

Weller Health Education Center

BSE: Better Start Early
Growth and Development
Grades 9-12

Table of Contents

Program Objectives	2
English Activity	3
Math Activity.....	4
Large Group Activity.....	5-6
Answer Keys.....	7
Note to Teacher	8
Connection with Home: Letter to Guardian	9



Program Objectives

Program Description:

Review reproductive health and hygiene, breast cancer symptoms and risk factors and the importance of early detection. Using anatomical models, students practice the technique of breast self-exam.

Standards:

PA 10.1.9ae, 10.1.12ab; 10.2.12a

NJ 2.1.8a; 2.1.12ab, 2.2.8b, 2.2.12b

Objectives:

Upon completion of this program, students will:

1. Review the female reproductive system;
2. Discuss 3 reasons to demonstrate the importance of taking care of reproductive health;
3. Identify 3 facts about breast cancer; and,
4. Demonstrate with the use of models how to perform a BSE.

Terms:

Breast Cancer—the result of uncontrolled cell division

BSE--Breast Self Examination

Egg cell—the female sex cell; contains ½ of the genetic information for a human life

Fallopian tube—the delicate hollow structure which conducts the egg cells from the ovary to the uterus

Hormones—chemical messengers that influence changes in the body

Hygiene—the conditions or practices (as of cleanliness) conducive to health

Menstruation—the shedding of the soft, nest-like blood filled lining of the uterus because no egg cell has been fertilized and implanted

Mood swing—a quick change of a person's feelings from one extreme to another, e.g. happy to sad

Ovaries— two almond shaped glands of the female reproductive system; they store and release egg cells and manufacture various hormones

Ovulation— the release of the mature egg cell from the ovary; it usually occurs at about the midpoint of the monthly cycle



Pituitary gland– a tiny gland located at the base of the brain which signals puberty

PMS (Premenstrual Syndrome– the name given to symptoms females may experience 1-14 days before menstruation begins

Puberty– the beginning of adolescence, which is marked by increased hormonal activity

Reproductive system– the system of the body which enables us to carry on our own kind

TSS (Toxic Shock Syndrome)–an acute disease that is characterized by fever, diarrhea, nausea, and shock, that is associated especially with the presence of a bacterium (***Staphylococcus aureus***), and that occurs especially in menstruating females using tampons

Uterus– the strong, stretchy, muscular part of the female reproductive system which expands to allow for the growth and development of a baby

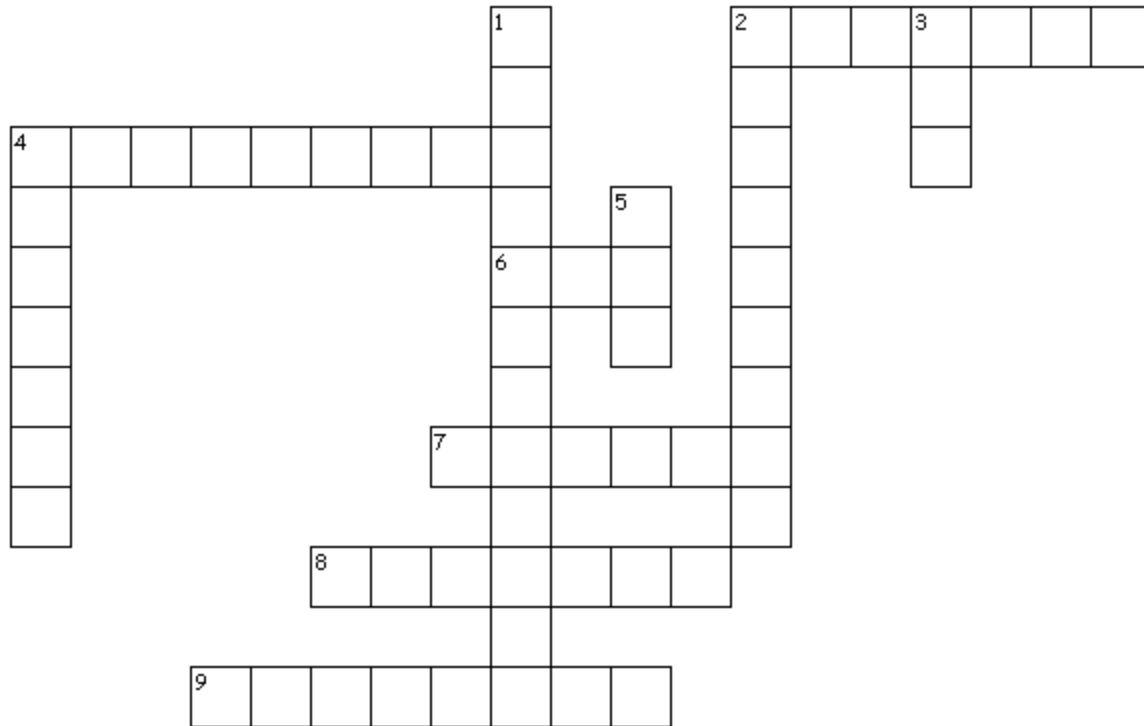
Vagina– the external opening of the female reproductive system



Crossword Puzzle

Directions:

Use the terms in the word bank to answer the clues below and fill in the crossword puzzle



Across

2. Beginning of adolescence
4. Release of mature egg cell
6. Toxic Shock Syndrome
7. Result of uncontrolled cell division
8. Cleanliness
9. Chemical messengers

Down

1. Shedding of lining of uterus
2. Gland which signals puberty
3. Female sex cell
4. Store and release egg cells
5. Breast Self Exam

Word Bank

- ovulation
- ovaries
- BSE
- pituitary
- menstruation
- hormones
- egg
- hygiene
- cancer
- TSS
- puberty



Math Activity

Directions:

1. Complete the math problems in Part I
2. Use the answers to Part I to fill in the statistics about Breast Cancer in Part II.

Part I

1. 96 is _____ % of 3200
2. $50 \times (113+87) =$ _____
3. What was the original cost of the home if \$625,000 was paid over a period of 30 years and the interest rate was 5% per year? _____
4. Max was born in 1922, 10 years later than his brother Sal was born. Sal was 7 years younger than his oldest brother Alfredo. How old was Alfredo in 2005? _____
5. 5, 10, 20, 30, 55, 80 What is the mean? _____

Part II

1. This year in the US, about _____ young women under 40 will be told they have breast cancer.
2. Over _____ women under the age of 40 are living with breast cancer.
3. Most women don't need mammograms until they are _____ years old.
4. You should ask your health care provider to check your breasts at least every _____ years starting at age 20.
5. There are over _____ types of breast cancer.



Decision-Making Activity

Background:

With every decision come consequences, either positive or negative. Before a decision is made is the time to consider all the consequences. It is only after these have been considered that you can make an informed decision. There are times that even after careful consideration, unplanned or unforeseen events can impact a decision that has been made with either negative or positive consequences that have not been anticipated. Students need to know that it is only by using the decision making process that they can live their lives through choice rather than by chance.

Materials:

- Masking tape
- A penny, button, paper clip or some other small object for every two people
- Whistle
- A coin

Activity:

1. Use masking tape to create a starting and finishing point about 25-30 feet apart.
2. Have everyone get a partner.
3. Give each pair one penny or some other small object.
4. Designate one partner A and one B.
5. Have all A partners line up at the starting point with partner B standing next to them. Have the B partner take the small object and with their hands behind their back put the small object in either the right or left hand.
6. Have partner A guess which hand the object is in, if they are correct they get to take one heel to toe step toward the finishing line. If they get it wrong they don't move.
7. Have them do this a few times or until they are about halfway to the finish line and have partner B keep track of how well A is doing (1 for 1, 2 for 3 etc.)
8. Discuss briefly how it is to make a decision based on no information.
9. Once they are about halfway add a whistle component to the activity.
10. Blow the whistle periodically and every time it is blown it means double, triple, or quadruple the consequences. So if on that round they got it wrong they take 2, 3 or 4 steps back if they got it right they take 2, 3, or 4 steps forward (whatever you determine.)

***This demonstrates how sometimes outside circumstances that they have no control over can increase the consequences.



Discussion:

What are some decisions we make regarding our reproductive health?

What are some consequences of poor decisions?

What are some consequences of good decisions?

How do you know if you have enough information to make an informed decision?

Where can you get additional information to help you make an informed decision?

What kinds of people would be helpful to get information from?

Are there risk factors for breast cancer that can be controlled?

Are there risk factors that cannot be controlled?

How can you handle outside circumstances that you have no control over?



Math Activity Answer Sheet

Part I

1. 96 is (3) % of 3200
2. $50 \times (113+87) =$ (10,000)
3. What was the original cost of the home if \$625,000 was paid over a period of 30 years and the interest rate was 5% per year? (250,000)
4. Max was born in 1922, 10 years later than his brother Sal was born. Sal was 7 years younger than his oldest brother Alfredo. How old was Alfredo in 2005? (100)
5. 5, 10, 20, 30, 55, 80 What is the mean? (40)

Part II

6. This year in the US, about (10,000) young women under 40 will be told they have breast cancer.
7. Over (250,000) women under the age of 40 are living with breast cancer.
8. Most women don't need mammograms until they are (40) years old.
9. You should ask your health care provider to check your breasts at least every (3) years starting at age 20.
10. There are over (100) types of breast cancer.

Note to teacher- the following letter is intended for your students to take home as a follow-up for the days program. Please copy and distribute as you see fit in order to enable caregivers of students to reinforce the lesson of this program effectively.



Weller Health Education Center

Dear Caregiver,

Your child has participated in a program called “Better Start Early” presented by the Weller Health Education Center. This program reviewed female reproductive health and proper hygiene before addressing the importance of monthly breast self-exams. The students learned about the possible risk factors for having breast cancer as well as how to lower their risk of disease by managing controllable factors. The program emphasizes early detection and knowing what is normal for our bodies. The Weller Health Education Center promotes the importance of monthly self-breast exams as a key factor in reducing the risk associated with breast cancer.

It is important for parents to address the seriousness of breast cancer with their daughters. 12.03 percent of women born today will be diagnosed with breast cancer at some time during their lifetime. This percentage can also be expressed as 1 in 8 women. Although breast cancer in teens is extremely rare, it's still wise for girls to learn how to perform breast self-examinations (BSE) and to learn what is “normal” for them so they may be able to better detect a problem in the future. Getting in the habit of a monthly breast self-exam will increase the chance that the behavior will continue as they age.

Below you will find some sample activities to guide you in taking steps to improve your family’s health. These activities can help to continue the message started today in our program. For additional resources you are welcome to utilize the parent, teacher and student resource links found on our website at www.wellercenter.org.

Sample Activities:

- 1) Start moving! A new study suggests that women's breast cancer risks, in particular, can be greatly reduced if they begin incorporating exercise into their lifestyle as early as their preteens and teens.
- 2) Encourage the breast self-examination to be a monthly habit to encourage good health.
- 3) Tell your daughter that she can come to you with any questions or concerns. To further educate yourself as a parent, visit the www.kidshealth.org to answer any of your questions.
- 4) Have your daughter go see an OB/GYN when they turn 18 or earlier if they have questions or are experiencing reproductive problems.

Yours in good health,

Weller Health Education Center