

# BREAST CANCER AWARENESS PROGRAM PACK



Program Age Levels: Junior, Cadette and Older

Purpose: To arm girls with information so they can take better care of their bodies and help educate others.





## BREAST CANCER AWARENESS PROGRAM PACK

Girl Scouts of Silver Sage Council  
1410 Etheridge Lane  
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(208) 377-2011 or (800) 846-0079  
[www.girlscouts-ssc.org](http://www.girlscouts-ssc.org)

**Program Age Levels: Junior, Cadette and Above**

**Purpose: To arm girls with information so they can take better care of their bodies and help educate others.**

**Requirements: All levels need to complete the first two activities plus 4 others.**

### **Who is at risk for breast cancer?**

All women are at risk for breast cancer. It now causes more deaths among women than any other form of cancer except lung cancer. Many breast cancers may be curable if they are found early.

### **Why should Girl Scout Troops learn about breast cancer?**

Since we don't yet know what causes breast cancer or how to prevent it, the best protection is to detect it as early as possible. The earlier young women learn to perform breast self-examinations and about healthy lifestyles, the more likely it is that they will be able to detect any changes in their breasts and seek medical attention. Also, as Girl Scout Troops work on the patch, they will help educate their friends and family members about this important topic.

### **Activities**

- 1. Find out about the risk factors for breast cancer.** What role does your family history and lifestyle play? How many women contract breast cancer each year?
- 2. Complete a family medical history?** Find out about the health of your parents, your aunts and uncles, and your grandparents. Write down their significant health risks, such as heart disease, diabetes, strokes, cancer, and any other important health factors. This is for the girl's information only and does not need to be shared with the group.
- 3. Visit a radiology center or OB/GYN office to find out about mammography.** Find out when women should begin to have mammograms and how often they should have them. How long do they take? Have the radiologist or radiotherapist tell the girls about his/her job. What does she/he do? What are the positive and negative aspects of the job?
- 4. As a service project, distribute informational materials on breast cancer to two or more women.** You might consider sharing your knowledge with your mom, older sisters, aunts, grandmothers, neighbors, and friends. Materials can be obtained from the council office or from the American Cancer Society.

5. **Help out with the American Cancer Society's "Relay For Life" or "Race For the Cure" walk/run.** Girls can help with mailings, serve refreshments to participants, help with set up or clean up, distribute brochures and flyers, and much more. Contact your local American Cancer Society office for the dates and locations of the events near you.
6. **Watch a video on breast self-examination.** You can borrow the videos "Breast Self-Examination For Teens" and "New Breast Self-Examination" from the American Cancer Society office. Some video stores may carry them as well.
7. **Learn about the signs and symptoms of breast cancer.** Find out about the three-step early detection program recommended by the American Cancer Society and other leading health organizations.
8. **Find out about the most current treatments for breast cancer, and the pros and cons of each treatment.** Sources of information might include oncology doctors and nurses, radiologists, and the internet.
9. **Invite a breast cancer survivor to come and speak to your Troop about her experience.** The American Cancer Society can put you in touch with survivors who are willing to speak to groups.

# Passionately Pink for the Cure®

More than the color for breast cancer awareness, **pink** represents the promise between two sisters to find a cure for breast cancer. That promise started Susan G. Komen for the Cure and ignited the passion of millions to create a world without breast cancer.

Today, Komen for the Cure is the world's largest grassroots network of breast cancer survivors and activists fighting to save lives, empower people, ensure quality care for all and energize science to find the cures. Thanks to events like Passionately Pink for the Cure®, we have invested nearly \$1 billion to fulfill our promise, becoming the *largest* source of nonprofit funds dedicated to the fight against breast cancer in the world. [Learn more about Komen's mission.](#)



## How can you join the fight?

[Become a Passionately Pink for the Cure team captain!](#) Passionately Pink for the Cure is a simple awareness and fundraising program that begins on October 1, 2007. It's a great way for you to show your support for the cause during National Breast Cancer Awareness Month. Passionately Pink for the Cure is an easy, creative program that will have everyone seeing pink everywhere you look – every day in October – encouraging millions of people nationwide to get involved in the promise for the cure.

**We need your support!** In 2006, more than 700,000 individuals were Passionately Pink for the Cure, helping raise \$3 million to fund Komen's promise. Our hope for 2007 is to raise at least \$5 million through **ONE MILLION** participants. We can't do it without your help.

## Are YOU passionate?



- **Anyone can participate!** Recruit your co-workers, religious or social group, school, friends and family members to join your group, and [register your group](#).
- Pick your day (or days), anytime during the month of October, to wear pink and make a \$5 (or more) personal donation to Komen for the Cure.
- Registered groups receive a participation kit that includes [posters](#) to promote your day, participant booklets, [breast health information](#) and Passionately Pink for the Cure pins for your participants to wear to show their support for the cure!

For more information, please email [passionatelypink@komen.org](mailto:passionatelypink@komen.org) or call (972) 855-1600.

Use this chart to organize your troops chosen activities to accomplish this program.

Activity	Materials Needed
Example #1	List of Emergency Numbers, Poster Board, Markers

## PROGRAM PACK EVALUATION

Troop \_\_\_\_\_ Service Unit \_\_\_\_\_ Age Level \_\_\_\_\_

Leader's Name \_\_\_\_\_

Address \_\_\_\_\_

Street City Zip \_\_\_\_\_

Phone (h) \_\_\_\_\_ (w) \_\_\_\_\_

Our troop of \_\_\_\_\_ girls worked on and completed the \_\_\_\_\_

\_\_\_\_\_ Patch Program.

Please complete the following evaluation with responses from the girls.

1. Why did you choose this program? \_\_\_\_\_

\_\_\_\_\_

2. How much time did you spend on it? \_\_\_\_\_

3. What outside resources did you use? (people, facilities, equipment, etc.) \_\_\_\_\_

\_\_\_\_\_

4. What part did you like best? \_\_\_\_\_

\_\_\_\_\_

5. What would you do differently another time? \_\_\_\_\_

\_\_\_\_\_

6. What are some things you learned to do for the first time or better? \_\_\_\_\_

\_\_\_\_\_

7. How did the adults feel about the program? \_\_\_\_\_

\_\_\_\_\_

Patches may be purchased through the council.

Other Program Packs Available

PROG001 SAFE AND SOUND AT HOME ALONE  
PROG013 SIGN LANGUAGE  
PROG015 RIDE THE OREGON TRAIL (THIS IS A COUNCIL OWN BADGE)  
PROG016 VALUING DIFFERENCES  
PROG018 GOOD TURN PROJECT  
PROG029 ONE WARM COAT  
PROG035 LEWIS AND CLARK  
PROG036 HAND IN HAND  
PROG060 MILK: IT DOES A BODY GOOD  
PROG063 BROWNIE SMILES  
PROG064 INTERNATIONAL FRIENDSHIP: COUNTDOWN TO THINKING DAY  
PROG065 DIMES FOR DAISY  
PROG066 HEALTHY LIVING  
PROG067 BULLYING STOPS HERE  
PROG068 BREAST CANCER AWARENESS  
PROG075 TREASURED MEMORIES  
PROG086 CHICAS  
PROG140 IDAHO POTATO (THIS IS A COUNCIL OWN BADGE)  
PROG149 SEW EZ

