

## Learning Objectives:

- Understand what cancer is and to distinguish between the facts and myths relating to cancer.
- Understand the importance of screening and how to perform self examination.
- Explain why it is important to go to the doctor with any concerns about your health



# Year 11 Personal Development



## Keywords:

Cancer  
Tumour  
Benign  
Malignant  
Metastasis  
Screening  
Self-examination  
Early Detection

SYMBOL

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# Self- Checking/Cancer

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# Your next lesson is on...

## Independence and Transition

1. Self-Checking/Cancer
2. First Aid
3. Budgeting/Finance

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**Due to the topic today being sensitive and emotive:**

No personal disclosures in the classroom (unless you feel comfortable to do so).

**If this topic is going to cause you distress, you can withdraw now.**



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# Why is this relevant to me?

**Cancer can affect anyone.**

It is important that everyone knows how to check for some cancers as early detection increases the chances of survival.

***Key message today:*** If some cancers are caught early enough, you have a very high chance of surviving!  
Early detection really is the best form of defence.

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# Starter Activity

What is your understanding of the term cancer?

Discuss with the person sitting next to you.



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# What is Cancer?

Cancer is when some cells in the body start growing in an uncontrolled way and don't behave like normal cells.

These cells can form lumps (tumours) or spread to other parts of the body, which can make someone unwell.



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# Common Misconceptions

**“Cancer is always fatal.”**

**“Only older people get cancer.”**

**“Cancer can spread if you touch someone who has it.”** (It's NOT contagious.)



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# Common Misconceptions

**“Healthy people don’t get cancer.”**

**“Cancer always causes pain straight away.”**

**“Finding a lump always means cancer.”** (Most lumps are harmless.)



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# Common Misconceptions

**“If no one in your family has cancer, you can’t get it.”**

**“Cancer treatment always makes you extremely sick.”**

**“You can’t reduce your risk of getting cancer.”**



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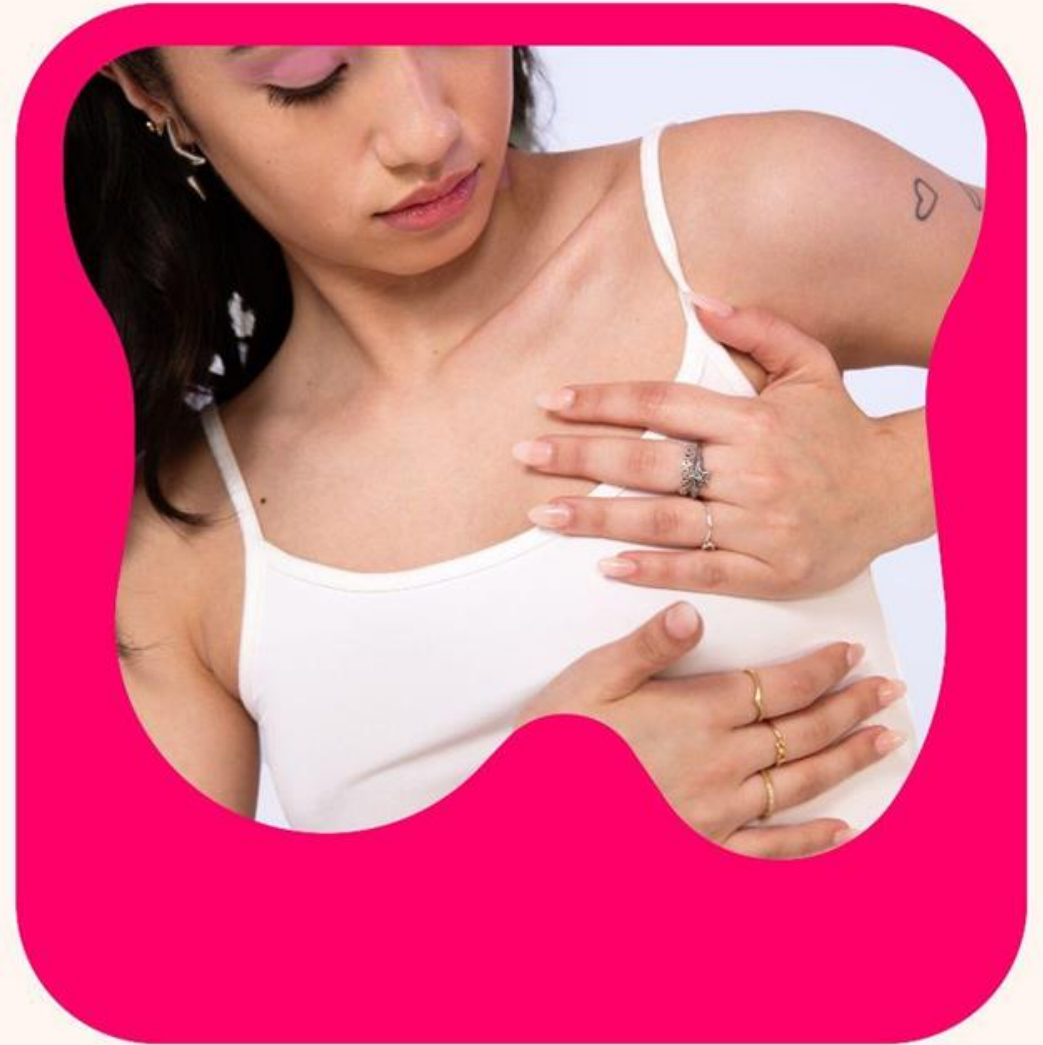
# **CoppaFeel!**

**breast cancer awareness**

**The UK's only  
breast cancer awareness  
charity for young people**



*Patient Information Forum*



- 
- \* **Facts and statistics**
  - \* **Changed genes**
  - \* **CoppaFeel!'s mission**
  - \* **How to check your chest**
  - \* **Signs of breast cancer**
  - \* **CoppaFeel!'s reminders to check**
- 
- 

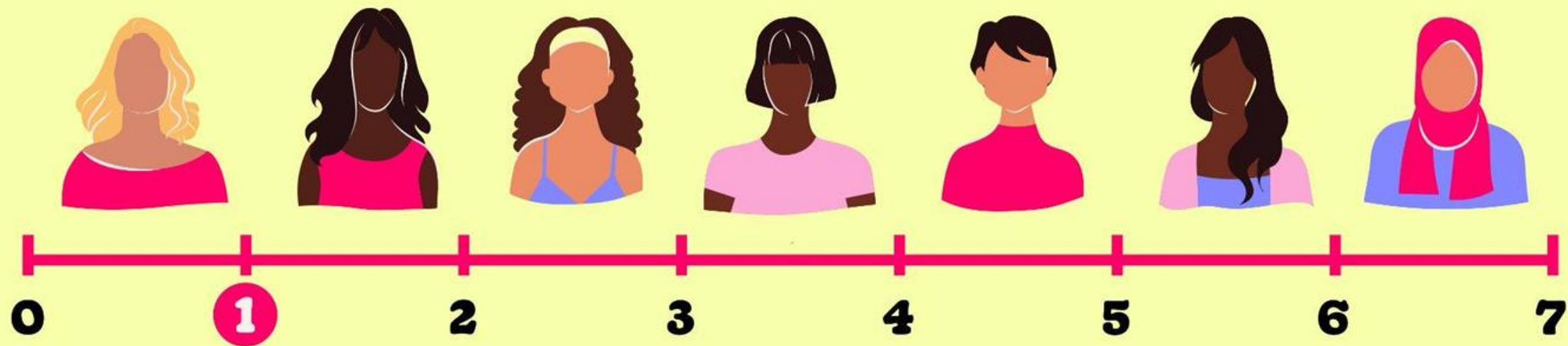
# What is breast cancer?

- \* Cancer is a condition that causes cells in the body to grow out of control.
- \* These cells build up to form growths, called tumours.
- \* Cancerous (malignant) tumours in breast tissue are called breast cancer.

**Tumours can be benign or cancerous (malignant).  
Benign means it is not cancer.**



# 1 in 7 women



**In the UK will have breast cancer  
in their lifetime**





**Nearly**

**400 men**

**are diagnosed with  
breast cancer every year**

**Breast cancer is the  
most common cancer for  
females  
aged**

**15-44**





**“No one in my family  
has breast cancer,  
so I won’t get it,  
right?”**

**“ I chose to remove  
my boobs to  
lower my risk of  
breast cancer ”**



**Folly**



**Between**

**5-10%**

**of cancers are  
caused by inheriting  
a changed gene.**

**Simple  
as 1,2,3**



**1**

**Check your chest  
every month**

**2**

**Look AND feel**

**3**

**If in doubt, get it  
checked out**



# How to check



**CoppaFeel!**

breast cancer awareness

**If in doubt, get it checked out.**

**look**   
**and feel**

# Signs of breast cancer may include:



Skin changes such as puckering or dimpling



Unusual lump or swelling in your armpit, or around your collarbone



Unusual lumps and thickening



Liquid coming from your nipple



A rash or crusting on or around your nipple



Nipple is pulled inwards or changes direction

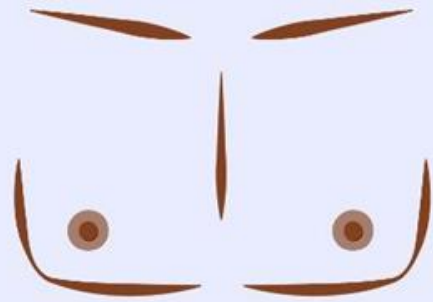


A sudden, unusual change in size or shape



Constant, unusual pain in your breast or pec, or armpit


**Natural**



**changes**



The first step is to contact your GP surgery

A man with a receding hairline, wearing a light blue button-down shirt and a white lanyard, is looking to his left with a slight smile. A pink rounded rectangular box is superimposed over his chest, containing the text "breast examination". The background is a plain, light-colored wall. The image is framed by dark, out-of-focus vertical bars on the left and right sides.

**breast  
examination**

## To do:

- ✓ **Check your chest every month**
- ✓ **Look AND feel**
- ✓ **If in doubt, get it checked out**



# Time to reflect

**How are you going to incorporate monthly checking into your routine?**



**With a monthly reminder**



**When I'm in the shower**

# Sign up for text reminders

Text **NORMAL** to **82228**  
for our **free** monthly text  
reminder service.

Standard network rates apply for texts you send us.  
Receiving our reminders in the UK is free.



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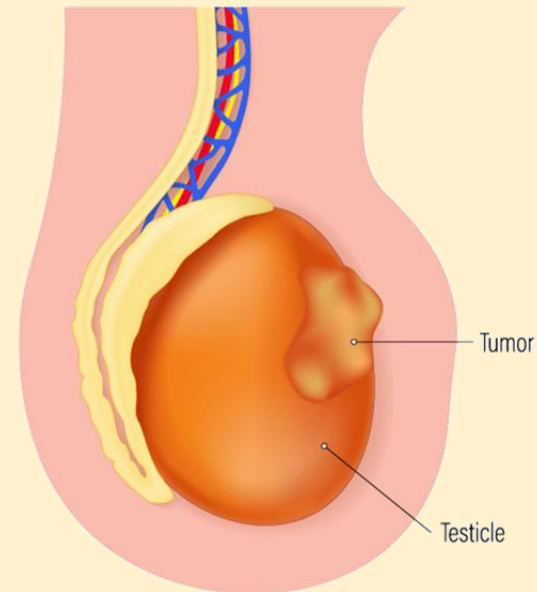
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# Testicular Cancer

**When this abnormal cell growth starts in your testicles, it's called testicular cancer.**

- There are different types of testicular cancer.
- More than 90% of testicular cancers start in the cells that make sperm (germ cells).



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# Testicular Cancer

Testicular cancer isn't very common. Globally, it makes up less than **1%** of all male tumours.

**But it's the most common cancer in young men. Fortunately, testicular cancer is highly curable when it's found and treated early.**

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# Testicular Cancer

The best thing you can do for your testicles is to get familiar with them on a regular basis. (Go on, have a feel.)

**If you think you've found something unusual – like a lump, swelling or pain – make an appointment with your doctor.**

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**KNOW  
THY  
NUTS**

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itv

itv  
HUB

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# Awareness Campaigns

<https://nutsandbolts.movember.com/>

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**APRIL IS  
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CANCER  
AWARENESS  
MONTH**



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### General Cancer Information

#### **NHS – Cancer Information -**

<https://www.nhs.uk/conditions/cancer/>

**Cancer Research UK -** <https://www.cancerresearchuk.org/>

### Breast Cancer Information

**Breast Cancer Now -** <https://breastcancernow.org/>

**CoppaFeel! -** <https://coppafeel.org/>

### Testicular Cancer Information

**Movember Foundation -** <https://uk.movember.com/>

**It's In The Bag (Testicular Cancer Awareness) -**

<https://itsinthebag.org.uk/>



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## Self-Reflection Sentence Starters

I have learnt...

My knowledge has improved by...

This is linked to the 3Rs because...

This is linked to the British Values because...

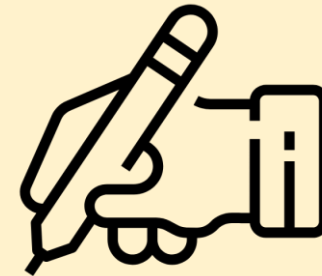
I realized that...

I learned that I...

I would like to learn more about...

I was inspired by...

I discovered that...



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**At Ashby School there are plenty of staff here to help you, these include:**

Your **CREW Leader**.

Your **Year Team Leader(s)** & **Assistant Year Team Leader(s)**.

Your **Subject Teachers**.

**Other Professionals** (including medical officer, well-being officer, school counsellor, safeguarding team & SEND team).



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**Do not suffer in silence!**



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## What British Values Have We Addressed Today?

**Democracy**

**Individual  
Liberty**

**Rule of  
Law**

**Mutual  
Respect**

**Tolerance**

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