



**MACMILLAN +
GIRLGUIDING
LASER**

MEETING TWO GUIDES AND SENIOR SECTION

Top Tips

- you might like to send a letter to parents before this meeting so they are aware of the topic
- it is likely some girls will already have come into contact with cancer
- have an adult ready to support any girl who might get upset

What You Will Need

- any equipment for an active game
- large sheets of paper and pens
- a selection of props for campaigns
- 6 newspaper articles from 'What's the Story'
- a "sign up" sheet for pledges

Getting Started

Play an active game that your Unit enjoys

Reducing the Risk

Split the girls into 6 groups. Read 'Reducing the Risk' passage below:

Reducing the Risk

Usually when a person has a cancer the specific reason why it developed isn't known. But we do know some things which may increase the risk of developing a cancer. Some of them, such as our genes, we may not be able to change. However others, such as our lifestyle, we can do something about.

Ask for suggestions of what makes a healthy lifestyle use the notes below to help you, and ask the group open questions to ensure all 6 points are covered:

What Makes a Healthy Lifestyle?

There are 6 lifestyle choices we can make to stay healthy which are:

- Eat a healthy diet
- Be active
- Stay safe in the sun
- Don't smoke
- Don't drink to get drunk
- Be body aware

Ask each group to choose one of the 6 lifestyles so that all 6 are covered. Explain that they have 20 minutes to devise a campaign to present to their peers. Their campaign should:

- have at least one key message
- have a slogan
- have a character to give it a visual image
- include top tips

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They should decide which media channel(s) they would use and state which celebrity they would like to front their campaign.

Ask each group to present its campaign in turn. They can do this in whatever way they choose (act it out, pitch it to an audience, etc – and they can use props if they wish). At the end ask the girls which healthy lifestyle do they think their peers are least likely to follow and why. Is there anything that could be done to encourage them to make better choices?

What's the Story?

Print and cut out the 6 newspaper articles from 'What's the Story'.

The newspaper articles seem to blame one or more of the following 5 sections of society:

- Young people
- Parents
- Junk food companies
- Schools
- The Government

Give each group one of the newspaper articles. Ask them to read their article and to decide who the article seems to blame.

Ask each group in turn to read out their article and say who they consider the article is blaming. The rest of the Unit can put forward their opinions too.

Ask the girls which section of society they think has the biggest impact on young people's diets in Britain – one group or a combination? Do the girls think there is a problem with what young people eat or is this just something the media likes to stir up? What do they think could or should be done to address this issue?

Closing Activity

Standing in a circle refer back to the list of the healthy lifestyle choices the girls can make. Ask each girl to think of something that she will start (or stop) doing to keep herself as healthy as possible. Have a "sign up" sheet on the floor in front of them and ask each girl to state her pledge and then to write it up on the sheet. Tell the girls that the sheet will be reviewed later in the term to see how well they are doing. Challenge them to link their new personal challenges into the programme for the term.

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