



# TERRY FOX Lesson Plan

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## Sharing his story with your students

### **Lesson: Talking to Students About Cancer**

**Learning Goal:** To discuss what cancer is, with younger students, using Terry Fox as a starting point. Students will be able to talk about cancer and ask questions. They will develop a basic understanding about what cancer is and why it is important that we raise money for cancer research (advances in diagnosis and treatment).

### **Materials/Media:**

- Appendix A: What is Cancer - teacher information or student hand out
- Appendix B: What We Have Achieved Through Fundraising for Cancer Research (for teacher information)
- Appendix C: Healthy Lifestyle Choices to Reduce the Risk of Cancer
- Appendix D: What Cancer Is - What Cancer is Not
- Chart paper and markers to create KWL Chart (Know, Want to Know, Learned) or Mind Mapping Web

### **Instructions:**

1. In small groups, have students discuss what they know about cancer, Appendix A: What is Cancer - teacher information or student hand out. Then have a discussion and record ideas on Appendix D: What cancer is - What Cancer Is Not chart. Be sure to correct any misunderstandings as you go along. If there is something you aren't sure of, be honest and tell the students that you will find out the answer, as you record it on a Questions We Have About Cancer chart.

2. When talking about risk factors, you can use everyday cause and effect examples e.g. If you run in the halls at school, you are more likely to trip, fall or bump into someone than if you are walking nicely. When you are going down the stairs, you are more at risk of falling if you aren't holding the railing. The same is true for cancer. Often people don't know why they get cancer, but in some cases, there are risk factors that may have increased their chances of getting it e.g. unhealthy lifestyle.

3. Focus of all of the gains that have been made in terms of the diagnosis and treatment of various cancers over the years, thanks to all of our efforts to raise funds for cancer research. (see Appendix B: What We Have Achieved Through Fundraising for Cancer Research).

4. Students can complete the Appendix C: Healthy Lifestyle Choices to Reduce the Risk of Cancer. They will need to fill in missing words from a bank of words and complete an illustration to go along with each section.

**Extension:** Encourage students to talk to family members about what they know about cancer.

**Assessment:** Use student responses during discussions to gauge their understanding of what cancer is and what it is not.

**Curriculum Expectations:**

*Healthy Living Healthy Eating:*

- Describe the importance of food to the body (gr. 2);
- Describe benefits of healthy food choices, physical activity, and healthy bodies (gr. 3).
- Identify potential safety risks (gr. 1).

*Substance Use and Abuse:*

- Use decision-making skills to make healthy choices about drug use and recognize the effects of various substances (e.g., nicotine, caffeine, alcohol) on the body (gr. 3).

*Oral Communication:*

- Comprehension Strategies - Identify a few listening comprehension strategies and use them before, during and after listening in order to understand and clarify meaning.

*Media Literacy:*

- Producing Media Texts - Produces some short media texts for specific purposes and audiences, using a few simple media forms and appropriate conventions and techniques (gr. 1 – 3).



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### Appendix A: What is Cancer?

- Cancer is a disease that affects some people. It can also affect some animals.
- Cancer is not contagious. You can't catch it from someone like you catch a cold or the flu. It is okay to sit close, hug or kiss someone who has cancer.
- No one causes someone else to get cancer. People often don't know why they get cancer.
- There is no single cause of cancer but some factors appear to increase the risk of developing it.
- These are known as risk factors. There are some risk factors that you cannot change, for example: age and family history of cancer (heredity).
- It is important to make healthy lifestyle choices – eat healthy foods, exercise regularly, protect yourself in the sun, don't smoke or drink.
- There are some risk factors which are related to everyday choices. You can choose to: be a non smoker and avoid tobacco smoke; eat a healthy diet; be physically active every day; stay at a healthy weight; limit alcohol use; reduce your exposure to UV (ultraviolet) rays from the sun or indoor tanning equipment, like tanning beds; know your body and report any changes to your doctor or dentist.
- Our bodies are made up of millions (lots) of tiny things called cells. They all have a different job to make our bodies work and keep us healthy. Cancer is when some cells (bad cells or troublemaker cells) in the body stop working properly and stop the healthy (good) cells from doing their jobs. The cancer cells (bad cells) can grow into a lump or cause problems in the blood.
- Sometimes people may have a lump growing inside of their body and it shouldn't be there.
- They may have to have an operation to take it away. After that, the doctor will give them medicine so that the lump doesn't come back.
- If you have a lump or a bump in your body, it doesn't mean that you have cancer.
- Sometimes people with cancer will have to have an operation to cut out the cancer or remove the part of the body where the cancer is (i.e. Terry Fox had to have his leg amputated).
- Chemotherapy is a special medicine used to destroy cancer (bad cells) and/or stop or slow down the growth of cancer cells.
- Radiation uses x rays or a laser beam to destroy the cancer cells so that they can't grow.
- Many people are cured of cancer or living longer with cancer, because of new treatments being found thanks to funds raised for cancer research. When we do the Terry Fox Run/Walk at school we are helping to raise money for The Terry Fox Foundation.
- **For millions of people worldwide, Terry Fox is the face of cancer research.**



# TERRY FOX

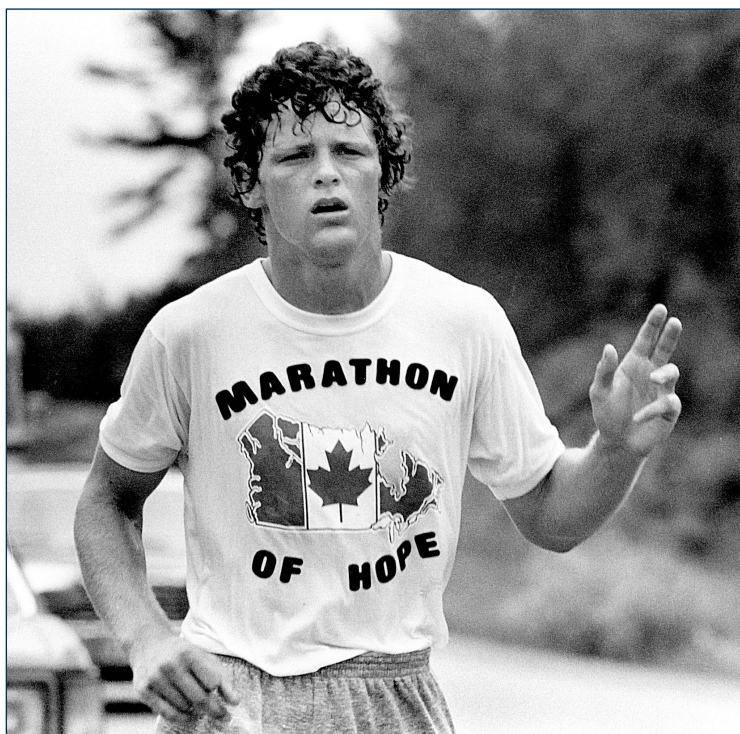
## Lesson Plan

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#### Appendix B: What We Have Achieved Through Fundraising for Cancer Research

- Terry Fox had to have his leg amputated (surgically removed by doctors) because of the type of bone cancer that he had. Today, people with the same type of cancer don't necessarily have to have their leg amputated. Instead a prosthesis (a substitute for bone – a rod made of metal or special metal called titanium) can be inserted into their leg in place of their bone.
- To date, over \$800 million has been raised worldwide for cancer research in Terry's name.
- Today, more and more people are able to beat cancer and live a long life because of the fundraising done throughout the years for cancer research and The Terry Fox Foundation. All of our efforts here at school have helped to make a big difference.
- As Terry said, "If you've given a dollar, you are part of the Marathon of Hope."



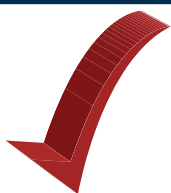
## Appendix C: Healthy Lifestyles Choices to Reduce the Risk of Cancer

<p>It is important to _____ healthy _____ and drink _____ throughout the day.</p>	<p>You should _____ regularly and stay fit.</p>
<p>You always need to _____ yourself in the _____.</p>	<p>Do not _____. Try to avoid secondhand smoke from others. Limit _____ use.</p>

**WORD BANK:** exercise water eat smoke protect alcohol foods sun

## Appendix D: What Cancer Is - What Cancer is Not

**What Cancer Is**



what it is!

**What Cancer Is NOT**



what it is NOT!