

Activity: Prostate Cancer Screening Information

Objective: Increase knowledge about prostate health and wellness.

Helpful Materials: One copy of *Section 3: Cancer Screening & Detection* per participant, 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: Ask participants to read through the “Prostate Health” section of *Section 3: Cancer Screening & Detection* of the *Cancer Clear & Simple* curriculum and:

- Underline messages they want to remember.
- Star messages that they really like.
- Put a “?” where something is confusing or they want to know more.

After participants have an opportunity to look at the “Prostate Health” section, ask them to share what they have underlined and starred. As people share their ideas, have everyone look at those pages. Then ask people to tell what their “?” are and provide the missing information or let people know where to find that information. If you do not know the answer to a question you can say that you do not know and either look for an answer or have them ask their health care provider.

If the educational session has a men’s health and wellness focus, Facilitators can use more comprehensive materials, like the CDC’s *Prostate Cancer Screening: A Decision Guide*, which can be found at <http://www.cdc.gov/cancer/prostate/pdf/prosguide.pdf>