



## Breast Cancer and Environment – Peer Education Tool Kit

### Zero Breast Cancer – Adolescent Education Project

## Lesson Plan: Breast Cancer and Environment

### Activity #1: Introduction – Warm Up\*

#### Objectives:

- To present an overview of what students can expect during the breast cancer lesson
- To establish interest in the topics of breast cancer, environment, and modifiable risk factors
- To assess what students think or know about breast cancer

#### Materials/Preparation

- Classroom seating arranged so students can see the video monitor, posters, and presenters.
- Breast Anatomy: Simple Drawing (may use *Anatomy & Physiology of the Breast – WRS*)
- List the following key words on blackboard or butcher paper: Breast Cancer, Facts and Risk Factors, Risk Reduction, Environmental Factors, Healthy Choices
- Review Breast Cancer Messages (*Top Twelve Topics, and Message Background*), Fact Sheet – Factors and Health Tips, and Teen Brochure before facilitating this activity
- Option: Cue video to Q & A section: *Teens Talk About Breast Cancer* (Adelphi University).
- Alternate Option: Show power point: *Breast Cancer, Genes and the Environment* (NIEHS)
- Peer Leaders can distribute Lesson Vocabulary, Fact Sheet, and/or Teen Brochure immediately after this Warm Up Activity, if you are not using the video or slides

**Lesson Activity Time:** 10 – 15 minutes

### Introduction – Warm-Up Activity: What Should I Know About Breast Cancer?

Introductions: Peer Educators – Who We Are/What We Do *Sample Script* (5 minutes)  
Ground Rules (Confidentiality, Right to Pass, Attention to Speakers)  
*“Today we want to share some important information about breast cancer. This is a new project at our (specific name) high school. We will present some facts on what is known and not known about breast cancer. We’ll also give you some suggestions for what you can do to stay healthy now and in the future. Feel free to ask questions during any part of the lesson.”*

Agenda: Raise Awareness of Breast Cancer, Risk Factors and Preventive Health  
Present Some Basic Breast Cancer Facts and Statistics  
Show a Brief Video (“Teens Talk About Breast Cancer”), or  
*Alternate:* Show the Power Point (*Breast Cancer, Genes and Environment*)  
Do Activities to learn about specific risk factors that we can control  
Present examples of how we can apply this information to our lifestyle now  
Ask you to write out a Personal Action Plan  
Optional: Ask You to Take a Brief Survey at the end  
Give you some take home resources to share with a parent or a friend



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#### INTRODUCTION\* - Lesson Preview and Sample Script (3 Minutes)

*“Many students at (\_\_\_\_\_) High School may know of an adult who has faced breast cancer or another life-threatening disease; or they may have questions about breast cancer.*

*“Today, we’re going to learn about some of the risk factors for breast cancer. We’ll talk about some new information that students our age (especially girls) can use to reduce the risk for breast cancer, starting now in the teen years.*

*We’re going to show part of a video called “Teens Talk About Breast Cancer” (or a power point) and take some questions after the video (or slides). Then we’ll show you some examples of suspected environmental factors, and what you can do to avoid or reduce your risk and exposures.*

*By the end of today’s class, you’ll be better informed about breast cancer overall. This class may help you understand how breast cancer affects some families, and what you can do personally to stay healthy now and in the next ten years. We’ll also talk about how researchers are trying to learn more about the causes breast cancer, to prevent or reduce the incidence.*

#### WARM-UP Questions\* - Sample Script (5 minutes)

- 1) Have you ever known someone with breast cancer? If you’re comfortable, please tell us about this person. (don’t need to use person’s name) Did you do something to support this person while they were dealing with cancer? Peer Leader: If possible, share a story about someone your have known with breast cancer or a life threatening illness, and what you or your family did to support that person.*
- 2) Do you know what breast cancer is? What have your heard or read about breast cancer? Do you have any ideas about the causes, or how breast cancer begins or develops? (“If you’ve been affected by cancer in your family, please participate if you want to”) Peer Leader: Before this project, I knew \_\_\_\_\_ about breast cancer.*
- 3) Is there something unique about Marin County (or your county) and the rates of breast cancer? What have you heard about, seen on TV, or read? What factors might play a role? Peer Leader: There can be several factors; your Fact Sheet talks about some of them.*
- 4) Raise your hand if you think that alcohol use can be a risk for breast cancer? Smoking? Chemicals in plastics? Getting bumped in the breast Genetic flaws?*
- 5) Any ideas on what we can do at our age to prevent or reduce our own risks for breast cancer? (Peer leader can list responses on the board, or use the Facts, Myths, and Gray Area categories*

Proceed to Activity # 2: View Q & A section of video Teens Talk About Breast Cancer, or  
View Breast Cancer, Genes and Environment Slide Show (Power Point)

If you do not plan to show the video or the power point slides, proceed to:



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Alternate: Activity #3\*

Breast Cancer Dialogue – Top Twelve Messages

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