INTRODUCTION

Purpose

Manitoba Breast & Women’s Cancer Network’s (MBWCN) Adolescent Breast Health Resource Package (BHR) was created to raise awareness for adolescent girls about breast health with a focus on risk reduction for breast cancer. The BHR provides interactive, age appropriate activities that reflect current, evidence-based core messages. These messages address issues of breast cancer, genetics, physical activity, nutrition, alcohol, tobacco use, information gathering/mythbusting, breast anatomy and development, breast and body familiarity and healthy decision-making.

Rationale for the Adolescent Breast Health Resource Package

In 2006, over 22,000 women were diagnosed with breast cancer in Canada. 810 of these women came from Manitoba. By administering evidence-based education and awareness about risk-reducing lifestyle factors, we may empower adolescent females to make the appropriate decisions and changes throughout their lifetime to reduce their risk for developing breast cancer. A school and community-based resource package provides this initiative with the capacity to reach the largest number of adolescent girls in Manitoba.

Lessons

The BHR consists of the following lessons:

- Lesson 1: What is Breast Cancer?
- Lesson 2: Reduce Your Risk
- Lesson 3: Breast & Body Familiarity

Planning and Delivery Procedures for the Adolescent Breast Health Resource Package

The following are some relevant items to consider when planning the delivery of the BHR.

Time Allotment

Each lesson should take approximately 30 – 40 minutes to deliver, for a total of two to two and a half hours to deliver the entire BHR. Each lesson provides a variety of suggested learning activities to deliver. It is recommended that two to three learning activities be carried out to facilitate the learning outcomes for each lesson.

Order of Delivery

The order in which the suggested learning activities appear in each lesson symbolize the order in which they are recommended to be delivered. For example, the first one or two learning activities represent activities for which participants thoughts about the subject
matter are *activated* and/or knowledge may be *acquired*. The latter suggested learning activities represent activities for which a participant may *apply* their knowledge.

**Lesson Templates**

Suggested Lesson Templates are provided for teachers to assist with lesson planning, and to avoid overlap between the learning outcomes of each suggested learning activity.

**Age Appropriateness and Gender Suitability**

The BHR is most suitable to be delivered to adolescent girls between the ages of 15 and 18. The BHR can, however, be delivered to women of any age.

It is recommended that a female facilitate the BHR.

**Important Message About Breast Self-Examination (BSE)**

In recent years, there has been a shift away from a "practice breast self-examination (BSE)" message to a "know how your breasts look and feel" message. Before delivering the BHR, teachers are strongly encouraged to read "Important Message about Breast Self-Examination" (FR-9) for the most recent information about this important health consideration. For questions and/or clarifications about this shift in messaging, please contact the Breast Cancer Centre of Hope, CancerCare Manitoba.

**The Adolescent Breast Health Resource Package Tool Kit**

The BHR Tool Kit contains items for which some of the BHR learning activities require. These items are available for loan through CancerCare Manitoba Breast Cancer Centre of Hope. The BHR Tool Kit contains the following item(s):

1. **Breast Model** (Lesson 3: Breast and Body Familiarity, suggested learning activity #6). Available for loan at:

   CancerCare Manitoba Breast Cancer Centre of Hope  
   Phone: (204) 788-8080  
   Toll Free: 1-888-660-4866  
   Email: hope@cancercare.mb.ca

**Participant Evaluation Tools for the Adolescent Breast Health Resource Package**

In addition to the assessment tools provided in each lesson part, please see Breast Health Evaluation (PR-24) to evaluate knowledge uptake for the entire BHR. A facilitator reference is provided (please see Breast Health Evaluation Facilitator Reference; FR-17).

**Contact**

Questions, clarifications or comments about the BHR may be directed to:
Document Content and Organization

This document contains the following sections and components:

Introduction: The Introduction explains the purpose and rationale behind the creation of the BHR, the age appropriateness of the BHR, lesson planning and delivery procedures, details about the BHR’s tool kit as well as participant evaluation tools.

Lessons:

Lesson 1: What is Breast Cancer?
Lesson 2: Reduce Your Risk
Lesson 3: Breast & Body Familiarity

Participant Resources – PR (for participant use)

- PR-1 Poster: be “P.I.N.K.” to reduce your risk
- PR-2 Breast Cancer Quiz
- PR-3 Top Twelve: Breast Cancer Messages for Teens
- PR-4 Breast Cancer Awareness Crossword
- PR-5 Resource List
- PR-6 Mythbusting Links
- PR-7 Health Links
- PR-8 Breast Cancer Risk Factors Case Studies
- PR-9 Breast Cancer Risk Reduction Personal Action Plan
- PR-10 Eating Well With Canada’s Food Guide
- PR-11 Canada’s Physical Activity Guide to Active, Healthy Living
- PR-12 Snack Attack
- PR-13 Breast Anatomy Diagram (Labeled)
- PR-14 Breast Anatomy Diagram (Unlabeled)
- PR-15 Anatomy, Function and Development of the Female Breast
- PR-16 Breast Changes Illustrations
- PR-17 Breast Changes Descriptions
- PR-18 Breast Model Learning Guide
- PR-19 Bra Basics
- PR-20 Breast Brainstorm Tic Tac Toe Chart and Breast Condition Cut-Outs
- PR-21 Assessment: Anatomy, Function and Development of the Female Breast
- PR-22 Breast Familiarity Assessment
- PR-23 Breast Health Links
- PR-24 Breast Health Evaluation

Facilitator Resources – FR (for facilitator use)

- FR-1 Breast Cancer Facilitator Reference
- FR-2 Breast Cancer Trivia Question Sheet
- FR-3 Breast Cancer Fact/Factors, Myths or Gray Areas
- FR-4 Breast Cancer Quiz Facilitator Reference
- FR-5 Breast Cancer Risk Factors
- FR-6 Finding Accurate Information and Interpreting the Statistics
- FR-7 Class Brainstorm Facilitator Guide
- FR-8 Breast Cancer Risk Factors Case Studies Facilitator Reference
- FR-9 Important Message about Breast Self-Examination
- FR-10 The Breast
- FR-11 Breast Development
- FR-12 Breast Cancer Signs and Symptoms
- FR-13 Breast Changes Facilitator Reference
- FR-14 Breast Brainstorm Tic Tac Toe Facilitator Reference
- FR-15 Performance Task Assessment Tool: Anatomy, Function and Development of the Female Breast Facilitator Reference
- FR-16 Breast Familiarity Assessment Facilitator Reference
- FR-17 Breast Health Evaluation Facilitator Reference

Power-Point Presentations

- Lesson 1: What is Breast Cancer?
- Lesson 2: Reduce Your Risk
- Lesson 3: Breast & Body Familiarity
- Blink Breast Anatomy
- Breast Health Jeopardy

Appendices

Appendix A: Glossary of Terms
Appendix B: Instruments for Evaluation
Appendix C: Zero Breast Cancer, Breast Cancer and Environment Peer Education Tool Kit
Appendix D: Manitoba Breast & Women’s Cancer Network
Appendix E: Breast Health Fair Planning Kit

References