Class 7
Clinical Breast Exams

WELCOME
Welcome everyone to Women Be Healthy again.
Briefly highlight the ground rules posted on the wall where everyone can see.
Ask if anyone has any questions, additions or changes.

REVIEW
Time: 5 min
Review agenda and key messages from previous class. Refer to chart on the wall.
Refer to chart on the wall to remember last class and today's agenda. Add new icons.
Ask if anyone has any questions or concerns from the previous class.
- Let us take a look back at what we did last class? Who came to visit?
- Does anyone have any questions?
- Tell me about your Job for Health? What did you learn? What challenges did you have? Did you return the handout about mammograms?
- Thanks for sharing.

BREAST EXAM BY THE DOCTOR – CLINICAL BREAST EXAM (CBE)

We can fix little problems on the outside of our breasts like rashes and bras not fitting right, but we cannot see the insides of our breasts to see what is wrong. We need to have a regular mammogram. Also, to check for a problem on the inside of our breast, we need to go to our doctor. The doctor can check the inside better than we can at home. This is called a clinical breast exam. The doctor may be feeling for lumps that could be breast cancer.

Breast Models
Allow participants the chance to feel a lump inside of one of the breast models.
BREAST HEALTHCARE PAMPHLET
Time: 10 min

Materials
Breast Healthcare: Easy to Read, Easy to Understand pamphlet to give to each student (available from NC Office on Disability and Health)

-If you are between 20-39 years old, you should get a CBE every 3 years.
-If you are 40 years and older, you should get a CBE every year.

Steps
- Give each student a pamphlet or have them take the pamphlet from previous class out of their folder.
- With the students, read thru the CBE steps in the Step 2 Get Screened in the Breast Healthcare: Easy to Read, Easy to Understand. Allow women to follow along in their own pamphlets.

CLINICAL BREAST EXAM (CBE) DVD CLIP
Time: 10 min

Materials
- DVD
- DVD player
- TV

Steps
Play the DVD Let’s Talk About Health: What Every Woman Should Know. View the clinical breast exam as shown in the doctor’s office exam room. In the DVD, the doctor explains to the woman how she will conduct a clinical breast exam and performs one.

We will be watching a short part of a DVD of a woman at her doctor’s office having a clinical breast exam.

Discussion
Example questions for discussion:
- What did the doctor do?
- What did the woman do?
- If she was nervous, what could she do to relax? (Deep breathing, count, tell herself everything will be ok, try to relax the body.)
**BUILDING SKILLS**

Time: 10 min

*During this course, we will try to solve some problems that may come up with your health. We will practice how to talk to the doctor about a health problem. How to advocate for yourself. It’s OK if you don’t know how to do this or feel shy because we will help you along the way. So let’s try some.*

The instructor will read each scenario. The instructor then asks, “What would you do?”

- You want to have your staff stay with you in the exam room.
- The doctor is pressing your breast too hard during a clinical breast exam.
- Your breasts are sore.
- You went for a yearly exam at the doctor. The doctor said you do not need a breast exam since you have a disability.

*Think about what you could do if you had one of these problems and then say what you would do to ask for help.* The class members then share their ideas.

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**RELAXATION EXERCISE**

Time: 10 min

**Steps**

*Some things we talk about in this class can make us feel nervous and uncomfortable, so we are going to work on how to feel more in control and relaxed. Sometimes people get nervous when they go to the doctor. This relaxation activity helps different parts of your body relax. When your body relaxes, you get less nervous. Today we are going to practice the 3 positions – body, shoulders and eyes.*

*If you need to calm yourself before a mammogram, you could do this relaxation while waiting in the waiting room or in the exam room.*
Behavioral Relaxation Technique

A. BODY
The first relaxed posture is called “body.” Your body is relaxed when your chest and hips are straight in the chair with no movement. (Demonstrate) Your body is not relaxed if it is crooked in the chair, if your back or hips are lifted from the chair, or if you move your body a lot. Do the best you can. (Demonstrate)

Please relax your body.

Feedback for each person: (Positive) Good, now take a few moments to notice the way your body feels as you relax your body. (Corrective) You seem to be a little twisted to the right/left. Or you are moving your body? (Demonstrate). Good job!

Repeat the above sequence until students have learned the relaxed posture.

G. SHOULDERS
The next posture is called “shoulders.”

Your shoulders are relaxed when they are resting against the chair and are rounded with the tops in a straight line. First, lift your shoulders up as high as you can and then let them drop (Demonstrate). Your shoulders are not relaxed if they are raised or twisted if is one shoulder is higher than the other (Demonstrate). Alright, can you show me relaxed shoulders? Do the best you can.

Feedback for each person: (Positive) Good. Now just relax and take a few moments to notice the way your shoulders and neck feel. (Corrective) Your left shoulder appears to be higher than your right one. Your shoulders look a little crooked (Demonstrate). Good job!
H. EYES

The last relaxed posture is called “eyes.”

Your eyes are relaxed when the eyelids are closed and smooth. (Demonstrate). Your eyes are not relaxed when they are tightly shut or if there is eye movement beneath the eyelids.

Please relax your eyes. Do the best you can.

Feedback for each person: (Positive) Good job. Notice the relaxed feelings in your eyes and forehead as you relax for a few moments. (Corrective) Your eyelids are closed a little too tightly. Make them smooth, like this (Demonstrate). Good Job.

OUR STORIES

Time: 5 min

Steps
• Your thoughts and experiences are very important to this class.
• This is the time you may share a story related to our topic today.
• For today, does anyone want to share something about having had a breast exam at the doctor? Yeah! Celebrate!
• Has anyone done anything to plan to get a clinical breast exam?
• Experience talking to a doctor about a problem you have had with your breasts?
• Thanks for sharing.

JOB FOR HEALTH

Time: 5 min

Every week we will have a job to do before the next group meeting. It is to help everybody practice some of the things we learn in class while at home.

Copy and hand out the Job for Health—Class 7 (Appendices).
This week, our Jobs for Health are:

- *I will practice relaxing and think of something nice to say to myself when getting a clinical breast exam.*

- *Find out the name of your doctor that would do a clinical breast exam and his/her office’s phone number.*
Class 7
Clinical Breast Exams

JOB FOR HEALTH

1. I will practice relaxing and think of something nice to say to myself when getting a clinical breast exam.

![Meditation Image]

2. I will find out the name of my doctor who does my clinical breast exams.

Doctor’s Name: ___________________________________________________________________

Doctor’s Phone Number: ___________________________________________________________________

Remember to get screened!
Class 8
Know What is Normal for You

WELCOME
Welcome everyone to Women Be Healthy again.
Briefly highlight the ground rules posted on the wall where everyone can see.
Ask if anyone has any questions, additions or changes.

REVIEW
Time: 5 min
Review agenda and key messages from previous class. Refer to chart on the wall.
Refer to chart on the wall to remember last class and today’s agenda. Add new icons for today.

Ask if anyone has any questions or concerns from the previous class.
  • Let us take a look back at what we did last class.
  • When should you have a clinical breast exam?
  • Does anyone have any questions?
  • Tell me about your Job for Health. What did you learn? What challenges did you have?
  • Thanks for sharing.

APPLES AND ORANGES
Time: 10 min

Materials
Flip chart, markers

Steps
To start off today, we are going to do a fun icebreaker.

Explain activity:
  • Students are to find out how they are similar and different from each other. Work in pairs.
  • With your partner, find out one way that you are the same, and one way that you are different from each other.

There is a saying about comparing apples and oranges. You can’t really compare them. They are different.
So, we are going to call this activity “Apples and Oranges.” Sometimes you will be talking about things that you have in common. Other times, you will be comparing how you are different, like apples and oranges.

After pairs have shared their similarities and differences,
- Have each pair report to the group.
- What was similar between them
- What was different?

Record on flip chart with 2 columns – **same** AND **different**.

**KNOW WHAT IS NORMAL FOR YOU**

**Time:** 5 min

**Materials**
- Breast Models

*It is your job to take care of your health. It is okay to look at your breasts in the mirror and to press on them with your fingers when you’re in a private place, like your bedroom or shower, to learn what they normally feel and look like. Everyone’s breasts are different. It is important to know what is normal for your breasts and what is the same about them every time you touch or look at your breasts. If you notice something different, you should see your doctor right away. Discuss what each of these differences would look like.*

- Lump, hard knot or thickening
- Swelling, warmth, redness or darkening
- Change in the size or shape of the breast
- Dimpling or dent in the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that doesn’t go away

Have women feel the breast models and feel the lumps.

Encourage them to feel their breasts in a private place as their bedroom or bathroom or in the shower. Look in the mirror at their breasts. Look for any changes.

Always contact a doctor if you feel or see something different.
RED LIGHT GREEN LIGHT
Time: 10 min

Materials

- Red light and green light signs (in kit)
- Red light and green light statements (appendices)

Steps

Hand out red light green light signs to each woman.


We are going to play a red light green light game. I am going to read a statement out loud about your breasts. **Hold up a green light if you should see the doctor.** Hold up a red light if you should stay home.

Instructor reads the statements. (In appendices). Discuss each statement if there are differences of opinion. Appendices statements are written in red or green to indicate answer.

For example: My breasts are big. Should you hold up green for needing to go to the doctor OR red for NO, you don’t need to go to the doctor. Red – no. Everyone’s breasts are different sizes, some are small are some are large. This is normal and okay.

Congratulations on remembering when you should go to see a doctor about your breasts. **This is so important to find breast cancer very early so that you can stay healthy.**

BUILDING SKILLS
Time: 10 min

During this course, we will try to solve some problems that may come up with your health. We will practice how to talk to the doctor about a health
problem. How to advocate for yourself. It’s OK if you don’t know how to do this or feel shy because we will help you along the way. So let’s try some.

The instructor will read each scenario. The instructor then asks, “What would you do?”

- While in the shower, you felt a lump or knot in your breast.
- While looking in the mirror at your breasts, you noticed a dent on the side of your breast.
- Your breast is sore in one place.
- You felt liquid on your breast coming out of your nipple.

Think about what you could do if you had one of these problems and then say what you would do to ask for help. The class members then share their ideas.

**RELAXATION EXERCISE**
Time: 10 min

**Materials:**
- Kleenex tissues, for each woman

**Steps**
This relaxation activity helps different parts of your body relax. When your body relaxes, you get less nervous. Today we are going to practice 3 relaxed positions – head, quiet, and breathing. Refer to relaxation posture chart.

**Tissue**
- Every person in the group will hold a tissue up in front of their mouths so they can see what happens as they breathe in and out. The instructor should take note of anyone having problems and encourage family or staff to help them at home.

If you need to calm yourself before a mammogram, you could do this relaxation while waiting in the waiting room or in the exam room.
BEHAVIORAL RELAXATION TECHNIQUE

B. HEAD
The next relaxed posture is called “head.” Your head is relaxed when it is resting on the wall or facing straight. (Demonstrate)
Your head is not relaxed if it is tilted or turned to either side or titled up or down. (Demonstrate) Do the best you can.

Please relax your head.

Feedback for each person: (Positive) Good, now take a few moments to notice the way your neck feels as you relax your head. (Corrective) That is close but your head is tilted slightly. Can you move your head like this? (Demonstrate). Good job!

Repeat the above sequence until students have learned the relaxed posture.

C. QUIET
The next relaxed posture is “quiet.”

You are quiet when you are not making any noise such as talking, loud sighs, or snores (Demonstrate). Do the best you can.

All right, please show me quiet for the next few moments.

Feedback for each person: (Positive) Good job. Notice the relaxed feelings in your throat and chest as you relax quietly. (Corrective) You need to try to be quiet while we are relaxing. (Demonstrate). Good job!

Repeat the above sequence until students have learned the relaxed posture.
D. BREATHING
The next relaxed posture is called “breathing.”

Your breathing is relaxed when it is slow and regular (Demonstrate). It is not relaxed if it is rapid or if there are interruptions such as coughing, yawning, sneezing, sniffing, or talking.

Please show me how you can do relaxed breathing. Do the best you can.

Feedback for each person: (Positive) Good job. Notice the relaxed feelings in your chest as you breathe in a relaxed way. (Corrective) You need to breathe slowly like this (Demonstrate). Please take a deep breath slowly when I say “in” and breathe out slowly when I say “out.” Good Job.

Repeat the above sequence until students have learned the relaxed posture.

OUR STORIES
Time: 5 min

Steps
- Your thoughts and experiences are very important to this class.
- This is the time you may share a story related to our topic today.
- For today, does anyone want to share something about something about checking your own breasts? Do you ever do this?
- Thanks for sharing.

JOB FOR HEALTH
Time: 5 min

Every week we will have a job to do before the next group meeting. It is to help everybody practice some of the things we learn in class while at home.

Copy and hand out the Job for Health—Class 8 (Appendices).

This week, our jobs for health are:
- I will practice relaxing and saying something nice to myself when I would have a clinical breast exam.
• Check your breasts every day this week, in a private place. Get to know what is normal for you.

Close the session by thanking everyone for attending. Ask if there are any questions. Remind everyone to do their Job for Health and the next class date, time and location.
Class 8
Know What is Normal for Me

JOB FOR HEALTH

1. I will practice relaxing and think of something nice to say to myself when I have a clinical breast exam.

2. I will feel my breasts everyday – lying on the bed or in the shower and look at them in the mirror. Mark an X on the chart below.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wed</th>
<th>Thursday</th>
<th>Friday</th>
<th>Sat</th>
<th>Sun</th>
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</tbody>
</table>

Remember to get screened!
RED LIGHT GREEN LIGHT statements

**Green Light Statements**

- Lump, hard knot or thickening
- Change in the size or shape of the breast
- Dimpling or dent in the skin
- Pulling in of your nipple or other parts of the breast
- Itchy, scaly sore or rash on the nipple
- Nipple discharge that starts suddenly
- New pain in one spot that doesn’t go away
- Swelling, warmth, redness or darkening

**Red Light Statements**

- A cold breast that won’t get warm
- Smooth skin on breast
- Small breasts
- A darker circle around the nipple
- Sagging breasts
- Breasts that don’t fit in your bra
- Having milk in your breast after you have a baby
Class 9

Encouraging Women to Get a Mammogram

**WELCOME**
Welcome everyone to Women Be Healthy.
Briefly highlight the ground rules posted on the wall.
Ask if anyone has any questions, additions or changes.

**REVIEW**
Time: 10 min
Review agenda and key messages from previous class. Refer to chart on the wall to remember last class and today’s agenda. Add new topic icons for today.
Ask if anyone has any questions or concerns from the previous class.
- Let us take a look back at what we did last class.
- How can you know what is normal for your breasts?
- Does anyone have any questions?
- Tell me about your Job for Health. What did you learn? What challenges did you have?
- Thanks for sharing.

**GETTING SCREENED**
Time: 20 min

**Props**
- Laminated pictures in kit
- Scissors
- Tape
- Poster board

**Making a Mammogram Collage**
**Steps**
- Spread out the printed images about mammograms. (in kit)
- Have the women work together to make a collage. Tape to a poster board.
• Have each woman say one statement about mammograms and the collage.

Key statements from the collage might include:
• A mammogram will save your life
• Save your friend. Tell her to get a mammogram
• It’s important to get a mammogram when you turn 40 years old. It can save your life
• Anyone can get breast cancer, even women with disabilities. Get a mammogram.
• Etc.

BUILDING SKILLS
Time: 10 min

During this course, we will try to solve some problems that may come up with your health. We will practice how to talk to the doctor about a health problem. How to advocate for yourself. It’s OK if you don’t know how to do this or feel shy because we will help you along the way. So let’s try some.

The instructor will read each scenario. The instructor then asks, “What would you do?”

• While in the shower, you felt a lump under your arm.
• While looking in the mirror at your breasts, you noticed a red place on the side of your breast.
• Your left breast hurts.
• You saw white liquid on your breast coming out of your nipple.

Think about what you could do if you had one of these problems and then say what you would do to ask for help. The class members then share their ideas.

RELAXATION EXERCISE
Time: 10 min

Steps
Some things we talk about in this class can make us feel nervous and uncomfortable, so we are going to work on how to feel more in control and relaxed. Sometimes people get nervous when they go to the doctor. This relaxation activity helps different parts of your body relax. When your body relaxes, you get less nervous. Today we are going to practice 3 relaxed positions – feet, hands and shoulders. Refer to relaxation positions chart.
If you need to calm yourself before a mammogram, you could do this relaxation while waiting in the waiting room or in the exam room.

**Behavioral Relaxation Technique**

**E. Feet**

*The next relaxed posture is “feet.”*

Your feet are relaxed when both heels are resting on the floor with the toes pointed away from each other like this (Demonstrate). They should make a “V”. Do the best you can.

Your feet are not relaxed if your toes are pointing straight up or turned outward too much or if your ankles are crossed (Demonstrate).

*Please show me relaxed feet.*

**Feedback for each person:** (Positive) Great. Now just relax and take a few moments to notice the way your feet and legs feel when you relax your feet. (Corrective) Your toes are pointing up too much. Just let your legs and feet flop (Demonstrate). Good job!

Repeat the above sequence until students have learned the relaxed posture.

**F. Hands**

*The next relaxed posture we are going to learn is “hands.”*

Your hands are relaxed when you rest them on the arms of the chair, or in your lap, with your fingers slightly curled in a claw like position (Demonstrate). Your hands are not relaxed when if the fingers are flat or curled into a ball. (Demonstrate). Do the best you can.

*Please show me relaxed hands.*
Feedback for each person: (Positive) Good. Now just relax and take a few moments to notice the way your hands and arms feel when you relax your hands. (Corrective) Not quite, curl your fingers a little more so that it looks like this (Demonstrate). Good job!

Repeat the above sequence until women have learned the relaxed posture.

G. SHOULDERS
The next posture is called “shoulders.”

Your shoulders are relaxed when they are resting against the chair and are rounded with the tops in a straight line. First, lift your shoulders up as high as you can and then let them drop (Demonstrate). Your shoulders are not relaxed if they are raised or twisted if is one shoulder is higher than the other (Demonstrate).
Alright, can you show me relaxed shoulders? Do the best you can.

Feedback for each person: (Positive) Good. Now just relax and take a few moments to notice the way your shoulders and neck feel. (Corrective) Your left shoulder appears to be higher than your right one. Your shoulders look a little crooked (Demonstrate). Good job!

OUR STORIES
Time: 5 min

Steps
- Your thoughts and experiences are very important to this class.
- This is the time you may share a story related to our topic today.
- For today, does anyone want to share something about living a healthy lifestyle? Do you ever do this?
- Thanks for sharing.
**JOB FOR HEALTH**  
**Time:** 5 min

*Every week we will have a job to do before the next group meeting. It is to help everybody practice some of the things we learn in class while at home.*

Copy and hand out the *Job for Health—Class 9* (Appendices).

This week, our jobs for health are:

- *Practice relaxing and saying something nice to yourself.*
- *Find out when you had your last mammogram and where.*
Mammogram Collage Statements & Pictures

- A mammogram will save your life

- Save your friend. Tell her to get a mammogram
• It's important to get a mammogram when you turn 40 years old. It can save your life.

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• Anyone can get breast cancer, even women with disabilities. Get a mammogram.
A mammogram is an x-ray that looks at the inside of your breasts. It can find cancer. Get a mammogram today.

Wear a pink ribbon to remind other women to get a mammogram. This test can save your life!
- Take a friend with you when you get your mammogram. A friend can support you and help you feel safe.

- Don’t wear deodorant to your mammogram appointment. Sometimes the deodorant can block the x-ray. You can put your deodorant after the mammogram.
- Call ahead to make your mammography appointment. Call a few weeks in advance.

- After you have made your mammogram appointment, plan on how you will get there. Ask staff, a friend, or your family.
Class 9
Reduce My Chance of Breast Cancer

JOB FOR HEALTH

1. I will practice relaxing and think of something nice to say to myself.

2. I will find out where and when I had my last mammogram.

Date: __________________________________________
Mammography center: __________________________

Stay Healthy!
Class 10
Wheel of Breast Health

WELCOME
Welcome everyone to Women Be Healthy again.
Briefly highlight the ground rules posted on the wall where everyone can see.
Ask if anyone has any questions, additions or changes.

REVIEW
TIME: 5 min
Review agenda and key messages from previous classes. Refer to chart on the wall.
Refer to chart on the wall to remember last class and today’s agenda. Add new icons for today.
Refer to chart on the wall to remember last class and today’s agenda. Add new icons for today.

Ask if anyone has any questions or concerns from the previous class.
• Let us take a look back at what we did last class.
• Tell me about your Job for Health.
• What did you learn
• What challenges did you have?
• Thanks for sharing.

WHEEL OF BREAST HEALTH
Time: 20 min

Materials:
• Flip chart or large piece of paper with a circle marked into 4 sections
• Markers
• Glue
• Scissors
• Clip art pictures copied (Appendices)
• Colored pencils
• Tape
Draw wheel on flip chart. Label the 4 sections on the wheel: 1) Know your risk; 2) Get screened; 3) Know what is normal for you; 4) Live a healthy lifestyle.

Remind students of the 4 things we know that are part of breast health:
- Get regular breast cancer screening: a mammogram and clinical breast exam.
- Know your risk. Talk to your family about your family health history. Talk to your doctor about your personal risk of breast cancer.
- Know what feels normal for your breasts.
- Live a healthy lifestyle: keep a healthy weight, eat healthy and exercise.

Lay a large Wheel of Breast Health in the middle of the table. Have the students cut out pictures from clip art samples or magazines that match each section of the Wheel. They can then glue or tape the pictures onto the Wheel of Breast Health. The students can then talk about why they chose certain pictures.
BUILDING SKILLS
Time: 10 min

This week, we will practice talking to our doctor about health problems. It’s During this course, we will try to solve some problems that may come up with your health. We will practice how to talk to the doctor about a health problem. How to advocate for yourself. It’s OK if you don’t know how to do this or feel shy because we will help you along the way. So let’s try some.

The instructor will read each scenario. The instructor then asks, “What would you do?”

- You want to do something healthy but don’t know what to choose.
- You want to relax and ask your staff to help you with ideas.
- You want to help make a healthy dinner.
- You want to lose some weight but don’t know how to start.
- You think it is time for your Pap test.

Think about what you could do if you had one of these problems and then say what you would do to ask for help. The class members then share their ideas.

RELAXATION EXERCISE
Time: 10 min

Steps
Some things we talk about in this class can make us feel nervous and uncomfortable, so we are going to work on how to feel more in control and relaxed. Sometimes people get nervous when they go to the doctor. This relaxation activity helps different parts of your body relax. When your body relaxes, you get less nervous. Today we are going to practice 3 relaxed positions – body, head and eyes. Refer to positions chart.

If you need to calm yourself before a mammogram, you could do this relaxation while waiting in the waiting room or in the exam room.

Behavioral Relaxation Technique

A. Body
The first relaxed posture is called “body.” Your body is relaxed when your chest and hips are straight in the chair with no movement. (Demonstrate)
Your body is not relaxed if it is crooked in the chair, if your back or hips are lifted from the chair, or if you move your body a lot. Do the best you can. (Demonstrate)

Please relax your body.

**Feedback for each person:** (Positive) Good, now take a few moments to notice the way your body feels as you relax your body. (Corrective) You seem to be a little twisted to the right/left. Or you are moving your body? (Demonstrate). Good job!

Repeat the above sequence until students have learned the relaxed posture.

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B. **HEAD**

The next relaxed posture is called “head.” Your head is relaxed when it is resting on the wall or facing straight. (Demonstrate)

Your head is not relaxed if it is tilted or turned to either side or tilted up or down. (Demonstrate) Do the best you can.

Please relax your head.

**Feedback for each person:** (Positive) Good, now take a few moments to notice the way your neck feels as you relax your head. (Corrective) That is close but your head is tilted slightly. Can you move your head like this? (Demonstrate). Good job!

Repeat the above sequence until students have learned the relaxed posture.

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H. **EYES**

The last relaxed posture is called “eyes.”

Your eyes are relaxed when the eyelids are closed and smooth. (Demonstrate). Your eyes are not relaxed when they are tightly shut or if there is eye movement beneath the eyelids.

Please relax your eyes. Do the best you can.

**Feedback for each person:** (Positive) Good job. Notice the relaxed feelings in your eyes and forehead as you relax for a few moments. (Corrective) Your
eyelids are closed a little too tightly. Make them smooth, like this (Demonstrate). Good Job.

**OUR STORIES**

Time: 5 min

**Steps**
- Your thoughts and experiences are very important to this class.
- This is the time you may share a story related to our topic today.
- For today, does anyone want to share something about something about what you do to keep your lower your chance of getting breast cancer? What have you done? Celebrate. Yeah!
- Thanks for sharing.

**JOB FOR HEALTH**

Time: 5 min

*Every week we will have a job to do before the next group meeting. It is to help everybody practice some of the things we learn in class while at home.*

Copy and hand out the **Job for Health—Class 10** (Appendices).

This week, our jobs for health are:

- *Practice relaxing and practice breathing with a tissue.*

- *Do something healthy this week and report back to class.*

If students have not returned the Job for Health “When were my last screenings”, give them another copy.

Close the session by thanking everyone for attending. Ask if there are any questions. Remind everyone to do their **Job for Health** and the next class date, time and location.
Clip Art for Wheel of Breast Health
Clip art for Wheel of Breast Health
Clip art for Wheel of Breast Health
Class 10
Wheel of Breast Health

JOB FOR HEALTH

1. I will practice relaxing and practice breathing with a tissue.

2. I will do something healthy and report back to class.

Remember to Choose Health!
Class 11
Making Plans to Get Screened

WELCOME
Welcome everyone to Women Be Healthy.
Briefly highlight the ground rules posted on the wall.
Ask if anyone has any questions, additions or changes.

REVIEW
Time: 5 min
Review agenda and key messages from previous class. Refer to chart on the wall to remember last class and today’s agenda. Add new icons for today.
Ask if anyone has any questions or concerns from the previous class.
  • Let us take a look back at what we did last class.
  • Tell me about your Job for Health.
  • What did you learn?
  • What challenges did you have?
  • Thanks for sharing.

MAKING PLANS TO GET SCREENED
Time: 20 min

Materials:
  • Screening Plan handout, mammography section

Steps
  • Review the Screening Plan handout and ask students to complete the mammography sheet, to the best of their ability.
  • Instructor reads aloud the handout and explains that the questions are similar to some of the Jobs of Health activities.
  • Now that the women are half way through the WBH classes it is important to begin to make plans for screening appointments. Making a personal plan is one way to move from talking about this activity to making it happen.
BUILDING SKILLS
Time: 10 min

During this course, we will try to solve some problems that may come up with your health. We will practice how to talk to the doctor about a health problem. How to advocate for yourself. It’s OK if you don’t know how to do this or feel shy because we will help you along the way. So let’s try some.

The instructor will read each scenario. The instructor then asks, “What would you do?”

- You want to eat healthy but don’t know foods to choose at the restaurant
- You want to get some exercise. You talk with your staff.
- Someone offered you a beer to drink but you wanted to say NO.
- Someone offered you a cigarette to smoke but you want to say NO.
- You think it is time for a Pap test.
- I think it is time for my mammogram.

Think about what you could do if you had one of these problems and then say what you would do to ask for help. The class members then share their ideas.

RELAXATION EXERCISE
Time: 10 min

Steps
Some things we talk about in this class can make us feel nervous and uncomfortable, so we are going to work on how to feel more in control and relaxed. Sometimes people get nervous when they go to the doctor. This relaxation activity helps different parts of your body relax. When your body relaxes, you get less nervous. Today we are going to practice 3 relaxed positions – body, head and quiet. Refer to relaxation positions chart.

If you need to calm yourself before a mammogram, you could do this relaxation while waiting in the waiting room or in the exam room.
Behavioral Relaxation Technique

A. Body

The first relaxed posture is called “body.” Your body is relaxed when your chest and hips are straight in the chair with no movement. (Demonstrate) Your body is not relaxed if it is crooked in the chair, if your back or hips are lifted from the chair, or if you move your body a lot. Do the best you can. (Demonstrate)

Please relax your body.

Feedback for each person: (Positive) Good, now take a few moments to notice the way your body feels as you relax your body. (Corrective) You seem to be a little twisted to the right/left. Or you are moving your body? (Demonstrate). Good job!

Repeat the above sequence until students have learned the relaxed posture.

B. Head

The next relaxed posture is called “head.” Your head is relaxed when it is resting on the wall or facing straight. (Demonstrate) Your head is not relaxed if it is titled or turned to either side or titled up or down. (Demonstrate) Do the best you can.

Please relax your head.

Feedback for each person: (Positive) Good, now take a few moments to notice the way your neck feels as you relax your head. (Corrective) That is close but your head is titled slightly. Can you move your head like this? (Demonstrate). Good job!

Repeat the above sequence until students have learned the relaxed posture.
C. QUIET

The next relaxed posture is “quiet.”

You are quiet when you are not making any noise such as talking, loud sighs, or snores (Demonstrate). Do the best you can.

All right, please show me quiet for the next few moments.

Feedback for each person: (Positive) Good job. Notice the relaxed feelings in your throat and chest as you relax quietly. (Corrective) You need to try to be quiet while we are relaxing. (Demonstrate). Good job!

OUR STORIES

Time: 5 min

Steps
- Your thoughts and experiences are very important to this class.
- This is the time you may share a story related to our topic today.
- For today, does anyone want to share something about something about what you do to keep your weight healthy, exercise, or limit alcohol?
- Thanks for sharing.

JOB FOR HEALTH

Time: 5 min

Every week we will have a job to do before the next group meeting. It is to help everybody practice some of the things we learn in class while at home.

Copy and hand out the Job for Health—Class11 (Appendices).

This week, our jobs for health are:
- Practice relaxing and saying something nice to yourself when you get screened.
- Find out what transportation could take me to my screening mammography appointment.
Close the session by thanking everyone for attending. Ask if there are any questions. Remind everyone to do their **Job for Health** and the next class date, time and location.
Class 11
Making Plans to Get Screened

JOB FOR HEALTH

1. I will practice relaxing and think of something nice to say to myself while getting screened.

2. I will find out what transportation would take me to my screening mammogram appointment.

Name of person: ______________________________

Or

Name of Company: ______________________________

Stay Healthy and Get Screened!
Class 12
Female Pelvic Parts

WELCOME
Welcome everyone to Women Be Healthy again. Briefly highlight the ground rules posted on the wall where everyone can see. Ask if anyone has any questions, additions or changes.

REVIEW
Time: 5 min
Review agenda and key messages from previous class. Refer to chart on the wall. Refer to chart on the wall to remember last class and today’s agenda. Add new icons for today.

Ask if anyone has any questions or concerns from the previous class.
- Let us take a look back at what we did last class.
- Tell me about your Job for Health.
- What did you learn?
- What challenges did you have?
- Thanks for sharing.

CERVICAL HEALTH
Time: 20 min

Materials
- Masking tape
- Female anatomy chart
- Cervical models
- Yarn

Steps
We are here today to learn about cervical health, and in particular, the prevention, detection of cervical cancer. If these terms seem unfamiliar, do not worry. We will try to explain each word throughout the class.

- Please raise your hand if you have heard of cancer?
- What types of cancers have you heard of? (Let 3 students name types of cancer.)
Some of you may even know someone who has or had cervical cancer. We are going to learn about this type of cancer today.

Masking Tape Divide
Some of us may have heard of cervical cancer before. For others, this may be the first time they have heard about it. Place masking tape down thru middle of class space.

- Have women who have heard of cervical cancer go to one side of tape; those who have not on the other side of tape. Count women on each side. We all have something we can learn more about.

Explain cancer and cervical cancer – Circle of Yarn
Remember when we talked about breast cancer. Cancer occurs when cells in the body change and grow out of control - when it is cervical cancer, the cells are on the cervix.

- Make small circle (small hula hoop size) on floor with yarn. Pretend this circle is our cervix. If cancer is growing, what happens? Try to squeeze everyone inside the small circle. Some may not fit in and be outside the circle.
- When people starting overflowing the circle, this is similar to cancer cells that grow out of control.

Cervical cancer grows on the cervix, which is part of the woman’s female body. Let’s talk about a woman’s special body parts that make her a woman, so that we can better understand the cervix.

Cervical Models
Line up the cervical models and allow students to see and feel the differences in each model. Line up from left to right, with cervix on left having no cancer (no white spots) to increasing cancer to the right models.

Female Pelvic Organs
Every girl or woman has a cervix. However, not everyone knows where it is or what it does. The next activity will help us learn more about the cervix and other parts of a woman’s body.

Let’s first talk about our bodies as women. Most of our organs that we often call our “female organs” are located inside so we don’t get to see them everyday like men get to see theirs. The cervix is one of those places inside we cannot see. Can anyone name an organ inside of our body? (heart, lungs, gall bladder, stomach, etc.) Because of this, many women don’t know enough about their bodies. State that it may be embarrassing for some people to talk about sexual organs.

Female Anatomy
Materials
- Female anatomy coloring pages, copy for each participant
- Colored pencils
- Female reproductive poster
Use chart of female anatomy to point out each organ as it is described. Give each woman a female anatomy coloring page and colored pencils.

Let’s review the parts of a body that have do to with the special parts of being a woman. The human body, and especially the female human body, is quite amazing. We have many parts that serve specific jobs (vagina, cervix, uterus, fallopian tubes, ovaries). As we learn each part, you can color it on your handout. (If the instructor wants to have one coloring page on the board for students to follow, that may be helpful.)

OVARIES
- Can anyone tell me what these are and what they do?
- These ovaries make eggs and female hormones.
- Each month the 2 ovaries let go of an egg that travels down the fallopian tubes into the uterus.
- An egg can help a woman get pregnant or it just comes of the vagina in the blood during a woman’s period.
- Color the 2 ovaries YELLOW.

FALLOPIAN TUBES
- Who remembers the names of these tubes?
- They are the fallopian tubes. They carry the eggs to the uterus. If an egg is fertilized by a male sperm, then the fetus or unborn baby stays in the uterus until it is born- approximately 9 months later.
- If not, the woman has her period.
- Color the fallopian tubes ORANGE.

UTERUS
- Can someone tell me the name of the organ where our period comes from or where a baby stays before it is born? (Uterus)
- What are some of the other names that the uterus is called? (Womb)
- The uterus is a small muscular organ about the size of a fist. Each month when we have our period the inside of the uterus is shed out in the blood
- Find the uterus on your coloring page. Color it BLUE

CERVIX
- The bottom end of the uterus is called the cervix.
- It feels a little like the tip of your nose. (Pass around the cervix models).
- Notice how the cervix changes as the cancer grows. It gets more ‘white’ cancer on it.
- Because the cervix is close to the “outside,” it is a place where women can get infections or cancer.
- This is where a woman gets cervical cancer screening for cancer.
- The cervix is at top of the vagina.
- Color the cervix on your page PINK.
VAGINA (can show vagina on poster, doll)
- Has anyone heard of the vagina?
- Some people call it the birth canal.
- The vagina is the entrance inside the woman’s body.
- It is the passageway for blood to come out during our period and for babies to come through during childbirth.
- It is also the place where a man inserts his penis during sex.
- The vagina can stretch big enough for a baby to come through during childbirth and then shrink back to a much smaller size at other times.
- It is the place where some women who use tampons put them during their period.
- Color the vagina GREEN

BUILDING SKILLS
Time: 10 min

During this course, we will try to solve some problems that may come up with your health. We will practice how to talk to the doctor about a health problem. How to advocate for yourself. It’s OK if you don’t know how to do this or feel shy because we will help you along the way. So let’s try some.

The instructor will read each scenario. The instructor then asks, “What would you do?”
- You’ve never have had a Pap test and want to tell your doctor that you need one.
- You have bad cramps when you have your period.
- You’ve missed having a period for about 3 months.
- You want the doctor to explain cervical cancer screening before you get this test.

Think about what you could do if you had one of these problems and then say what you would do to ask for help. The class members then share their ideas.

RELAXATION EXERCISE
Time: 10 min

Materials:
- Kleenex tissues, for each woman

Steps
Some things we talk about in this class can make us feel nervous and uncomfortable, so we are going to work on how to feel more in control and relaxed. Some people get nervous when they go to the doctor. This relaxation activity helps different parts of your body relax. When your body relaxes, you get less nervous. Today we are going to practice 3 relaxed positions – quiet, breathing, and feet. Refer to relaxation poster chart.
Tissue
Every person in the group will hold a tissue up in front of their mouths so they can see what happens as they breathe in and out. The instructor should take note of anyone having problems and encourage family or staff to help them at home.

If you need to calm yourself before a mammogram or a Pap test, you could do this relaxation while waiting in the waiting room or in the exam room.

Behavioral Relaxation Technique

C. Quiet
The next relaxed posture is “quiet.”

You are quiet when you are not making any noise such as talking, loud sighs, or snores (Demonstrate). Do the best you can.

All right, please show me quiet for the next few moments.

Feedback for each person: (Positive) Good job. Notice the relaxed feelings in your throat and chest as you relax quietly. (Corrective) You need to try to be quiet while we are relaxing. (Demonstrate). Good job!

Repeat the above sequence until students have learned the relaxed posture.

D. Breathing
The next relaxed posture is called “breathing.”

Your breathing is relaxed when it is slow and regular (Demonstrate). It is not relaxed if it is rapid or if there are interruptions such as coughing, yawning, sneezing, sniffing, or talking.

Please show me how you can do relaxed breathing. Do the best you can.

Feedback for each person: (Positive) Good job. Notice the relaxed feelings in your chest as you breathe in a relaxed way. (Corrective) You need to breathe slowly like this (Demonstrate). Please take a deep breath slowly when I say “in” and breathe out slowly when I say “out.” Good Job.
Repeat the above sequence until students have learned the relaxed posture.

E. FEET
The next relaxed posture is “feet.”

Your feet are relaxed when both heels are resting on the floor with the toes pointed away from each other like this (Demonstrate). They should make a “V”. Do the best you can.

Your feet are not relaxed if your toes are pointing straight up or turned outward too much or if your ankles are crossed (Demonstrate).

Please show me relaxed feet.

Feedback for each person: (Positive) Great. Now just relax and take a few moments to notice the way your feet and legs feel when you relax your feet. (Corrective) Your toes are pointing up too much. Just let your legs and feet flop (Demonstrate). Good job!

OUR STORIES
Time: 5 min

Steps
- Your thoughts and experiences are very important to this class.
- This is the time you may share a story related to our topic today.
- For today, does anyone want to share something about something about cervical cancer screening?
- Thanks for sharing.
**JOB FOR HEALTH**  
*Time: 5 min*

*Every week we will have a job to do before the next group meeting. It is to help everybody practice some of the things we learn in class while at home.*

Copy and hand out the **Job for Health—Class 12** (Appendices), for each participant.

This week, our jobs for health are:

- *Practice relaxing and saying something nice to myself while getting a Pap test.*
- *In a private place, look at your vagina with a hand held mirror*
Color female body parts:

- Ovaries - yellow
- Fallopian tubes – orange
- Uterus – blue
- Cervix – pink
- Vagina - green
Color female body parts:

- Ovaries - yellow
- Fallopian tubes - orange
- Uterus - blue
- Cervix - pink
- Vagina - green
Class 12
Female Pelvic Parts

JOB FOR HEALTH

1. I will practice relaxing and think of something nice to say to myself while getting a Pap test.

2. I will go to a private place and look at my vagina with a hand held mirror

   I will put a check mark in the box when I look each day.

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I will go for my yearly physical!
Class 13
Cervical Cancer Screening

WELCOME
Welcome everyone to Women Be Healthy.
Briefly highlight the ground rules posted on the wall.
Ask if anyone has any questions, additions or changes.

REVIEW
Time: 5 min

Review agenda and key messages from previous class. Refer to chart on the wall to remember last class and today's agenda. Add new icons for today.
Ask if anyone has any questions or concerns from the previous class.
  • Let us take a look back at what we did last class.
  • Tell me about your Job for Health.
  • Did you do it? What did you learn?
  • What challenges did you have?
  • Thanks for sharing.

ICEBREAKER
Time: 5 min

Steps
Introduce the exercise as another opportunity to learn people's names and more about each other. Although we learned each other's names, it can be hard to remember everyone. We are going to do another activity to learn more about each other.

Ask each participant to say an adjective followed by her name. Explain what an adjective is (a word that describes something). If possible, the adjective should be relevant to the student. Tell students that we will share our new name with the group.
For example, if a person who had lots of energy, she could say energetic Patty.

Take a minute to think about yourself. What is a word that you would use to describe yourself?
Go around the room and have each woman tell her name using an adjective to describe herself. Write the names of the women on the flip chart along with the adjective they said.

PELVIC EXAM
Time: 15 min

Materials:
- Cervical Models

Encourage as much participation as possible. Acknowledge correct answers, and correct misinformed answers with the information on the following pages. Use poster when talking about female anatomy.

- To start off with, “what is a pelvic exam”?
  During a pelvic exam, a nurse or doctor checks a woman’s sexual organs. Point to the poster.

- What is a Pap Test?
  A Pap Test is when a doctor or nurse checks the cervix, which is the opening to your uterus. Last week, we felt the cervix on the models. It dents down in the middle. We talked about the cervix when we did the coloring page and felt the cervix models. A Pap test is the only way to tell if a woman has cervical cancer, which is cancer that starts in the cervix. A Pap test is sometimes called a Pap exam or Pap screening.

- How is a Pap Test different than a pelvic exam?
  Women have pelvic exams for a variety of reasons including checking for an infection or preparing to use a birth control device. Pap Tests, which are one part of a pelvic exam, are used to look at the cells covering the cervix to see if there are cell changes. Cell changes might turn into cancer. A Pap Test can tell if the cervix is healthy. It is possible to have a pelvic exam without a Pap Test. But if a woman gets a Pap Test it will be during a pelvic exam.

- Who should get Pap Test?
  All women 21 years of age and older; even if they have not had sex. Females under the age of 21 who have sex should also have a pap test.

- **Some people think that women only get a Pap test if something bad is wrong with them. That is not true. Women need to have regular Pap tests even when they feel healthy or do not think they have a problem. Women can have cervical cancer and not know it, because usually there are no symptoms.

- How often should women get Pap tests?
Women may hear different information about how often to get Pap tests. It is important to talk with your doctor about your specific situation. In general, it is recommended that a woman have a Pap test once a year. Some women may need a Pap test more often or less often. Ask your doctor or nurse what is best for you.

Where can women go to get Pap tests?
Places include a medical clinic, hospital, health department or doctor’s office. Where does each student go?

PAP TEST
Time: 10 min

Materials:
- Speculum
- Cytobrush
- Spatula
- Vinyl gloves
- Cervical models

Steps
Show the women the different pieces of medical equipment that the doctor uses to do a pap test. A pap test should only take about one minute. Allow women to touch each piece of equipment as you talk about it.

Line up the cervical models, left to right, 1-5. The left model should have no cancer and as the models progress to the right, they have more cancer (red with some white) Compare to the demonstration board. Allow women to touch and feel each cervix and talk about how the cancer grows and how a Pap test can catch cancer very early. The doctor can then treat it easily.

Exam
The more you relax, the more comfortable the exam will be. It is important to relax by taking deep breaths and breathe out slowly. Another way to relax is to daydream. Think of a beautiful place that you would like to go to. Or remember a fond memory. While deep breathing, let your imagination take you away to another place or time. Use the relaxation technique we’ve been practicing.

Vinyl gloves – the doctor puts these on first so as not to get germs on you. Her hands will be clean with the gloves on.

(Demonstrate using cytobrush and spatula on cervical models)

Speculum – is inserted gently into vagina to hold it open so that the doctor can see the cervix. Make a circle with fingers and place speculum inside circle. Look thru to see
the other side. Allow each woman to try. The speculum may make a clicking noise while adjusting it. Inserting the speculum may be uncomfortable, but it should not hurt.

**Cytobrush** – is a little brush that the doctor swipes the inside of the cervix to take a few cells from the cervix, which is the opening of the uterus.

**Spatula** - Then, the doctor will use another instrument called a spatula (show instruments and pass around) to take a few cells from the outside of the cervix. (Demonstrate on cervix model with cytobrush and spatula)

*It is important that cells are taken from different parts of the cervix. This test can save your life.*

**GET A PAP TEST**

*Time: 10 min*

*Let’s Talk About Health: What Every Woman Should Know DVD* has an example of a Pap test which you should show at this point in the curriculum. Notice the medical instruments that the doctor used.

**BUILDING SKILLS**

*Time: 10 min*

*During this course, we will try to solve some problems that may come up with your health. We will practice how to talk to the doctor about a health problem. How to advocate for yourself. It’s OK if you don’t know how to do this or feel shy because we will help you along the way. So let’s try some.*

The instructor will read each scenario. The instructor then asks, “What would you do?”

- You want your friend, family member, or staff to stay with you while you get your Pap test.
- Your doctor does not mention a Pap test and you know you should be getting this test.
- The Pap test is feeling uncomfortable.
- You would like your doctor to warm up the speculum.
Think about what you could do if you had one of these problems and then say what you would do to ask for help. The class members then share their ideas.

RELAXATION EXERCISE
Time: 10 min

Steps
Some things we talk about in this class can make us feel nervous and uncomfortable, so we are going to work on how to feel more in control and relaxed. Sometimes people get nervous when they go to the doctor. This relaxation activity helps different parts of your body relax. When your body relaxes, you get less nervous. Today we are going to practice 3 relaxed positions – hands, shoulders, and eyes. Refer to the relaxed positions chart.

If you need to calm yourself before a mammogram or a Pap test, you could do this relaxation while waiting in the waiting room or in the exam room.

Behavioral Relaxation Technique

F. Hands
The next relaxed posture we are going to learn is “hands.”

Your hands are relaxed when you rest them on the arms of the chair, or in your lap, with your fingers slightly curled in a claw like position (Demonstrate). Your hands are not relaxed when if the fingers are flat or curled into a ball. (Demonstrate) Do the best you can.

Please show me relaxed hands.

Feedback for each person: (Positive) Good. Now just relax and take a few moments to notice the way your hands and arms feel when you relax your hands. (Corrective) Not quite, curl your fingers a little more so that it looks like this (Demonstrate). Good job!

Repeat the above sequence until women have learned the relaxed posture.
G. SHOULDERS
The next posture is called “shoulders.”

Your shoulders are relaxed when they are resting against the chair and are rounded with the tops in a straight line. First, lift your shoulders up as high as you can and then let them drop (Demonstrate). Your shoulders are not relaxed if they are raised or twisted if is one shoulder is higher than the other (Demonstrate).

Alright, can you show me relaxed shoulders? Do the best you can.

Feedback for each person: (Positive) Good. Now just relax and take a few moments to notice the way your shoulders and neck feel. (Corrective) Your left shoulder appears to be higher than your right one. Your shoulders look a little crooked (Demonstrate). Good job!

H. EYES
The last relaxed posture is called “eyes.”

Your eyes are relaxed when the eyelids are closed and smooth. (Demonstrate). Your eyes are not relaxed when they are tightly shut or if there is eye movement beneath the eyelids.

Please relax your eyes. Do the best you can.

Feedback for each person: (Positive) Good job. Notice the relaxed feelings in your eyes and forehead as you relax for a few moments. (Corrective) Your eyelids are closed a little too tightly. Make them smooth, like this (Demonstrate). Good Job.

Repeat the above sequence until women have learned the relaxed posture.
OUR STORIES
Time: 5 min

Steps
- Your thoughts and experiences are very important to this class.
- This is the time you may share a story related to our topic today.
- For today, does anyone want to share something about having a Pap test? If you’ve had one, celebrate! Yeah!
- If you have not had one, what could you do to start planning for this appointment?
- Thanks for sharing.

JOB FOR HEALTH
Time: 5 min

Every week we will have a job to do before the next group meeting. It is to help everybody practice some of the things we learn in class while at home.

Copy and hand out the Job for Health—Class 13 (Appendices).

This week, our jobs for health are:

- Find out where you can go to have a Pap test and the phone number.
- Practice relaxing and think of something nice to say to myself when I get cervical cancer screening.

Close the session by thanking everyone for attending. Ask if there are any questions. Remind everyone to do their Job for Health and the next class date, time and location.
Class 13
Cervical Cancer Screening

JOB FOR HEALTH

1. I will practice relaxing and think of something nice to say to myself when I get a Pap test.

Time: 5 min

2. I will find out where I can go to get a Pap test.

Place: ________________________________

Phone: ________________________________

Remember to Get a Pap Test!
Class 14
How to Encourage Women to get Cervical Cancer Screening

WELCOME
Welcome everyone to Women Be Healthy again.
Briefly highlight the ground rules posted on the wall where everyone can see.
Ask if anyone has any questions, additions or changes.

REVIEW
Time: 15 min
Review agenda and key messages from previous class. Refer to chart on the wall.
Refer to chart on the wall to remember last class and today’s agenda. Add new icons for today.

Ask if anyone has any questions or concerns from the previous class.
- Let us take a look back at what we did last class.
- Tell me about your Job for Health.
- What did you learn?
- What did you learn from someone else who has had a Pap test?
- Thanks for sharing.

SOME THINGS THAT MAKE IT HARD TO GET CERVICAL CANCER SCREENING
Time: 25 min

Materials
- Flip chart
- Marker
- Pictures of characters on craft sticks
Steps
BRAINSTORM
What are some of the things that make it hard for women to get Pap tests?
Sample answers may include:

Women may
- feel embarrassed talking
- feel embarrassed having a doctor examine my private parts
- don’t like being examined by male doctors
- think a doctor is sometime rude when he acts “business-like” and unfriendly
- believe that they cannot get cancer
- do not know they need Pap tests
- do not have symptoms
- not able to take time off of work
- don’t have transportation
- do not know where to get a Pap test
- find the screening test unpleasant and uncomfortable
- worried about the test results
- don’t have health insurance
- believe cancer cannot be cured
- have no personal doctor or regular health care
- do not want to wait for an appointment
- not able to afford preventive health care
- have other, more pressing priorities

Record ideas on flip chart.

BARRIERS TO SCREENING: CHARACTERS WITH DIFFERENT REASONS
- Introduce each character and read about her, holding up the character’s picture.
- Have students come up with ways they could talk to each character to encourage them to get cervical cancer screening.
- Note to instructor: If there is time, use all four scenarios, or certain characters can be chosen, based on the time available.

1. Penny-Pinching Polly (Hold up picture taped on craft stick-in kit)
   Hey, look a penny! Money doesn’t grow on trees you know. I’m careful about the way I spend my money. I don’t spend money on things I don’t need. I have to watch my money carefully and not spend it foolishly. Oh, but I better go, I’m treating myself to a day at the beauty shop.
How might the class respond to Polly? Allow women to respond first.

- Taking care of yourself on the outside is important, but it is also important for you to take care of your "inside" health.

- Pelvic exams and Pap tests are an investment in your future. Spending some money now can help you take better care of yourself now and in the future.

- There are probably hospitals, health departments or clinics in your area that offer low-cost Pap tests. Just because it is low cost doesn't mean it's low quality.

2. **Painful Patricia (picture on craft stick-in kit)**

   *I heard my girlfriends talking at the Laundromat about their Pap tests. One said that hers hurts!! I don't like pain. Personally, I would rather avoid any pain by not getting a Pap test.*

   **Possible Responses: How would you respond to Patricia?**

   - A Pap test may be uncomfortable, but it should not hurt. Taking deep breaths and exhaling slowly can help you relax and make the test more comfortable.

   - The Pap test is the only test available to detect cervical cancer. It is a very important test that should take only a minute.

   - Besides, if the Pap test is too painful, you can always ask the nurse or doctor to stop.

3. **Embarrassed Emily (picture on craft stick-in kit)**

   *I just hate to go to the doctor to get a Pap test. It is uncomfortable and embarrassing to get on the exam table and expose myself to the whole world. I just don't like putting myself through that type of embarrassment, especially with a male doctor! He doesn't even know me or my family and yet I'm supposed to let him touch me down there? No way!*  

   **Possible Responses: What would you say to Emily?**

   - You can ask for a female health care provider. If a male performs the Pap test, another female must be in the room.

   - You can take a friend, staff or family with you if it would make you feel more comfortable.
• The doctor should only uncover the part of your body that she or he is checking. You will have on a paper gown and a drape cloth.

• Doctors and nurses should be professional and business like. They will ask you about your health, but may not ask a lot about other aspects of your life. You need to make your health your priority.

• Your health is more important than modesty. The Pap test is the only screening test available for cervical cancer. If cervical cancer is found early, it is easier to cure. So, getting over a little bit of embarrassment now can mean a better chance of remaining healthy and saving your life.

• When it is over, you will have peace of mind because you are taking care of yourself.

4. Ignoring Izzy (picture on craft stick-in kit)
   I have been with my husband for 20 years. He is my only sexual partner. I only have had 1 boyfriend, my husband. I don't need birth control anymore, and I only go to see my doctor when I am sick. I have not had a Pap test since my last baby 16 years ago.

Responses: What would you say to Izzy?
• All women are at risk for cervical cancer. It doesn't matter whether women are using birth control, are pregnant, or menopausal (“have gone through the change of life”).

• Women cannot feel changes caused by abnormal cervical cancer cells. Women may feel healthy and have cervical cancer.

• The Pap test is the only way to check for abnormal cells and cervical cancer.

• We covered a lot today. What are some of your questions? If your best friend asked you what you did at the class today, what are three things that you might tell him or her? (Have students call out responses).

• It is important to know why women don’t get Pap tests and what we can do to encourage them.
RELAXATION EXERCISE
Time: 10 min

Steps
Today we are going to practice 3 relaxed positions: body, head and quiet.

If you need to calm yourself before a mammogram or a Pap test, you could do this relaxation while waiting in the waiting room or in the exam room.

Behavioral Relaxation Technique

A. BODY
The first relaxed posture is called “body.” Your body is relaxed when your chest and hips are straight in the chair with no movement. (Demonstrate) Your body is not relaxed if it is crooked in the chair, if your back or hips are lifted from the chair, or if you move your body alot. Do the best you can. (Demonstrate)

Please relax your body.

Feedback for each person: (Positive) Good, now take a few moments to notice the way your body feels as you relax your body. (Corrective) You seem to be a little twisted to the right/left. Or you are moving your body? (Demonstrate). Good job!

Repeat the above sequence until students have learned the relaxed posture.

B. HEAD
The next relaxed posture is called “head.” Your head is relaxed when it is resting on the wall or facing straight. (Demonstrate) Your head is not relaxed if it is titled or turned to either side or titled up or down. (Demonstrate) Do the best you can.

Please relax your head.

Feedback for each person: (Positive) Good, now take a few moments to notice the way your neck feels as you relax your head. (Corrective) That is close but
your head is titled slightly. Can you move your head like this? (Demonstrate). Good job!

Repeat the above sequence until students have learned the relaxed posture.

C. QUIET
The next relaxed posture is “quiet.”

You are quiet when you are not making any noise such as talking, loud sighs, or snores (Demonstrate). Do the best you can.

All right, please show me quiet for the next few moments.

Feedback for each person: (Positive) Good job. Notice the relaxed feelings in your throat and chest as you relax quietly. (Corrective) You need to try to be quiet while we are relaxing. (Demonstrate). Good job!

OUR STORIES
Time: 5 min
- Tell about some steps you have done to encourage yourself or a friend to get a Pap test or mammogram.
- What did you do or say?
- Thanks for sharing/

JOB FOR HEALTH
Time: 5 min.

Every week we will have a job to do before the next group meeting. It is to help everybody practice some of the things we learn in class while at home.

Copy and hand out the Job for Health—Class 14 (Appendices).

This week, our jobs for health are:

- Practice relaxing and think of something nice to say to yourself when you are getting a Pap test.
- Time: 5 min
• Name 1 thing that makes it hard for you or a friend to get a Pap test. What could you do to overcome this so that you can get screened or help your friend get screened?

Close the session by thanking everyone for attending. Ask if there are any questions. Remind everyone to do their Job for Health and the next class date, time and location.
Class 14

How to Encourage Women to Get a Pap Test

JOB FOR HEALTH

1. I will practice relaxing and think of something nice to say to myself when I get a Pap test.

2. I will name 1 thing that makes it hard for me to get a Pap test. Then I will think of something that will help me overcome this so that I can get screened.

☐ I am embarrassed
☐ I prefer a woman doctor
☐ I have no transportation
☐ I feel uncomfortable

I will schedule my Pap test!