

In the Pink



Breast Cancer Awareness Interest Project

Created by Girl Scouts - Arizona Cactus-Pine Council, Inc.

Juliette Low, founder and role model for Girl Scouting in the United States, died at age 66 from breast cancer. Her legacy to the girls of America is to be responsible for themselves – Physically, emotionally and professionally – by becoming the best people they can be. This interest project has been adapted from a San Jacinto Senior Girl Scout Gold Award Project.

In the Pink stemmed from San Jacinto Girl Scouts' Breast Cancer Awareness Project. This project has spearheaded the efforts to bring breast cancer awareness to all Girl Scouts.

The Objective of the Project is:

- ▶ To inform, promote and educate Girl Scouts of the benefits of developing a healthy lifestyle and the importance of early detection of breast cancer.
- ▶ To provide intergenerational education and service opportunities focusing on breast cancer awareness.

A Brief History

Juliette Low, the founder of Girl Scouts, died in 1927 from breast Cancer at a time when the words "breast" and "cancer" would not have been used in polite company. In 1996, it was disclosed to Girl Scouts around the world that Juliette Low died of breast cancer.

Phoenix Oncology Nurses Society joined the Girl Scouts as a community partner and generously devoted time, professional staff, and financial assistance to make this project successful.

"Pedal for the Cure", an all women's bike ride across the U.S., has joined the Girl Scouts to increase awareness, provide educational opportunities, and financially assist research dedicated solely to breast cancer.

The combined efforts of many dedicated Girl Scouts and generous contributions from the community have and will continue to make a positive difference.

Requirements: Complete seven activities including two Skill Builders; one technology; one Career Exploration; one Service Project and two other activities of your choice.

SKILL BUILDERS

1. Understand the role of lifestyles and disease risks. Keep a daily journal for one month to document your personal exercise and diet habits. Meet with your doctor or school nurse/dietician at the end of the month to evaluate your habits. Determine how you can improve your health to lessen your risks of cancer.
2. What is Cancer? Locate information and describe five different types of cancer affecting Women: breast, skin, lung, etc. Start a journal or file of the information and resources collected.
3. Research your family history for relatives who have had cancer. What percentages have had breast cancer? List female family members over 40 and the date of their most recent mammogram. Research what a mammogram test includes. Consider sharing the information with your family and friends.
4. Identify factors, which put a woman at risk for breast cancer. Keep this information in your journal/file. Determine if any family members are at-risk for breast cancer.
5. Learn three ways women can assist with early detection of breast cancer. Keep this information in you journal/file.
6. Identify organizations that offer support means of early detection, diagnosis, treatment, or rehabilitation of breast cancer patients. Write a bibliography of this information and share with others.

TECHNOLOGY

1. Investigate the technology used to detect breast cancer. Talk with a mammography technician. Identify the steps to operate the machine. If possible, tour a facility were this test is conducted.
2. Locate information on the types of breast cancer and be able to discuss some treatments for breast cancer and their success rates.
3. Make an appointment with a specialist involved in breast cancer detection or treatment. Visit with a pathologist to learn methods of diagnosis, a genetics counselor or genetic testing, or a physical therapist for rehabilitation routines and exercises. Record information in your journal/file.
4. Review recent media sources to learn about the most current breakthroughs in breast cancer research. What organizations are doing research? Who sponsors the research? What are the current studies? Record the information in your file.

SERVICE PROJECTS

1. Contact a local hospital or community related agency for volunteer opportunities, i.e. coordinate a drive for books, wigs, toys, or hats to be used by cancer patients.
2. Coordinate a blood/platelet drive to benefit cancer patients or create a resource list of locations, hours and eligibility requirements for interested donors.
3. October is Breast Cancer Awareness Month. Design a poster, bookmark, or interactive display incorporating facts important for all women to know about breast cancer. Contact a local organization, library or Girl Scout troop to share or display your project.
4. Participate in a breast cancer education campaign in your community.
5. Plan and carry out a breast cancer awareness program for a faith community, library, or community center. This could include a seminar for moms and grandmothers stressing breast self-examination, the importance of having a mammogram and the impact of breast cancer on the family.

CAREER EXPLORATION

1. Identify training programs and/or schools in the medical and public health fields. Record their entrance requirements and identify career options.
2. Read biographies of three to five women who have been pioneers in educating the public about breast cancer
3. Research five health care professionals involved in the treatment of breast cancer through media articles or personal interviews. Record their educational backgrounds, job responsibilities, etc.
4. Interview a health care/medical reporter for a newspaper, television, or radio station. Why did the reporter choose this field? Ask her about her educational background. Discuss the impact of her reports on the community.
5. Identify five professionals within an organization whose purpose is to educate on early detection of breast cancer. Record their educational backgrounds, job responsibilities, etc.

AND BEYOND

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