

Activity: Hats Off For Screening Activity

Objective: To discuss and address barriers related to cancer screening. Discuss ways to support people to make healthy choices.

Helpful Materials: Character activity sheet and a variety of hats, scarves and other props.

Note: This activity was adapted from the *Understanding Cancer Activity Guide* by Dr. Melany Cueva from the Alaska Native Tribal Health Consortium.

Directions: Separate participants into groups. Cut the characters apart and have each group pick one of the pieces of paper (one character per piece of paper). One person is the character and one person is a friend and/or family member who acts out supporting the person to overcome their barrier to consider having a recommended screening exam.

Each group chooses which screening exam they want to support the person to have. It is helpful to have the *Cancer Clear & Simple* curriculum for each participant as a reminder of basic screening exam information.

As each group role plays their scenario, it is important to remember to listen to what the character is saying and why the person is making the choices they are making. Each group picks props to help act out their scenario. After practicing for about 10 minutes, each group acts out their skit for the larger group.

Character Activity Sheet

Aging Agnes

"I'm too old to change the way I do things. Those screening tests are for young people. I've lived for 65 years and not had any screening tests done. Why should I start now?"

Painful Petunia

"Did you hear what they want to do...That sounds very painful. Yikes! I'm not going to do that!"

Optimistic Opal

"I'm healthy. I live a healthy life. I don't use tobacco or drink alcohol. I walk all the time, look at these leg muscles. I don't need to worry about cancer because I eat healthy and take care of myself. I don't need screening because I won't get cancer."

Too Busy Betty

"I am way too busy to have that screening exam. Who has time? I work all day and watch the grandkids in the evenings, do all the cooking. I don't have time to have any screening tests done."

Modest Mac

"Oh no you don't. Nobody's gonna go pokin' around my body. It's none of their business. They can keep their hands and tubes and stuff away from you know where."

Fatal Flo

"It seems like no matter what you do or don't do you are going to get it so I just don't want to find out if I have it. It's not for me. No way. I don't want any part of that stuff."

Stay at Home Stella

"I don't want to leave home. Plus, I don't have anyone to give me a ride. I can't drive with these old eyes anymore. Why should I go anyways?"

Tough Tom

"My motto is if it is working don't fix it. I feel good. I'm a tough guy and ain't nothing gonna get me down. I can fight it. Only go to docs when I'm sick and I ain't sick."

Fearful Frances

"I'm afraid they might find something. I really don't want to know".

Shy Shirley

"Wow, I'm really embarrassed to even be talking to you about this. I don't want anybody doing that test to me. Oh my goodness, I'm not letting them close to you know where."