

Cancer Clear & Simple

Three Class Outline

First Class (1 hour): This class will use the Session 1 and 2 Lesson Plans and PowerPoints from cancerclearandsimple.org

Begin first class with:

- Sign-in participants
- Handout and collect signed consent forms
- Handout and collect *Check Your Understanding* Pre-test
- Establish Ground Rules and Parking Lot

Topics to cover:

What is cancer?

What causes cancer?

Activity: Abnormal Cell Growth

What are my cancer risk factors?

Activity: Cancer Risk Factors Chart

What if the cancer spreads?

Activity: How Cancer Spreads

Stage of Cancer: How far has the cancer spread?

Review 8 healthy choices to help prevent cancer

Activity: Cancer Risk Factor Checklist

Nutrition

Activity: MyPlate

Tobacco

Activity: Quitting Tobacco Brainstorm

Alcohol

Sun Protection

Human Papillomavirus (HPV)

Second Class (1 hour): This class will use the Session 3 and 4 Lesson Plans and PowerPoints from cancerclearandsimple.org.

Begin second class with:

- Sign-in participants

Topics to cover:

Revisit Cancer Risk Factors Chart

Activity: Reflection

Why is early detection important?

Cancer Warning Signs: C.A.U.T.I.O.N

Informed decision-making

Men's & Women's Health

Skin Cancer Screening

A.B.C.D.E. Method

Activity: Skin Cancer Flash Cards

Review Recommended Cancer Screening Grid: What tests & when

Third Class (30 minutes): This class will use the Session 5 Lesson Plan and PowerPoint from cancerclearandsimple.org.

Begin third class with:

- Sign-in participants

Topics to cover:

Activity: SMART Goals

Handout and collect *Check Your Understanding* Post-test