

**Unit//Level: Reduce Your Risk of Cancer**

**Objective**

Ps will learn the 5 ways you can reduce your risk of cancer  
Ps will talk about each of the 5 steps and how they can work them into their lives.

**NOTE TO FACILITATOR**

Depending on your schedule and the level of your Ps, this topic could be spread a number of sessions/weeks or even an entire 10-week term. Here is a suggested schedule for 6 weeks:

**Session 1** – Intro to the 5 steps, and today we're going to talk about Move/Exercise

**Session 2** – Review Move/Exercise, then introduce healthy Eating

**Session 3** – Review healthy eating, introduce Avoid Nicotine products

**Session 4** – Review Avoid Nicotine, introduce Protect against the Sun

**Session 5** – Review Sun protection, introduce Get Checked

*NOTE: Depending on the cultural background of your Ps, you may find it prudent to have discussions of Get Checked/Screening for women and men separately. Having said that, be sure to review with the women the screening info for men because women are often the influencers and can encourage their spouse/partner to get screened*

**Session 6** – Review all the 5 ways to reduce your risk.

**Materials**

- **Facilitator resource – Facts about the 5 Steps to Reduce your Risk (Foundation/Beginner)**
- **FLASHCARDS – Things you can do to help reduce your risk of cancer (Foundation/Beginner)**
- **WORKSHEET – Find someone Who (Bingo)**
- **FLASHCARDS – Exercise for Seniors**
- **Realia – Recent Flyers from a grocery store for healthy eating**
- **Realia – New (2019) Canada Food Guide**
- **WORKSHEET – Smoking in Manitoba – the Law ('rules')**
- **WORKSHEET – What Happens When You Stop Smoking**
- **PUT IN ORDER – What Happens When You Stop Smoking**
- **HANDOUT – UVA and UVB Rays**
- **WORKSHEET – How to read a Sunscreen label**
- **WORKSHEET SPF Questionnaire**

**Step 1 Warm Up (15 minutes)**

Introduce the idea of reducing your risk of cancer

- Write "Cancer" on the board – ask if they know this word. Do any Ps know anyone who has had cancer?
- Explain that "Cancer" used to be a terrible thing. However now if it can be caught early it can often be treated and people can live long, healthy lives.
- Depending on what Session you are doing, write any new words on the board such as: **nutrition, diet** (as in the type of foods that people or a community regularly eats, NOT weight-loss); **exercise, active; nicotine, second-hand; UV Rays, SPF, sunburn, suntan, melanoma; screening, pap test, mammogram,**
- Tell Ps you are going to learn about how to reduce your risk of cancer.

**Step 2 Work out (60 minutes)**

**1. Learn about the 5 steps to Reduce Your Risk of Cancer**

FLASHCARDS – Things you can do to help reduce your risk of cancer. (Overview)

**GROUP WORK – Find someone who Bingo**

- The first person to fill in all the spaces wins.
- Make sure you as facilitator participate as well.

**2. Move / Exercise / Be Active**

**DISCUSSION TOPIC FOR WORKOUT:**

- **FLASHCARDS** – Exercise for Seniors
- **PAIR WORK** (different L1s) Discuss ways they keep active now. What other ways can they keep active? What did they do in their home country that they can't do here?
- **REPORTED SPEECH** Report back to the group what their partner does

**3. Eat Well**

**TOPICS FOR WORKOUT:**

- **GROUP – Call to the scribe**  
What are some foods that are healthy?  
What are some foods that are not healthy?
- **PAIR WORK** - (different L1s) – REALIA -- look through the grocery store flyer and circle all the foods that are healthy. Circle the foods that are not healthy. Report back to the class.
- **PAIR WORK** (different L1s) What do they eat in their own country that is healthy? Not healthy?
- **REPORTED SPEECH** – have the pairs report back to the class what their partner said was healthy and unhealthy food in their home country
- **PAIR WORK** - have they made any changes to their diet for health reasons? Then, if they want, each person shares their own story

**4. Don't smoke or chew nicotine products and avoid second-hand nicotine smoke.**

- **HANDOUT - Review the Manitoba Law (rules)** around smoking
- **WORKSHEET – What happens when you quit smoking**  
Review the timeline  
Have them answer the Qs
- **PUT IN ORDER** Cut the same picture up so that each time frame/body change is separate from the next one. i.e:  
20 minutes/Pulse rate returns to normal  
8 hours/nicotine....return to normal  
Etc  
**PAIR Ps** (different L1s) and have them work together to put the items in ascending order of time.

- **DISCUSSION: IN PAIRS or GROUPS OF THREES** (different L1s) (If you are going to do a few of these Qs, you could group the Qs as below. You could switch the trio up or use the same for each set of Qs.
  - 1a. Is there a lot of tobacco use in their home country?
  - 1b. Smoking or chewing tobacco?
  
  - 2a. Do they allow smoking anywhere in your home country?
  - 2b. What do they know about Manitoba's non-smoking laws?
  
  - 3a. Do they now or did they ever smoke?
  - 3b. If they smoked and quit, was it hard?
  - 3c. Why did they quit?
  - 3d. How did they quit?
- **GROUP – Shout to the Scribe**
  - Report back to the entire group the results of each group's discussion

#### 5. Protect – Cover Up

##### TOPICS FOR WORKOUT

- **PAIR WORK**
  - Did they ever get a bad burn when they were children? What was that like? Did they ever wear sunscreen then?
  - Do they use sunscreen now?
  - Do they make sure their grandchildren use it?
  - How often should they put it on again?
- **PAIR WORK WORKSHEET** – How to read a sunscreen label

#### 6. Get Checked – Cancer Screening

##### TOPICS FOR WORKOUT

- **HANDOUT “Cancer Screening Saves Lives”**
  - Cancer Screening is for people who feel well
  - Can help prevent cancer by treating changes early
  - Can find cancer early when treatment may work better
- **DISCUSSION - PAIR WORK** (same gender, different L1s)
  - Do they go to their doctor regularly? (Once a year)
  - Do they go to their dentist regularly (Once a year)
  - Women – have they ever had a mammogram, pap test?
  - Men – have they had their prostate checked?
  - Women and Men – have they had their colon checked?

#### **Step 3 Cool Down (15 minutes)**

Check their progress:

- Review what they have learned by asking various questions about the topic you focussed on today