



## SAMPLE LESSON PLANS

### Grade 9- Health Promotion

#### Unit 2

#### SOLs:

9.2.G Identify common types of cancer, risk factors, and prevention strategies.

#### Title: Cancer Prevention

**Objectives/ Goals:** Students will research and present cancer prevention strategies

#### Materials:

- Internet access, display materials

#### Procedure:

- Remind students that Cancer is a term used for diseases in which abnormal cells divide without control and can invade other tissues. Cancer cells can spread to other parts of the body through the blood and lymph systems. Cancer is not just one disease but many diseases. There are more than 100 kinds of cancer (Source: CDC).
- The number of new cancer cases can be reduced and many cancer deaths can be prevented through: (1) **screening** for cervical, colorectal, and breast cancers; (2) **vaccines (shots)** such as the human papillomavirus (HPV) vaccine and the hepatitis B vaccine; and (3) **lifestyle behaviors** like avoiding tobacco, limiting alcohol use, protecting your skin from the sun and avoiding indoor tanning, eating a diet rich in fruits and vegetables, keeping a healthy weight, and being physically active.
- Assign students to one of three groups – screenings, vaccines, healthy choices - and have them research credible sources on the internet including those referenced below to develop a poster or infographic ([www.piktochart.com](http://www.piktochart.com)) to improve public awareness about how the strategy improves health and prevents cancer, and the resources that exist to help individuals access that strategy (e.g., free or reduced cost immunizations, smoking cessation classes)
- Ask students to share the information with their class.

## Assessment Ideas:

- Evaluate student participation and public awareness product.

## References:

- American Cancer Society High Schools Against Cancer  
[http://relay.acsevents.org/site/DocServer/RFL\\_Student\\_HAC\\_Guidebook\\_GW.pdf?docID=185625](http://relay.acsevents.org/site/DocServer/RFL_Student_HAC_Guidebook_GW.pdf?docID=185625)
- American Cancer Society – Ready to Use Cancer Presentations  
<http://www.cancer.org/health-care-professionals/resources-for-professionals/cancer-presentations.html/>
- American Institute for Cancer Research – Recommendations for Cancer Prevention  
<http://www.aicr.org/reduce-your-cancer-risk/recommendations-for-cancer-prevention/>
- CDC Cancer Prevention Program <https://www.cdc.gov/cancer/>
- CDC - Cancer and Physical Activity  
[https://www.cdc.gov/cancer/dcpc/prevention/policies\\_practices/physical\\_activity/](https://www.cdc.gov/cancer/dcpc/prevention/policies_practices/physical_activity/)
- CDC Cancer - How to Prevent and Find It Early  
<https://www.cdc.gov/cancer/dcpc/prevention/index.htm>
- CDC Cancer Videos and Resources to Share  
<https://www.cdc.gov/cancer/dcpc/resources/index.htm>
- Great American SmokeOut Anti Smoking Lesson Plans  
[http://www.educationworld.com/a\\_lesson/lesson/lesson034.shtml](http://www.educationworld.com/a_lesson/lesson/lesson034.shtml)
- National Quitline <https://smokefree.gov/talk-to-an-expert>
- SunWise Toolkit <https://www.neefusa.org/resource/sunwise-tool-kit>
- Virginia Foundation for Healthy Youth [www.VFHY.org](http://www.VFHY.org)
- Virginia Department of Health [www.vdh.virginia.gov](http://www.vdh.virginia.gov)
- Sun Smart Resources for Educators  
[http://melanomafoundation.com/?option=com\\_content&view=article&id=1&Itemid=3](http://melanomafoundation.com/?option=com_content&view=article&id=1&Itemid=3)