

SRE LESSON PLAN

The importance of Self-examination (Testicular, Breast & Cervical Cancer)

**Suggested
Year Group 11**

Unit Aims: To provide information about breast cancer and cervical screening & to provide information about testicular cancer.

To understand the importance of regular self-examination.

Lesson duration: 1 hour

Organisation: Mixed Sex

Resources required:

- ✓ *Cancer Quiz*
- ✓ *Breast, Testicular and Cervical Cancer Factsheets*
- ✓ *Self Examination PowerPoint Presentation*
- ✓ *Finding the lump body resources.*
- ✓ *'Know Your Balls' DVD*
- ✓ *'Breast Awareness' DVD*

Intended Learning Outcomes:

- Consider why victims of abuse or violence do not leave their partners.
- To raise awareness around Child Sexual Exploitation and where to go for help
- Increase their knowledge of issues relating to abuse within relationships.

Introduction:	Time	Grouping
<p>1. Establish/Recap Ground Rules In a circle, go through the ground rules that you have set for these lessons. Ensure you explain - don't ask personal questions, confidentiality and the right to pass.</p>	5 mins	Whole Group
<p>2. Cancer Quiz Explain that the lesson is going to explore how to self-examine and where to go for help. Divide the group in to small groups and ask them to decide which facts are true in using the <i>Cancer Quiz</i>. Using the points below and the <i>Breast, Testicular and Cervical Cancer Factsheets</i> feedback to the class that all facts are true.</p> <p>Testicular cancer</p> <ul style="list-style-type: none"> • There are no known causes; however, there are several factors that can increase the risk of developing it e.g. medical history, having a brother or father with testicular cancer, ethnic background. • In the UK, it is more common in white men than any other ethnic group. • Fewer than 4 in 100 testicular lumps are cancer. • Monthly self-examination is best for early detection. <p>Breast Cancer</p>	20 mins	Whole Group

<ul style="list-style-type: none"> • There is very little known about what causes breast cancer. It is thought to be a combination of our genes, lifestyles and environments. • The most recent estimates suggest that over half a million women are alive in UK having had a diagnosis of breast cancer. • More women than ever now survive due to better awareness, screening and treatments. <p>Cervical Cancer</p> <ul style="list-style-type: none"> • This is caused by human papillomavirus or HPV. • It can be very serious and around 1000 women die from it every year in the UK. There are over 100 types of HPV, but only 13 of them are known to cause cancer. The others cause conditions like genital warts and are harmless. The virus is common and can be caught by being sexually active with another person who already has the virus. Because it is so common, most people will get infected at some point in their lifetime. Most of the time, the virus does not cause cancer because it is killed off by the body's immune system, but not always. • There is a vaccine available to help protect against HPV. The class will have been offered this in school by the school nurses previously (when they were in Year 8). If there is anyone who has not had the vaccine who wishes to have it, they will need go to their GP. 		
<p>3. Self Examination PowerPoint Go through the <i>Self Examination PowerPoint</i> Presentation with the class. The PowerPoint discusses cervical, breast and testicular cancer.</p>	25 mins	Whole Group
<p>4. DVD of self-examination – ‘Know your balls’.</p>	15 mins	Whole Group
<p>5. Breast Awareness DVD - Breast sense (Schools can decide whether to show the different DVD's to Male/Female or show to mixed group to ensure young people are aware of both sexes risks of cancer.)</p>	15 mins	Whole Group