



Making choices about diet and exercise

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Think, pair, share



How might people form opinions about what is and is not 'healthier'?

Where does information about what is and is not 'healthier' come from?

What might influence someone's health-related choices?

Myth-busting

Statement	Where has the information come from?	Myth, fact, it depends?
1. Everyone must eat a minimum of ten pieces of fruit a day.	Advertising, media	Myth
2. Reducing consumption of highly processed meat benefits health (processed meat includes sausages, bacon, ham etc. - meat that has been preserved by smoking, curing, salting or adding preservatives).	Government guidelines, media, scientific research	Fact
3. If everyone followed the same healthy, balanced diet, they would all be the same shape and size.	Influencers, celebrities, media	Myth
4. Consuming diet drinks is better than consuming non-diet versions.	Advertising, social media, family, friends, schools	It depends
5. Everyone must take daily vitamin and mineral supplements to be healthy, and protein shakes are the best way to build muscles.	Advertising, celebrities, role models, influencers, family, friends	Myth

Myth-busting

Statement	Where has the information come from?	Myth, fact, it depends?
6. People should eat three meals a day.	Government guidelines, family, schools, advertising	It depends
7. Low-fat products often contain sugar or artificial sweeteners instead.	Research/ studies	Fact
8. All processed foods are unhealthy	Media, influencers	Myth
9. Everyone should walk 10,000 steps a day.	Government guidelines, advertising, family, friends, influencers	Myth
10. Someone's diet and exercise choices might affect their mood and the way they feel.	Research studies, role models, schools, family, friends	Fact

Sources of influence

Read these students stories.

What or who are influencing their decisions?



Alexi

Family influences: Prioritising veg
Media influences: Packaging claims and videos on environmentalism
Financial influences: Cost of different food items

Hadiyah

Internal influences: Enjoys running
Time availability: Balancing activities (i.e. sleep, revision, runs)
Family influences: Suggesting she drops an extra-curricular activity

Dana

Internal influences: Personal values around food and health
Peer influences: Peers wanting to buy other foods
Financial influences: Budget size

Responses to influence

How might each character manage the influences they are experiencing?

Discuss strategies in pairs.

Alexi

Find reputable information to make healthier lifestyle choices with reduced environmental impact.
Talk to his Dad so they can work together.

Hadiyah

Look at whether her activities are balanced. Explore whether she needs to reduce or change her pattern of physical activity.
See the doctor if it continues.

Dana

Talk to her flatmates about why she wants fewer ready meals.
Offer to cook for them or cook together sometimes.
Use an app to find nutritional info.



Breast awareness

<https://coppafeel.org/>

Boobs / /bu:bs/

Noun (Informal)

1 Anatomy, Biology. The front part of the body from the neck to the abdomen; chest.

Synonyms: Breasts, pecs, chest.

Usage: 'CoppaFeel! believe that knowing your boobs could save your life.'

**GUYS, GALS,
NON-BINARY PALS
KNOWING YOUR BODY COULD
SAVE YOUR LIFE**



LOOK

changes in skin texture
e.g. puckering/dimpling



FEEL

lumps and thickening



LOOK

swelling in your armpit
or around collar bone



FEEL

constant, unusual pain in
your chest or armpit



LOOK

nipple discharge



LOOK

a sudden change in size
or shape



LOOK

nipple inversion and
changes in direction



LOOK

a rash or crusting of the
nipple or surrounding area

WHAT DO
YOU KNOW ABOUT BREAST
CANCER?

Cancer happens when cells divide and grow in an abnormal way.

Breast cancer starts when cells in the breast begin to divide and grow in an abnormal way.

Exactly why some people get breast cancer and others don't is not fully understood.

Research suggests that breast cancer can be caused by a combination of lots of different factors.

The main things that increase someone's risk of breast cancer are beyond our control.

Most breast cancers happen by chance.

Having a relative with breast cancer doesn't automatically mean your own risk is higher.

1 **IN** 7 WOMEN WILL EXPERIENCE
BREAST CANCER
IN THEIR LIFETIME & AROUND
2300 WOMEN UNDER THE AGE
OF 39, AND 400 MEN
ARE DIAGNOSED **EVERY YEAR***

IN FEMALES AGED 25-49,

BREAST CANCER IS THE MOST
COMMON CANCER,

ACCOUNTING FOR MORE THAN 44% OF ALL CASES
IN 2014-2016.*

WHY IS THIS
RELEVANT
TO US?

Although breast cancer is rare in younger people, it can still happen, as all genders have breast tissue, which develops at a young age.

So it is important that everyone knows it's really important to look into what's going on with your boobs / pecs / chest and that getting to know your body is the best way to put the future in your hands.

No matter what your age or gender, if breast cancer is caught early enough, you have a very high chance of surviving!

Early detection really is the best form of defense.

Therefore CoppaFeel! shouts about the importance of regular checking and getting to know what's normal for you from a young age and making it part of your routine for life.

If you do ever find anything unusual from checking regularly, the earlier you can get to your Dr, the chances of your survival are greatly improved. It's as simple as that.

Angelina Jolie didn't have breast cancer, but found out she carried the mutated BRCA gene – this is a mutation in your cells and means your risk of developing breast cancer is between 50-90% higher than someone that doesn't carry the gene.

Angelina Jolie opted to have a preventative double mastectomy, which means she had surgery to remove both of her boobs (all of the breast tissue) to hugely reduce her risk of getting breast cancer in the future.

HEREDITARY



There is a lot of information out there about breast cancer, and it can be confusing to know what is true. Some of the headlines are scary and they are not always accurate, so let's bust a few myths.

If you are ever concerned about any health headlines you see, head to the NHS website where they have a page dedicated to explaining them.



IMPLANTS



OLDER PEOPLE

DEODORANT



MOBILE PHONES



WRONG SIZE BRA



To provide more comfort and support, we recommend getting correctly fitting bras. But again, there isn't sufficient evidence to support this headline.



They are still a relatively new technology and therefore research is still being developed, however there is no current evidence to suggest they cause breast cancer.

We often read that apparently only older women can get breast cancer. Although your risk of getting breast cancer increases as you get older, young people can still get breast cancer so it's good to be informed at a younger age to develop healthy routines



There is no evidence that deodorant causes breast cancer.

there is no evidence to suggest that breast implants cause breast cancer



BIOPSY CHEMOTHERAPY
RADIOTHERAPY MAMMOGRAM
MASTECTOMY ONCOLOGIST
LUMPECTOMY ULTRASOUND
PREVENTATIVE SECONDARY
SURGERY BREAST CANCER

40% OF ALL CANCERS
ARE PREVENTABLE
THROUGH LIFESTYLE CHOICES

Healthy Lifestyle Choice

We know the advice on reducing cancer risk can be confusing – so here is our advice for keeping healthy and reducing your risk of breast cancer:

- Keep active and enjoy yourself! Try to move your body and be physically active every day. Do 30 minutes of moderate intensity activity 3 times a week. This could be riding a bike, jogging or dancing.
- Cut back on alcohol.
- Eat a balanced diet. Eat 5 servings of fruit and veg a day. Don't deprive yourself and don't eat too much of the same foods. Enjoy trying new food and mix it up!
- Drink plenty of water – aim for 6-8 glasses a day.
- Don't smoke. Smoking tobacco is the main cause of preventable death around the world. The good news: it is never too late to quit.
- Get to know your breast tissue (boobs, pecs or chest) and check them regularly

Our charity was founded in 2009 by Kris Hallenga and her twin sister Maren.

After noticing a lump in her boob and repeatedly visiting her doctor over 8 months, Kris was eventually diagnosed with incurable breast cancer, aged just 23. Unaware that breast cancer could affect people in their twenties and armed with little knowledge about the disease, it struck Kris and Maren that there was a significant lack of information out there for young people, and they decided this was something they had to change





MAREN & KRIS



AGED 23

CoppaFeel! founder Kris Hallenga dies aged 38 from breast cancer

5 May

Sadly, Kris died
on 6th May
2024.



GETTY IMAGES

| CoppaFeel! said Hallenga "showed us that it is possible to live life to the full with cancer"

Further support

- Speak to a tutor, head of year, school nurse or other trusted member of staff in the school
- Speak to another trusted adult or health professional outside of school
- Contact Childline www.childline.org.uk 0800 1111
- Visit NHS Live Well: www.nhs.uk/live-well

