

# ***Cancer Clear & Simple***

## **Five Session Outline**

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**First Class (30 minutes): This class will use the Session 1 Lesson Plan and PowerPoint from [cancerclearandsimple.org](http://cancerclearandsimple.org)**

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**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?**

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**Second Class (30 minutes): This class will use the Session 2 Lesson Plan and PowerPoint from [cancerclearandsimple.org](http://cancerclearandsimple.org)**

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**Begin second class with:**

- Sign-in participants

**Topics to cover:**

**Review 8 healthy choices to help prevent cancer**

**Activity:** Cancer Risk Factor Checklist

**Nutrition**

**Activity:** MyPlate

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**Third Class (30 minutes): This class will use the Session 3 Lesson Plan and PowerPoint from [cancerclearandsimple.org](http://cancerclearandsimple.org)**

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**Begin third class with:**

- Sign-in participants

**Topics to cover:**

**Tobacco**

**Activity:** Quitting Tobacco Brainstorm

**Alcohol**

**Sun Protection**

**Human Papillomavirus (HPV)**

**Activity:** Reflection

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**Fourth Class (30 minutes): This class will use the Session 4 Lesson Plan and PowerPoint from [cancerclearandsimple.org](http://cancerclearandsimple.org)**

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**Begin fourth class with:**

- Sign-in participants

**Topics to cover:**

**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**

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**Fifth Class (30 minutes): This class will use the Session 5 Lesson Plan and PowerPoint from [cancerclearandsimple.org](http://cancerclearandsimple.org)**

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**Begin fifth class with:**

- Sign-in participants

**Topics to cover:**

**Activity:** SMART Goals

Handout and collect *Check Your Understanding* Post-test