

FIGHT LIKE A GIRL

Breast Health Project for Daisies, Brownies, Junior, Cadettes, Seniors and Ambassadors

Introduction: Juliette Gordon Low, the founder of Girl Scouts of the USA, died from breast cancer in 1927, at a time when the words "breast" and "cancer" were not spoken in "polite company."

Now, the newest generation of the organization she founded can become more and more involved in raising awareness to help girls and women cope with cancers impact on their families and on their own health.

Requirements:

DAISIES: Do the starred requirements and 2 other requirements.

- *1. Discuss the word "cancer" and what it means.
Draw a picture of your feelings after the discussion.
 - *2. Take part in a Relay for Life event and walk in honor of Juliette Gordon Low.
 3. Read and do the activities in the "Kemo Shark" Activity Book.
 4. Keep an exercise journal for one week.
Discuss why exercise is important to your health.
 5. Keep a nutrition journal for one week.
Look at a food pyramid for the kinds of foods you should eat every day to stay healthy.
 6. Make 25 Pink Ribbons.
Be able to explain what the Pink Ribbon stands for.
- Pass out your Pink Ribbons to people to show your support of Breast Cancer Awareness.

BROWNIES: Do the starred requirements and 3 other requirements.

- *1. Discuss the word "cancer" and what it means.
Draw a picture of your feelings after the discussion.
 - *2. Take part in a Relay for Life event and walk in honor of Juliette Gordon Low.
 3. Read and do the activities in the "Kemo Shark" Activity Book.
 4. Keep an exercise journal for one month.
Discuss why exercise is important to your health.
 5. Keep a nutrition journal for one month.
Look at a food pyramid for the kinds of foods you should eat every day to stay healthy.
 6. Make 50 Pink Ribbons.
Be able to explain what the Pink Ribbon stands for.
- Pass out your Pink Ribbons to people to show your support of Breast Cancer Awareness.

JUNIORS: Do the starred requirements and 4 other requirements.

- *1. Ask 3 women you know if they have ever had a mammogram.
Make Beads of Hope Necklaces and give them to women who pledge to get a mammogram.
Be able to explain what each bead represents.
Turn your Pledge Sheet in to your Girl Scout Leader.
- *2. Take part in a Relay for Life event and walk in honor of Juliette Gordon Low.
3. With your mother, or an adult female approved by your parents, visit a place where mammograms are performed.
4. Keep an exercise journal for one month.
Discuss why exercise is important to your health.
5. Discuss the word "cancer" and what it means.
Draw a picture of your feelings after the discussion.
6. Keep a nutrition journal for one month.
Look at a food pyramid for the kinds of foods you should eat every day to stay healthy.
7. Read and do the activities in the "Kemo Shark" Activity Book.
8. Set up a display to raise awareness of good breast health.
Include information about exercise, nutrition, and the importance of testing.
Wear pink, have pink Kool-Aid, make pink cookies, and pass out pink ribbons.
9. Visit a Breast Cancer website and find out how breast cancer is diagnosed.
10. Make 100 Pink Ribbons.
Be able to explain what the Pink Ribbon stands for.
Pass out your Pink Ribbons to people to show your support of Breast Cancer Awareness.

CADETTES, SENIORS AND AMBASSADORS:

Do the starred requirement and 5 other requirements.

1 Discovery; 1 Connect; 2 Take Action; and 1 of your choice.

*Diet is thought to be partly responsible for about 30% to 40% of all cancers. But diet alone is unlikely to be the "cause" or "cure" of cancer. Although more research needs to be done on diet and breast cancer, findings suggest that physical activity, a healthy diet (particularly one low in fat and high in vegetables and fiber), and a healthy weight can help reduce the risk of breast cancer or the cancer coming back.

Giving your body the nutrients it needs — is important for everyone. When combined with exercising and maintaining a healthy weight, eating well is an excellent way to help your body stay strong and healthy.

a. Keep a nutrition journal for one week.

Talk with a health care professional (like your doctor or school nurse/dietitian) about the foods that you eat and what they suggest that you should eat.

Create a menu that includes foods that promote good health.

Look at a food pyramid for the kinds of foods you should eat every day to stay healthy.

Keep a nutrition journal for one week based on your new menu.

Regular exercise is an important part of being as healthy as you can be. More and more research is showing that exercise can reduce the risk of breast cancer coming back (recurrence) if you've been diagnosed, as well as reducing the risk of developing breast cancer if you've never been diagnosed.

Regular exercise can help you maintain a healthy weight by building muscle and burning fat. Overweight and obese women -- defined as having a BMI (body mass index) of over 25 -- have a higher risk of being diagnosed with breast cancer compared to women who maintain a healthy weight.

This higher risk is because fat cells make estrogen; extra fat cells mean more estrogen in the body and estrogen can make hormone-receptor-positive breast cancers develop and grow.

b. Talk to a fitness professional (like a physical education teacher, coach, or doctor) about exercises that you can do to help you achieve your appropriate weight for your body type.

Keep an exercise journal for one month.

Discuss why exercise is important to your health.

DISCOVER

1. Juliette Gordon Low died of breast cancer in 1927.

Create a chart comparing what preventative care and breast cancer treatment options were available to women in the early 1900's and the preventative care and treatment options available today.

2. A breast health care maintenance program involves more than just an annual mammogram.
There are four components to comprehensive breast cancer diagnosis.
Learn and be able to explain the four components.
Ask three female adults if they are practicing all four components.
3. A "risk factor" is anything that increases your risk of developing breast cancer.
Learn about at least six risk factors for breast cancer.
Be able to explain why each is considered a "risk factor".
4. Talk to a medical professional about recommended breast examinations.
What a mammogram test includes, and the ages for mammograms.
Learn and name the "5 P's" associated with breast self-exams.

CONNECT

1. Take part in a Relay for Life event and walk in honor of Juliette Gordon Low.
Volunteer your time by assisting with registrations, refreshments, set up, and clean up.
NOTE: You can't raise money for a cause as a Girl Scout, but you can lend your services to events as a concerned young woman.
2. Invite a survivor to speak to your troop.
Ask her to tell you about her experience with the disease.
3. Identify and learn about 5 notable women who have survived/died of breast cancer.
Create a presentation of the information you found.
4. Interview a health professional who is involved in the treatment of breast cancer.
This could be a nurse, a pathologist, a genetics counselor, an oncologist, a plastic surgeon, a technician, a therapist, or a scientist.
Discuss their: Educational background
Why they chose this field
What their responsibilities are.

TAKE ACTION

1. Make Beads of Hope Necklaces and give them to women who pledge to get a mammogram.
Be able to explain what each bead represents.
Turn your Pledge Sheet in to your Girl Scout Leader.
2. Make a list of resources in your community related to breast cancer/breast health (ex. non-profit organizations, mammography facilities, support groups).
Create an informational flyer or brochure with the information you have gathered.
With permission, place your flyers/brochures in places where your peers and women of all ages shop or meet (like in your Girl Scout Council, school, places of worship, gym, mall, supermarket, etc.).
3. Make 100 Pink Ribbons to pass out.
Be able to explain what the Pink Ribbon stands for.
Pass out your Pink Ribbons to people to show your support of Breast Cancer Awareness.
4. For generations, quilts have told stories.
Be the leader in the creation of a quilt to be donated to a breast cancer clinic, hospital, organization, patient, or survivor.
Organize a team of quilters who will create quilt squares expressing a breast cancer awareness theme (like healthy living, Juliette Gordon Low, medical careers, inspirational thoughts, or symbols).
Once the squares are complete, and with the help of your team, piece the quilt tops together and finish the quilt for presentation and display.