

# CC&S Session #3: Lesson Plan

<p><b>Core Activities:</b></p> <ul style="list-style-type: none"><li>• Use parking lot to address questions/topics</li><li>• Complete Activity: Quitting Tobacco Brainstorm</li><li>• Complete Activity: Reflection</li></ul> <p><b>Supplies Needed:</b></p> <ul style="list-style-type: none"><li>• Session 3 handouts</li><li>• Flip Chart</li><li>• Markers</li><li>• Nametags</li><li>• Session 3 PowerPoint</li><li>• Quitting Tobacco Brainstorm Activity Instructions</li><li>• Cancer Risk Factor Checklist Handout</li><li>• MyPlate Activity Instructions</li><li>• MyPlate Activity Handout</li><li>• Reflection Activity Instructions</li></ul> <p><b>Additional Activities:</b></p> <ul style="list-style-type: none"><li>• Secondhand Smoke Role Play Activity</li></ul>	<p><b>Knowledge Objective:</b></p> <ul style="list-style-type: none"><li>• What are healthy choices</li><li>• How to help someone to quit tobacco use</li><li>• How to protect myself from the sun</li><li>• What is Human Papilloma Virus (HPV)</li></ul> <p><b>Behavioral Objectives:</b></p> <p>Participant will be able to:</p> <ul style="list-style-type: none"><li>• Understand the importance of self-care and healthy choices</li><li>• Discuss healthy choices that decrease cancer risk</li><li>• Identify ways to prevent specific cancers</li></ul> <p><b>Participant Handouts:</b></p> <ul style="list-style-type: none"><li>• Participant Consent Form</li><li>• Session 2 “Cancer Prevention and Self-Care” ” handout</li><li>• Blank “Cancer Risk Factor Checklist” handout</li><li>• Blank “MyPlate Activity” handout</li></ul> <p><b>Advance Preparation:</b></p> <ul style="list-style-type: none"><li>• Make handouts for registered participants</li><li>• Set up computer with PowerPoint</li><li>• Set up ‘Parking Lot’</li><li>• Sign-in sheet. To track attendance across CC&amp;S sessions, please use the same Sign-In Sheet from Session 1.</li></ul>
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## Doing the Lesson

<b>Learner Objective</b>	<b>Materials</b>	<b>Recommended Activity</b>
Understand class format and program background	Facilitator Guide  Ground Rules  Parking Lot	<ul style="list-style-type: none"> <li>• Sign-in participants</li> <li>• Introduce yourself</li> <li>• Handout and collect signed consent forms to anyone new joining the class</li> <li>• Review 'Class ground rules' and 'parking lot' from Session 1</li> </ul>
Identify the goals and objectives of the CC&S Cancer Prevention & Self-Care session.	<ul style="list-style-type: none"> <li>• CC&amp;S "Cancer Prevention and Self-Care" handout</li> <li>• Power Point</li> <li>• CC&amp;S Objectives</li> </ul>	<ul style="list-style-type: none"> <li>• Share details of handout including key points in left column.</li> <li>• Begin lesson using PPT slides.</li> <li>• Read objectives. Remind participants that you are not a medical expert and information is meant to provide basic information.</li> <li>• Give "Cancer Prevention and Self-Care" handout to anyone new joining the class</li> </ul>
Identify what healthy choices participant can add, what better choices can be made, and changes to be healthier	CC&S "Cancer Prevention & Self-Care": The ABCs of Healthy Choices	<p>Show PPT Slide: Review "The ABC's of Healthy Choices" as introduced in Session 2</p> <ul style="list-style-type: none"> <li>• A=What can be added today to improve personal health?</li> <li>• B=What better choices could be made?</li> <li>• C=What change can be acted on to be healthier?</li> </ul>
Learn Eight Healthy Choices	CC&S "Cancer Prevention & Self-Care": Eight Healthy Choices	<p>Show PPT Slide: Eight Healthy Choices</p> <ul style="list-style-type: none"> <li>• Review from Session 2 the eight healthy choices that may prevent 2 out of 3 cancers.</li> </ul>
Review National Cancer Risk Factors pie chart	CC&S "Cancer Prevention & Self-Care": National Cancer Risk Factors	<p>Show PPT Slide with completed National Cancer Risk Factors pie chart.</p> <ul style="list-style-type: none"> <li>• "This pie chart shows what the risk factors are based on nationwide statistics. A risk factor is something that we do or happens to us that contribute to an increased risk of disease.</li> <li>• Over 60% of cancers are caused by unhealthy diet (includes low physical activity) and tobacco use.</li> <li>• The choices that we make around our health can have an impact on our risk of cancer</li> </ul>
Learn that tobacco use is one of the leading causes of cancer	CC&S "Cancer Prevention & Self-Care": Tobacco	<p>Show PPT Slide: Tobacco</p> <ul style="list-style-type: none"> <li>• Tobacco use is one of the leading causes of cancer</li> <li>• Tobacco use causes 90% of lung cancers</li> <li>• Tobacco use increases risk of multiple</li> </ul>

		<p>cancers (read list)</p> <ul style="list-style-type: none"> <li>The effects of tobacco use are increased by drinking alcohol</li> </ul>
Learn that tobacco is addictive and what it takes for a tobacco user to be tobacco free	CC&S "Cancer Prevention & Self-Care": Choosing Tobacco-Free	<p>Show PPT Slide: Choosing Tobacco-Free</p> <ul style="list-style-type: none"> <li>Tobacco is a very addictive substance</li> <li>Some people can go 'cold turkey' to quit smoking but most people need support, encouragement, careful planning and several tries to quit</li> </ul>
Identify ways to quit tobacco use and challenges faced in tobacco use	CC&S "Cancer Prevention & Self-Care": Activity: Quitting Tobacco Brainstorm	<p>Show PPT Slide: Activity: Quitting Tobacco Brainstorm</p> <ul style="list-style-type: none"> <li>Using Quitting Tobacco Brainstorm Activity facilitate a discussion about quitting tobacco and supporting people to become tobacco-free</li> </ul>
Learn the cancer risks associated with drinking alcohol	CC&S "Cancer Prevention & Self-Care": Alcohol	<p>Show PPT Slide: Alcohol</p> <ul style="list-style-type: none"> <li>Read the cancer risks associated with alcohol intake</li> <li>Read about the effects of alcohol as a depressant</li> </ul>
Learn the effects of the sun and ultraviolet damage	CC&S "Cancer Prevention & Self-Care": Sun Protection	<p>Show PPT Slide: Sun Protection</p> <ul style="list-style-type: none"> <li>Read PPT slide that emphasizes the importance of protection from the sun and the damage the sun can cause</li> <li>Ultraviolet (UV) radiation comes from sun, sunlamps, and tanning booths</li> </ul>
Learn about the Human Papilloma Virus (HPV)	CC&S "Cancer Prevention & Self-Care": Human Papilloma Virus (HPV)	<p>Show PPT Slide: Human Papilloma Virus (HPV)</p> <ul style="list-style-type: none"> <li>Read what HPV is</li> <li>Read the incidence of HPV</li> <li>HPV can cause cancer, genital warts, and most cervical cancers</li> </ul>
Learn what cancer screenings are and that they are a healthy choice	CC&S "Cancer Prevention & Self-Care": Recommended Cancer Screenings	<p>Show PPT Slide: Recommended Cancer Screenings</p> <ul style="list-style-type: none"> <li>A healthy choice is to get recommended cancer screenings</li> <li>Cancer screenings are done even when there are no cancer symptoms</li> <li>Regular screenings and self-examination can increase the chance of early detection and more successful treatment of cancer</li> </ul>
Identify knowledge gained and concepts learned	CC&S "Cancer Prevention & Self-Care": Activity: Reflection	<p>Show PPT Slide: Activity: Reflection</p> <ul style="list-style-type: none"> <li>Have participants share something they have learned so far in the classes</li> <li>Have participants tell what they will share with family and friends</li> <li>Ask participants what other questions they have regarding material that has been covered</li> </ul>
Appreciate class	CC&S "Cancer	Show PPT Slide: Thank you!!

participation	Prevention & Self-Care”: Thank you	<ul style="list-style-type: none"><li>• Thank participants for their participation in the class.</li><li>• Remind participants about next class and confirm attendance</li></ul>
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### ✓ **Comprehension Check**

1. Ask a question that will review the lesson. (i.e. What can you do to reduce cancer risk factors?)
2. Review parking lot.

### **Additional facts related to the lesson**

- See “Additional Information” in the Cancer Prevention and Self-Care section of the Facilitator Guide

### **Additional information to tell participants**

- Remind participants that you are not a medical expert and information is meant to provide basic information about cancer.
- Encourage participants to implement healthy choices to reduce their risk factors associated with cancer and other chronic diseases.
- Encourage participants to share what they have learned so far with a family member or friend.