



Breast Cancer and Environment – Peer Education Tool Kit

Zero Breast Cancer – Adolescent Education Project

Lesson Plan: Breast Cancer and Environment

Activity #2: Breast Cancer Facts and Factors – Video or Slide Show

Objectives:

- To increase teen knowledge about breast cancer facts, myths, and risk factors
- To learn about lifestyle and environmental factors that may contribute to breast cancer risk
- To increase awareness of breast cancer risk reduction activities relevant to teens and adults

Materials/Equipment/Room Set-up:

- VCR for *Teens Talk About Breast Cancer*; video can be cued ahead of time to the
- “Q & A” section. Optional equipment: Overhead Projector and/or DVD Projector.
- Peer leaders: Preview video Q & A (middle) section: *Teens Talk About Breast Cancer*
- Alternate option: Preview *Breast Cancer, Genes, and Environment* power point
- Peer leaders can prepare their own discussion questions for either the video or slide show
- Review Breast Cancer Messages (*Top Twelve Topics, and Message Background*)
- Copies of Lesson Vocabulary, Fact Sheet, and/or Teen Brochure to distribute after video

Lesson Activity Time: 10 – 12 minutes

Activity – Video Option*:

- ✓ Introduce video– (*Adelphi U*) “*Teens Talk About Breast Cancer*” (cue to Q & A section)
 - Peer leader Sample Script: “*We’d like to show you part of a video of some high school students in the New York area. They were filmed talking about breast cancer. This video was made in 2000. Some of these students had moms or relatives who had breast cancer previously.*”
- ✓ After the class views the video, Q & A segment
 - Peer leader Sample Script: “*This video was made 6 years ago. We know now that drinking more than one alcoholic beverage a day is associated with breast cancer. We also know more about exposures that may interfere with hormone levels and breast cell development earlier in life. Genetic risk and family history can also increase breast cancer risk, as you heard some students mention in the video.*”



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Activity – Power Point Option*:

- ✓ Introduce *NIEHS “Breast Cancer, Genes, and Environment”* power point (18 slides)
 - Peer leader Sample Script: *“We’d like to show you some slides about breast cancer factors how the environment and genetics may influence breast cancer risk for girls and women who may be more susceptible”*
- ✓ Feedback: *Name one breast cancer factor that you didn’t know before seeing the video/or slides*