

High School Health Grades 9-12



Lesson: Cancer Education for Teens

The Model: CET is an e-Learning program using online and interactive modules that are accessible from any type of device. Evidence-based educational strategies, interactive format, reflective questions, and short videos are used to engage the student. The online program guides students through the lesson with audio and video. Students may have their own individual login to complete the course at their own pace or teachers may choose one class login and go through the lesson together. Individual accounts require a computer lab setting or individual access to their own computer/tablet.

Introduction:

Cancer is a sensitive subject and can be hard to talk about. Some students may have a personal or a familial experience with cancer. Remind students to be mindful of each other's experience and to support one another. Give students warning about graphic images in the presentation, mostly during the tobacco section.

Duration: One 50-minute class period

Learning Objectives:

- Understand the biology of cancer and how it impacts teenagers.
- Understand cancer risk factors, including obesity, tanning, tobacco use, and HPV.
- Learn empowerment techniques that encourage healthy lifestyles, including exercise and nutrition.
- Examine communication and coping skills that can be applied to any chronic disease.

Learning Standards Addressed:

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

Relevance: Cancer is rare in teens; however choices that are being made during youth affect the likelihood of developing cancer as an adult. Experts say two-thirds of cancers could be prevented by lifestyle choices such as diet and exercise, sun protection, and abstaining from tobacco products. Skin cancer is on the rise in teens and young adults and the rate of HPV vaccinations is low. The classroom is the best forum to reach large numbers of youth with the support of their classmates and teachers. This is important learning because cancer is an issue that affects most teens.

Materials Needed:

- CET login username and password
- Computer or tablet access with online capabilities.

If you encounter trouble accessing technology please consult with CET team for other available options.

Resources:

- Teacher's Guide
- Resource Sheet 1 – Discussion Questions
- Resource Sheet 2 – Follow-up Activities
- Resource Sheet 3 – Skin Cancer Self Check

Reflection: Students will be prompted online to take a survey after completion of the lesson to assess what they have learned and what changes they plan to make. Surveys are anonymous. Teachers have the ability to track students' completion of the program and class reports are available upon request. CET team provides ongoing follow-up and support.