

Women Be Healthy 2 Curriculum Outline

Class Session Topic	Learning Activities and Handouts
1: Introduction, Class Orientation, Being a Healthy Woman	Introductions, Ground Rules, Our Stories, Job for Health
2: What is a Healthy Woman?	Health collage, Things that Can Go Wrong with Health, Cancer Cell Growth Activity, Relaxation, Job for Health
3: Our Bodies	Breast Anatomy , Anatomical Dolls, Building Skills, Relaxation, Job for Health
4: Mammograms	Mammogram Chart, "Let's Talk About Health: What Every Woman Should Know" DVD, Breast Cancer Awareness Beaded Necklace, Breast Health Care brochure, Building Skills, Relaxation, Job for Health
5: Mammogram Preparation	Things I Need to Know and Things I Need to Do Sentence Strips, Building Skills, Relaxation, Job for Health
6: Visit with a Mammography Technologist	Field trip to a mammography facility, Asking Questions, Relaxation, Job for Health
7: Clinical Breast Exam	Clinical Breast Exam, Breast Models, Breast Care brochure, DVD, Job for Health
8: Know What is Normal For You	Know What is Normal for You, When To See a Doctor: Red, Light, Green Light, Building Skills, Relaxation, Job for Health
9: Encouraging Women to Get a Mammogram	Mammogram Collage, Building Skills, Job for Health
10: Reducing Your Risk of Breast Cancer	Wheel of Breast Health: know your risk, live a healthy lifestyle, know what is normal for you, get screened, Building Skills, Relaxation, Job for Health
11: Making Plans to Get Screened	Mammogram Screenings, Building Skills, Relaxation, Job for Health
12: Female Pelvic Parts	Cervical Health, Female Anatomy, Building Skills, Relaxation, Job for Health
13: Cervical Cancer Screening: Pelvic exam and Pap test	Pelvic Exam, Pap test, Cervical Models, DVD, Building Skills, Job for Health,
14: Encouraging Women to Get Cervical Cancer Screenings	Some Things that Make it Hard to Get Screened, Building Skills, Relaxation, Job for Health
15: Cervical Cancer Screening Preparation	Things to I Need to Know and Things I Need to Do Sentence Strips, DVD, Relaxation, job for Health
16: Barriers to Screening	What Makes It Hard to Get Screened Activity, Building Skills, Relaxation, Job for Health
17: Speaking Up to Your Doctor, Nurse, and Family	Communicating with Doctors, Nurses and Family Members, Building Skills, Personal Medical Information, Relaxation, Job for Health
18. Visit with a Doctor	Field trip to a doctor's office, Asking Questions, Relaxation,
19. Pelvic Parts review	Pap Test, DVD, Relaxation, Building Skills, Job for Health

20. Cervical Cancer Screening Review	Review activity, Building Skills, Relaxation, Job For Health,
21. My Personal Screening Plan	Breast and Cervical Cancer Screening Review, My Screening Plan, Relaxation
22. Graduation and Celebration	Graduation Ceremony and Certificate