



# CAN-CER-VIVE Patch Program



**Girl Scouts®**

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## CAN-CER-VIVE

**WHAT:** Patch program for Brownie, Junior, Cadette and Senior age level troops.

**PURPOSE:** To increase the awareness of cancer and to encourage Girl Scouts to adopt healthful habits and attitudes by taking an active role in maintaining their own health.

**HOW:** Do the starred (\*) activities plus 5 additional activities. Troop leaders may purchase patches, etc. at the council shop.

## CAN-CER-VIVE ACTIVITIES

To earn a patch, participants must complete the starred (\*) activities plus five additional activities. You may design an activity of your own.

- \*1) Discuss the “risk” of smoking and the “benefits” of not smoking. A pledge to not smoke form could be developed and given to girls.
- 2) Learn how smoking affects an unborn baby, and what effects a smoking environment has on non-smokers.
- 3) Are people “smoking more” and “enjoying it less” or “smoking less” and “enjoying it more”? Survey at least twenty-five smokers of their response.
- 4) Create the most “unappealing” commercial for cigarette or smokeless tobacco products. Design posters, etc., to use in your presentation or video commercials.
- 5) Conduct a puppet show for pre-schoolers using “Starting Free: Good Air for Me” (available through the American Cancer Society).
- 6) Make a collage to show the different promotional gimmicks for cigarettes, smokeless tobacco, etc. Show how clothing advertisements indirectly promote cigarette smoking and vice-versa. What effect do these ads have on society's spending habits?
- \*7) Learn about cancer—What causes cancer, the seven warning signals, and the different types of cancer. What are carcinogens? What does malignant and benign mean? What are cancer treatments?
- 8) Visit the cancer ward of a local hospital or a cancer center in your community. Make tray favors to give the cancer patients (or any patients at Pardee Hospital– leave at Education center.)
- 9) Invite a physician or health professional to speak to the troop about cancer. Brainstorm on ideas of what can be done to prevent cancer.
- 10) Do you know about early detection and breast cancer? Invite a health

Professional to teach the “Breast Self-Exam.” Invite mothers. (Junior, Cadettes and Seniors only.)

11) Find out how your troop can participate in the national “Walk for Life” held each year during Breast cancer Awareness Month (October).

\*12) Do a service project for the American Cancer Society. Contact your local ACS for suggestions- (I.E., Daffodil Days, distribute posters/flyers, office work, host an event, etc.)

OR

Design or assist with and conduct a community service project in your area (put tobacco advertising collages in window of Pardee Education Center along with posters, etc.)

13) View the “Taking Control” video. Plan and prepare a nutritious menu. Invite family and friends or hold a “Taste Fair” to eat a healthy snack and discuss nutrition.

14) Design and make turban(s) or Breast pillow(s) , make “drawstring bags” (12” x 10”), therapy balls, therapy bars, lap robes for cancer patients or nursing home patients. Donate items to the American Cancer Society for distribution.

15) “Fry Now-Pay Later”- Learn how to protect yourself from the sun. Design a “sun-hat” and /or other ways to protect yourself from the sun.

16) Plan and participate in a Health Fair in your community. Contact local health organizations, health professionals, etc., to participate. Participating troops within a service unit may want to plan together.

17) Learn what SPF stands for and what the SPF number means. (Example: SPF 4 vs SPF 25 ) Make a list of items that offer SPF protection (ie: Sunscreens, sunglasses....)

## RESOURCES:

American Cancer Society Western Regional Office-254-6931

Starting Free: Good Air For Me Preschool Kit

Great American Smokeout Guide and Materials

## BROCHURES AND PAMPHLETS:

Answering Your Questions About Cancer

Breaking Free-Comic (Tobacco)

Cancer Word Book

Don't Bite Off More Than You Can Chew (Chewing Tobacco)

Fifty Most Often Asked Questions About Smoking and Health-and the Answers

Huff 'N' Puff - tells anti-smoking story

Spiderman, Storm and Power Man Comic Books-substance case

Why Now-Speaks to young women about breast self-exam and the pap test

Fry Now-Pay Later- brochure and poster

Brochures on specific cancer sites- i.e. lung, breast, etc.

Posters on most topics,- i.e. smoking, nutrition

## VIDEOS:

Taking Control

Intricate Cell

Huffless-Puffless Dragon—Animated Cartoon

Ridiculous History of Tobacco

Witches Brew—2nd Hand Smoke

First Hand Lesson in Second Hand smoke

**CURRICULUM MATERIALS:**

**CHANGING THE COURSE**

Curriculum to teach the relationship between nutrition and health

**RIDICULOUS HISTORY OF TOBACCO**

Video with four humorous scenes highlighting the history of tobacco use

**DO IT YOURSELF**

Video and curriculum

**TELLING FACT FROM FICTION**

Targeted at ages 10-18, teaches critical thinking with regard to tobacco advertising.

**CHILDREN'S GUIDE TO SUN PROTECTION**

Video and guidelines describing effects of sun exposure.

**RIGHT CHOICES**

Lessons about decisions, lifestyle choices and cancer risks  
(grades 9-12)

**HEALTH MYSELF**

Anti-smoking kit, grades 7-9

**EARLY START TO GOOD HEALTH**

Four-lesson kit with videotape, grades K-3

**AMERICAN CANCER SOCIETY'S APPROACH TO YOUTH  
EDUCATION** (47 page publication)