

## **Activity: Cervical Health Barrier Busting**

**Objective:** To discuss and address barriers related to cervical cancer screening.

**Helpful Materials:** One paper plate for each participant, markers/pens/pencils.

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

**Directions:** Have participants stand in a circle. Each person starts with a paper plate. Have them write on their paper plate one barrier that gets in the way of people having a Pap smear. All participants toss their paper plate into the center of the circle.

Each person then picks up a new plate and writes an idea of a way to bust the barrier or to support someone to have a Pap smear. Play the game for about 5 minutes. Then each person picks up a plate and reads the barrier and the barrier buster.