The Model: The Cancer Happens main course is a cancer education and risk reduction lesson that provides teens with the knowledge and tools to reduce their own cancer risk. The lesson is available in two formats: in-person presentation by Cancer Pathways health educator(s) or eLearning modules.

Introduction: Cancer is a sensitive subject and can be hard to talk about. Some students may have a personal or familial experience with cancer. Remind students to be mindful of each other’s experience and to support one another.

Duration: One 45-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.
- 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 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

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 cancer 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 vaccination 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 with eLearning format:
- Teacher and/or Student account registration, provided online at no cost
- Computer or tablet device with internet access
- All teachers are provided with an online account whether they implement the program in-person or through eLearning.
Resources:

- Resource Sheet 1: Discussion Questions
- Resource Sheet 2: Follow-up Activities
- Resource Sheet 3: Skin Cancer Self-Check

Reflection: Students will complete an anonymous survey either online or paper format. Teachers are given the opportunity to complete a survey and encouraged to utilize supplemental resources in their online account. If students use the eLearning format, teachers will be able to track completion of course for each student. No student information is gathered or needed for the utilization of our course. The Cancer Pathways team provides ongoing follow-up and support as needed.