



# GIRL SCOUTS OF CITRUS COUNCIL BREAST CANCER AWARENESS PROGRAM





## Breast Cancer Awareness Patch Program

### Introduction

Juliette Gordon Low, the founder of the Girl Scouts of the USA, died from breast cancer at a time when the words “breast” and “cancer” were not spoken in “polite company.” Now, the newest generation of the organization she founded can become more and more involved in raising awareness to help girls and women cope with its impact on their families and on their own health as well. And like so many other serious illness, breast cancer affects not only the patient, but the patient’s family.

### Purpose:

This patch program is designed to promote health awareness among girls and young women. Participants will learn about the importance of breast health awareness. All ages are invited to participate in this program. Patches may be purchased at the GSC Shop.

Girl Scout Daisies must complete requirement 1 in all 3 categories

Girl Scout Brownies must complete requirement 1 in all 3 categories and at least 1 other requirement

Girl Scout Juniors must complete requirement 1 in all 3 categories and at least 2 other requirements

Girl Scout Cadettes, Seniors and Ambassadors must complete requirement 1 and 1 other requirement in all 3 categories

Contact the Girl Scouts of Citrus to order the patches once they have completed the requirements



## **DISCOVER**

- 1. Learn and name the five ways to reduce your risk of breast cancer.**
- 2. Play Breast Bingo**
- 3. Complete the Breast Awareness Activity Book**
- 4. Watch a video on breast self-examination. You can find videos on YouTube or check with any community health organization**
- 5. Learn about the signs and symptoms of Breast Cancer. Create a poster to help share the information that you learned.**
- 6. Discover current treatment methods for Breast Cancer and review the pros and cons of each method.**
- 7. Do a Family Medical History Activity and find your family history regarding Breast Cancer.**



## **Connect**

- 1. Interview a breast cancer survivor (include at least 5 questions) and share your results with your troop.**
- 2. Invite a breast cancer survivor to speak at one of your troop meetings.**
- 3. Visit a radiology center or OB/GYN to learn about mammography. Learn when women should begin having mammograms and how often, how long they take, do they hurt? Etc.**
- 4. Create a Get Well Card or a Card of Hope for breast cancer patients and visit them in the hospital or treatment centers or send card in the mail. You can also create cards and give to these locations to help encourage women who are battling the disease.**
- 5. Make Pink Ribbons at a troop meeting and distribute to women in the community to remind them to get a mammogram and to show support to finding a cure.**
- 6. Read a biography of a woman who has been a pioneer in educating the public about breast cancer. Share this woman's story with others.**
- 7. Talk to a health professional who works with women with breast cancer. Ask them why they chose that profession and why they enjoy their career.**












## Take Action

1. Make Beads of Hope Bracelets and give to 5 people. Ask them to take the Mammogram Pledge. Turn cards into your troop leader.
2. As a service project, distribute information about breast cancer to two or more women. You might consider sharing your knowledge with your mom, older sisters, grandmother, aunt, neighbors or friends.
3. Help at a community Breast Cancer Awareness run or event in your community. Girls can help with mailings, serve refreshments, help with set up and clean up, distribute brochures or flyers.
4. Draw/Write/Create something about Juliette Low and breast cancer/health.
5. Make Breast Cancer Awareness signs using the P.I.N.K. letters to spread your message: (See Sample in packet)
6. October is Breast Cancer Awareness Month. design a poster, bookmark, or display incorporating important facts for all women to know about breast cancer. Contact a local organization, library, doctor's office or Girl Scout troop to share or display your project.
7. Coordinate a blood/platelet drive to benefit cancer patients or create a resource list of locations, hours and eligibility requirements for interested donors



## **Breast Cancer Facts**

-  **Breast cancer occurs in both men and women**
-  **About 230,000 women will be diagnosed with breast cancer this year.**
-  **About 39,000 women will die from breast cancer this year.**
-  **Breast cancer is the 2<sup>nd</sup> most deadly form of cancer in women**
-  **Most common risk factors is being female and getting older**
-  **About 95% of all breast cancers in the US occur in women 40 years of age and older.**
-  **Breast cancer can affect anyone regardless of their age, race or where they live.**
-  **There are more than 2.9 million breast cancer survivors alive in the U.S. today, the largest group of cancer survivors in the country.**
-  **One in eight women in the US will be diagnosed with breast cancer in her lifetime.**

# EXERCISE LOG



Exercise Log For: ..... Week Of: .....

In the table below, list the different exercises you choose (e.g., biceps curls, squats, crunches), followed by the number of sets and repetitions you plan to work on that week for each exercise. Then check off that exercise as you complete it each day.



Exercise	Set/Reps	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Write in any other activities here and the time spent doing them each day (e.g., walking the dog, jogging around the school track).

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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## Exercise!

Experts recommend that most of us get 30 minutes or more of moderate to vigorous activity every day. Keeping an exercise log is a great way to stay motivated and reach exercise goals.

An exercise log keeps track of what you do, allowing you to see patterns in case you are not meeting your exercise requirements. If you notice you always skip your Friday routine, for example, you can schedule that routine for Saturday instead. Best of all, your log lets you see your progress and accomplishments.

The ideal exercise program combines strength training, aerobic exercise, and stretching. Our exercise log helps you keep track of all these. If you're new to exercising, check with a coach, doctor, or trainer at your local gym for guidance on the types of exercises you should be doing.

### Strength Training

Plan to do strength training exercises 3 days a week. Take a day off in between to give muscles time to rest. Make sure your strength training routine focuses on your body's major muscle groups: upper body, legs, and core.

Warm up with some light aerobic activity before doing strength exercises and do some gentle stretches after strength training. Talk to a PE instructor, coach, or personal trainer to learn the number of sets and repetitions appropriate for your fitness level.

### Other Activities

Be sure your daily routine includes activities that get you moving and your heart pumping. These aerobic activities can be anything from walking the dog to playing a pickup game of basketball. Even dancing around your room counts, as long as it gets your heart rate up.

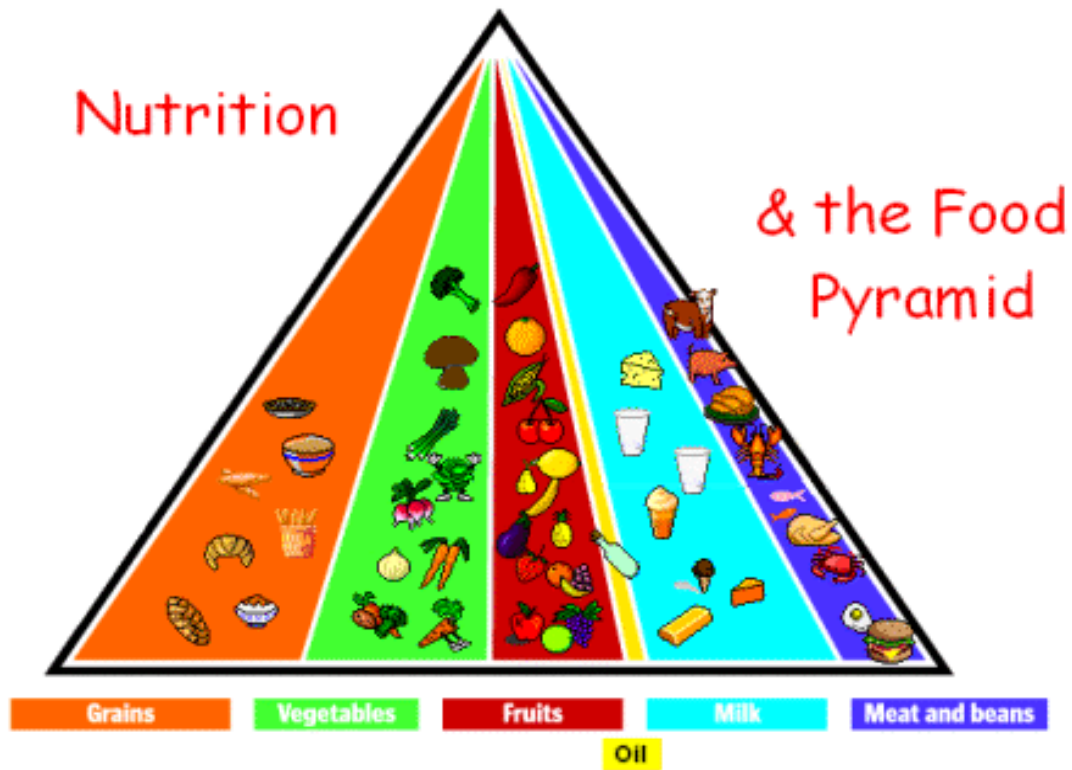
Finally, incorporate stretching for flexibility. Yoga poses are a great way to stretch muscles. Or ask a coach or gym instructor to suggest some stretches. Write these down in the "Other Activities" section of the exercise log. To prevent injury and make the most out of your routine, warm up your muscles with some light aerobic activity before stretching.

### Reflection

Bring your exercise log to your troop meeting and talk about what you learned about daily exercise: Do you feel better? Do you have more energy? How hard was it to find time to exercise? Discuss ways that you can encourage each other and others to exercise on a regular basis.



## Healthy Eating!



It is really important that you have a balanced diet of healthy foods. Eating healthy will help you grow and will prevent you from being sick. If you practice this when you are young, hopefully you will continue this when you become an adult.

Healthy eating is one of the ways that you can prevent Breast Cancer.



## Say NO to Cigarettes

Smoking cigarettes, cigars or chewing tobacco are nasty and stinky habits that can make you seriously ill, enough so that as you get older, you have trouble breathing. People who smoke cigarettes a long time often end up with emphysema or other serious diseases.

Cigarette smoking is also linked to cancer. Tobacco can cause cancer cells to form in your mouth, on your tongue, deep in your throat, in your breasts, in your lungs or elsewhere in the body. Cancer cells attack all the healthy cells and eat them up.

Cigarettes have poison in them. You would never drink or eat poison. But people who smoke are breathing in all kinds of poisons. The longer a person smokes that harder it is to quit and the more poison they breathe in.

When people avoid smoking or quit smoking they are living a healthy lifestyle. This is one of the ways to prevent Breast Cancer.



**Please take the Mammogram Pledge!**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# The 5 Ways to Avoid the Risk of Breast Cancer in your lifetime



- 30 minutes of exercise a day

- Maintain a healthy weight



- Eat a Healthy Diet



- Don't smoke



- Participate in exams and screenings when you become an adult.



# Breast Cancer

Be “P.I.N.K “ to reduce your risk!

**P** ractice what you know

- Eat healthy!
- Be active!
- Don't smoke or drink !

**I** nvestigate the information

- Know fact from fiction!

**N** know what's Normal

- Normal for your body!

**K**nowledge is power!

# Breast Cancer Awareness Patch

## Family Medical History

In each box, write the person's name, birth date, major health concern, date and cause of death if applicable.

<p>Your Mom</p>	<p>You</p>	<p>Your dad</p>
<p>Your Moms siblings</p>	<p>Your Siblings</p>	<p>Your Dad's Siblings</p>
<p>Your Mom's Mother</p>	<p>Your Dad's Mother</p>	
<p>Your Mom's Father</p>	<p>Your Dads Father</p>	



## How to make a Breast Cancer Awareness Bead of Hope Bracelet

- 1) First you'll want to buy yourself some pink and white Pony beads.** You can find these at just about any craft store, or in the craft section of stores like Walmart and Target. Pony beads are very inexpensive; expect to pay about 2 to 5 dollars for a bag of 500 to 1500 beads. You can choose the same color pink or different shades of pink. You can also include clear as well as white beads.
- 2) Next you'll need some string.** This usually isn't too far from the beads. The best kind of string to use is stretchy elastic cord, which comes in many different thicknesses. The best size for this project is around .7 mm. Any smaller is likely to break from stress and any bigger is a bit difficult to tie off effectively. You can also use yarn or lanyard material for your bracelet.
- 3) So you have your materials.** Now it's time to get to work! While it is entirely possible to just put random beads on a string and tie it off; your bracelets will look much better if you take a few minutes to plan out your design. Play around with different color combinations and patterns. Take as much time as you want to do this. Come up with a pattern that you really like before moving on.
- 4) Once you've decided on a pattern, you need to lay out that pattern and repeat it for as long as you need to make it go all the way around your wrist.** An average bracelet will have approximately 25 to 32 beads on it, depending on the size of your wrist. Small children will usually only need about 20 to 25
- 5) Once you've decided on a pattern, you need to lay out that pattern and repeat it for as long as you need to make it go all the way around your wrist.** An average bracelet will have approximately 25 to 32 beads on it, depending on the size of your wrist. Small children will usually only need about 20 to 25
- 6) Now tie it together!** Just make two good, tight square knots with your string. Try not to pull so tight that it breaks, but tight enough that it won't come undone. At this point the bracelet will still be attached to the rest of the string on the spool. Use some scissors to cut off the extra string near the knot. Now you've got a totally cool, unique bracelet.

# Breast Cancer Bingo



## How to play:

- Give each player a BINGO Sheet (there are 4 different)
- Use the Breast Cancer Bingo questions as a call sheet
- When the girls find the answer they can mark it
- Have Fun

## How to Win

- The first player to get
  - Four Corners
  - Diagonal
  - Horizontal
  - Full Card
- The winner must read back the winning statements



## Breast Health Bingo

1. What is breast cancer?

The most common form of cancer found among women in the US

2. How many women will be diagnosed with breast cancer this year?

Over 200,000

3. How many men will be diagnosed with breast cancer this year?

Over 1,600

4. What are the most important screening methods?

Mammogram, clinical breast exam & self exam.

5. Am I at risk for Breast Cancer in my lifetime?

Yes. All women are at risk.

6. What famous Girl Scout died from breast cancer?

Juliette Gordon Low

7. What is the breast cancer awareness symbol?

Pink Ribbon

8. Why is there a Breast Cancer Awareness Patch Program

To teach young girls about breast health.

9. The mission of the Susan G Komen Cancer Foundation is to get rid of breast cancer as a life threatening disease by doing what?

Research, Education, Screening and Treatment.

10. What is the average size of a lump found by accident?

The size of a silver dollar.

## Breast Health Bingo Continued

11. What is a mastectomy?

The breast is surgically removed.

12. What are the common forms of treatment? (worth 4 points)

Surgery, chemotherapy, radiation, hormone therapy

13. What is the name of the race that is held every year in October?

Race for the Cure.

14. Having a lump surgically removed from the breast is called what?

Lumpectomy

15. How can you make sure that all Breast Cancers don't always lead to death?

Early Detection

16. What are the abnormal cells that grow out of control and invade normal breast tissue?

Malignant Tumors

17. How often should a woman get a mammogram?

Annually after the age of 40

18. What is the anti-cancer drug that keeps the cancer from spreading, slows the growth of the cancer or kills the cancer cells in the body?

Chemotherapy

19. What are the high-energy X-Rays that destroy cancer cells that weren't removed during surgery?

Radiation

## Breast Health Bingo Continued.

20. What kind of breast cancer spreads into nearby tissue?  
Invasive
21. What is the name of the X-Ray of the breast that only takes a few minutes?  
Mammogram
22. Women should do this at least once a month.  
Breast Self-Exam
23. What is the test called where a small piece of tissue is taken to be examined?  
Biopsy
24. A woman who is cancer free after treatment is considered this.  
A Survivor
25. This is what we hope will be found soon through research  
A Cure.
26. This is another test that uses sound waves to screen for tumors in a person's breast?  
Ultra Sound
27. This is the diseases is when cells divide and grow uncontrollably  
Cancer
28. What color is associated with Breast Cancer?  
Pink

## Breast Health Bingo Continued

29. What do some women choose to wear if they lose their hair because of chemotherapy?

A Wig

30. What do some women put back into their body when their breast is surgically removed

An Implant.

## Breast Cancer Bingo Card #1

B	I	N	G	O
Race for the cure	Research, Education, Screening, Treatment	Malignant Tumors	Survivor	Breast Self Exam
Invasive	Most common form of cancer in women	Wig	Mammogram, Clinical Exam, Self Exam	Annually over 40 years old
Early-Detection	Pink Ribbon	Free Space!	Benign	Chemotherapy
Juliette Gordon Low	200,000	Lumpectomy	Mastectomy	Teach girls about Breast health
Ultra Sound	Cure	Nausea	Breast Self Exam	Cancer

## Breast Cancer Bingo Card #2

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Mammogram	200,000	Nausea	Survivor	Wig
Radiation	Biopsy	Invasion	Pink	Cancer
Early-Detection	Pink Ribbon	<b>Free Space!</b>	Benign	Silver Dollar
<u>Chemotherapy</u>	Surgery	Lumpectomy	Mastectomy	Malignant Tumor
Ultra Sound	Cure	Hair Loss	Breast Self Exam	All women are at risk

### Breast Cancer Bingo Card #3

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Cure	<u>Hair Loss</u>	Malignant Tumor	Survivor	Biopsy
Annually over 40 years old	Silver Dollar	All women are at Risk	200,000	Cancer
Early-Detection	Pink Ribbon	<b>Free Space!</b>	Benign	Wig
Chemotherapy	Mammogram	Radiation	Mastectomy	Breast is surgically removed
Ultra Sound	Invasive	Juliette Gordon Low	Breast Self Exam	1600

## Breast Cancer Bingo Card #4

B	I	N	G	O
Survivor	Annually after 40 years of age	Malignant tumor	Juliette Gordon Low	Race for the Cure
Early Detection	Most common form of cancer found in women	200,000	Research, Education, Screening and Treatment	Chemotherapy
Cure	Pink	Free Space!	Benign	Invasive
Cancer	All Women are at risk	Lumpectomy	Mammography	Pink Ribbon
Ultra Sound	Wig	Size of a silver dollar	Breast Self Exam	To teach girls about breast health



**GSC**  
**Breast**  
**Cancer**  
**Awareness**



**Activity**  
**Book**

## What does Cancer Mean to You?



**What does the word Cancer mean to you?**

**What do you think about when you hear that word?**

**How would you define the word Cancer in your own words of pictures?**

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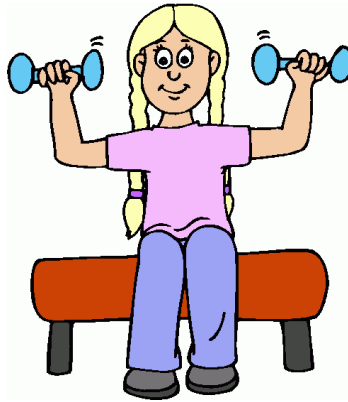
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**Illustrate your words below:**

A large, empty rectangular box with a black border, intended for drawing or illustrating the respondent's words.

# Your Lifestyle NOW Matters



**Getting into the habit of living a healthy lifestyle NOW is key to staying healthy later!**

**What types of things are you doing now to stay in shape?**

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**How often do you see the doctor for a check up?**

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**What types of things are you doing that are not considered healthy?**

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**What are some ideas that you can start doing to be healthier?**

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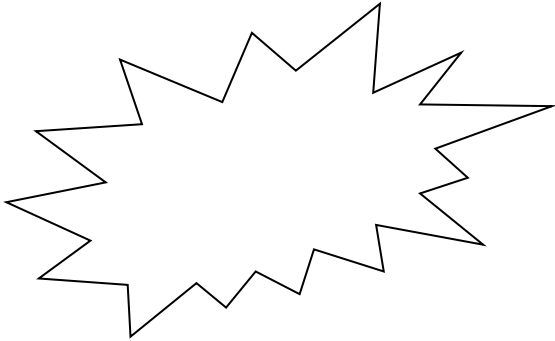
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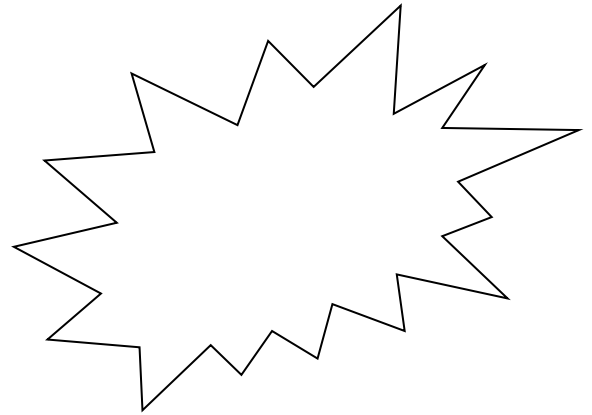
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# Being Good to Your Body?

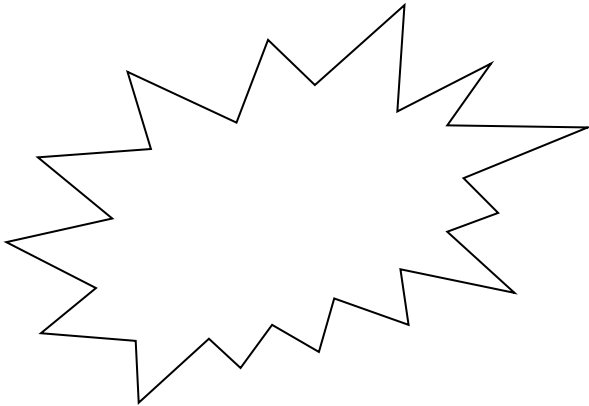
What ways do you keep your heart healthy?



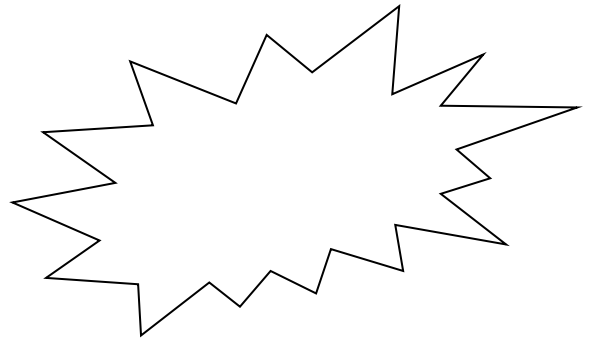
What type of things do you do to keep your lungs healthy?



What types of things do you do to keep your bones healthy?

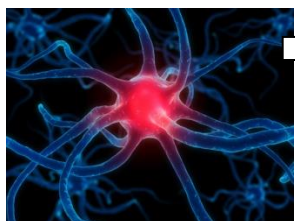


What types of things do you do to keep your brain healthy?

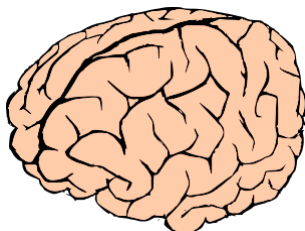
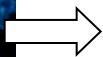


## What is Cancer?

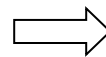
The human body is made up of millions of tiny, tiny cells that make up the tissues that make up our organs. For example, lots of brain cells make up our brain tissue, which in turns, makes up the organ, the brain.



Brain cell



Brain Tissue



Brain, Organ

Use the pictures above to complete the sentences below:

- 1) The human body is made up of millions of tiny, tiny\_\_\_\_\_
- 2) Lots of brain cells make up our brain \_\_\_\_\_, which in turn ,  
make up the \_\_\_\_\_, the brain.

A person's cells will divide or split apart and begin to create more cells if the body needs it. This cell activity is completely normal in a healthy body.

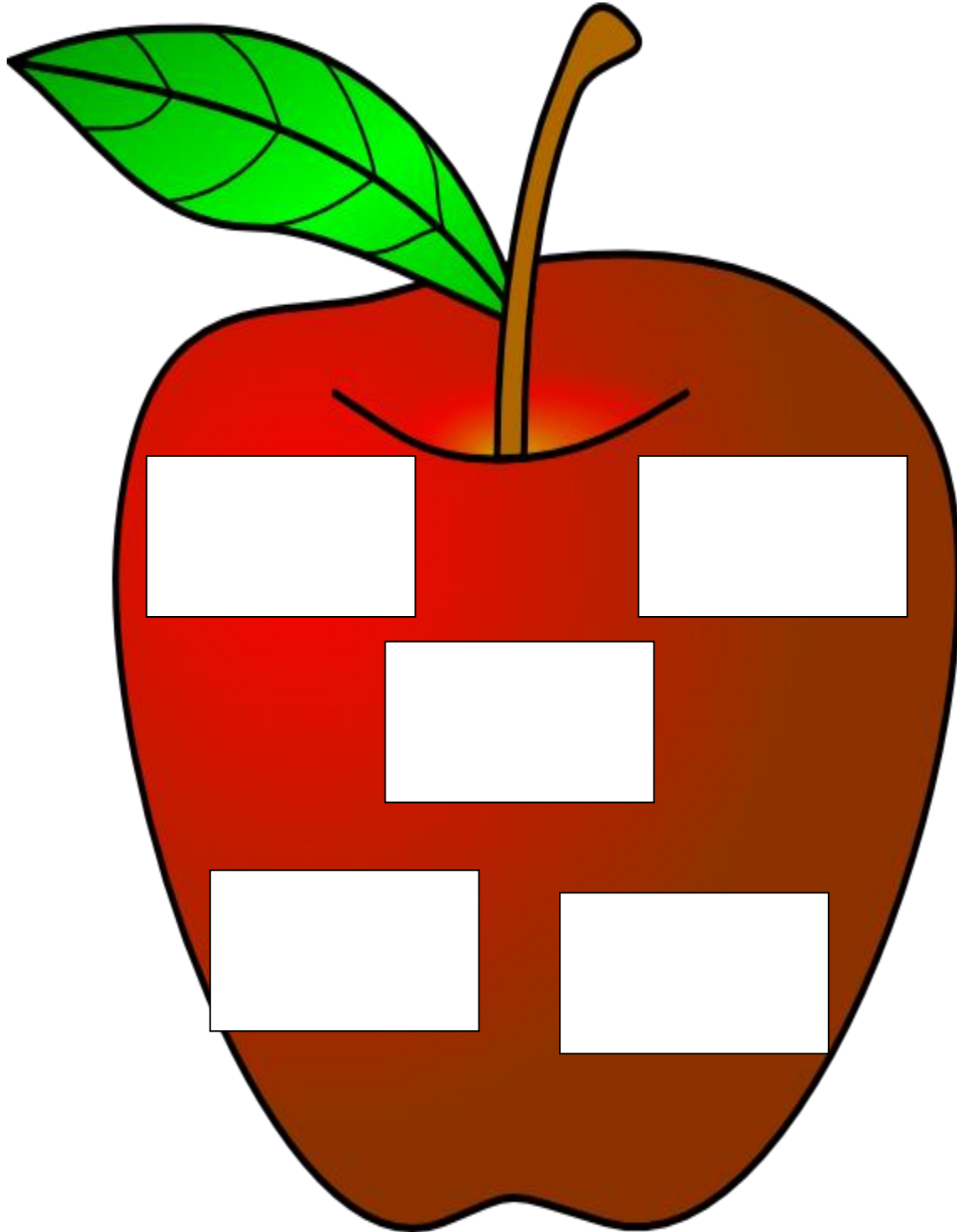
But when cells begin to divide over and over when the body does not need them to, it can produce too many cells, which in turn, creates a lot of extra tissue that the body does not need. This extra tissue is cancer.

Use the information above to complete the sentences below:

1. A person's cell will \_\_\_\_\_ or split apart and begin to create more if the body needs it.
2. When cells begin to divide over and over when the body does \_\_\_\_\_  
Not need them to, it can produce too many \_\_\_\_\_
3. This extra \_\_\_\_\_, produced by all of the extra cell division taking place, is\_\_\_\_\_.

# Healthy Habits

What do you consider healthy habits? List some in the boxes below:





### **Breast Cancer Awareness**

**Catching Breast Cancer in its early stages of growth is very important. The sooner a person's breast cancer is detected, the better the chances are for successful treatment and maybe a cure.**

**The key to catching breast cancer early are proper and consistent screening. Some of the screenings used for early breast cancer detection are mammography, a doctor's breast examination and a self examination.**

**Use the information above to complete the sentences below:**

**1) The sooner a person's breast cancer is \_\_\_\_\_  
the better the chances are for  
successful\_\_\_\_\_.**

**2) Some of the screenings used for early breast cancer  
detection are: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_**



### **Breast Cancer Awareness Ideas**

**It is important to continually educate people about breast cancer and help make them AWARE of the steps to early detection through proper screening. It is also important to support breast cancer research in hopes that we will soon find a cure for this number one cancer killer of women!**

**Can you think of some ideas that will help spread the word about breast cancer in your community? Can you think of ideas to help raise money for breast cancer research? Write your ideas in the boxes below:**

A blue rectangular box with a thin white border.	A pink awareness ribbon icon.	A red rectangular box with a thin white border.
A pink awareness ribbon icon.	An orange rectangular box with a thin white border.	A pink awareness ribbon icon.



## **Breast Cancer Awareness Ribbon**

**Decorate and color your Breast Cancer Ribbon. You can use words of encouragement and awareness reminders .**



## Breast Cancer Awareness Word Search

ACHIEVE, AWARENESS, BELIEVE, BREAST CANCER, CHEMOTHERAPY, CHURCH, COURAGE, CURE ,DIAGNOSIS, DOCTOR, DREAM, EARLY DETECTION, FAITH, FAMILY, FRIENDS, HOPE, HOSPITAL, INFORMATION, JOURNEY, KNOWLEDGE, LOVE, MAMMOGRAM, MONTH BREAST SELF EXAM, POWER, RADIATION, SPIRIT, STRENGTH, SUPPORT, SURVIVOR, TREATMENT OPTIONS

D I A G N O S I S E R Z E M P Y P A M X  
Q N J T Z J E K B A E M E I M L R W F M  
Y J T R F X I Z E M W Q E V E I H C A J  
Y O J A O K D Q Z A O Z U V K M Q X P M  
C H E M O T H E R A P Y W F F A E A V K  
L H C R U H C I X S D N E I R F A I T H  
M D L F H W M O F N K S K K L O V E Q U  
N O I T C E T E D Y L R A E R Q Q J D T  
Q J N N O L T R O P P U S U R V I V O R  
U D F R U A B I X P Y T O W N O E U A E  
H I O E R T Q Q K E S T R E N G T H P N  
T M R G A I B D N A W A R E N E S S E T  
R A M D G P W R E K P J W M N F I R H I  
M R A E E S U R A D I A T I O N U J O R  
X G T L Y O B R E A S T C A N C E R Z I  
G O I W J H O P E X L Z P M A E R D B P  
Z M O O T R E A T M E N T O P T I O N S  
A M N N O E V E I L E B T U R J Q H C A  
X A O K N K T I H I U T D C A W F A K Z  
T M S W Y U H U H D D X B R K G K R A P

## Additional Resources

American Cancer Society - Orlando  
507 N New York Ave  
Suite 100  
Winter Park, Florida 32789  
Website: [www.cancer.org](http://www.cancer.org)

MD Anderson Cancer Center Orlando  
1400 S Orange Ave  
Orlando, FL 32806-2134  
Phone: (407) 648-3800  
Website: [www.mdandersonorlando.org](http://www.mdandersonorlando.org)

Advent Health Cancer Institute  
2501 N Orange Ave  
Orlando, FL 32804-4699  
Phone: (407) 303-2000  
Website: [www.floridahospitalcancer.com](http://www.floridahospitalcancer.com)

Center for Oncology - Halifax Health – Daytona Beach,  
303 N Clyde Morris Blvd  
Daytona Beach, FL 32114-2700  
Phone: (386) 254-4056  
Website: [www.halifaxhealth.org/oncolo](http://www.halifaxhealth.org/oncolo)

Parrish Medical Center, Center for Advanced Medicine  
951 N Washington Ave  
Titusville, FL 32796-2194  
Phone: (321) 268-6675  
Website: [www.parrishmed.com](http://www.parrishmed.com)

Susan G Komen  
1755 Oviedo Mall Blvd  
Oviedo, FL 32765  
Phone: (321) 972-5534  
Website: [www.komencentralflorida.org](http://www.komencentralflorida.org)