presentation Outline and Action Planning Tool)

Instructional Materials

Breast Cancer Content Messages and Discussion Topics (Read Aloud)

Teens Talk About Breast Cancer Video (Adelphi University)

Selected Breast Cancer Vocabulary

Take-Home Packet of Breast Cancer Information Resources



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Lesson Content Source

MBCW Peer Education Breast Cancer Module Curriculum Guide

References