

A NOTE FOR TEACHERS

This lesson plan on blood cancer in Australia links to the Australian Curriculum for health and physical education, years 9 and 10.

We welcome you to tailor the lesson plan as you see fit and encourage teachers in states with their own curriculum to do so, too.

This lesson plan could also be adapted for subjects that explore:

- The personal and social general capability
- Health and wellness
- Community health
- Advocacy
- Science
- Personal development

EAGER TO GIVE BACK IN A DIFFERENT WAY?

We are inviting teachers who would like to donate their time to developing future lesson plans about blood cancer to reach out to the Leukaemia Foundation.

We'd be greatly appreciative for your time and expertise to continue to effectively educate young people about blood cancer.

You can get in touch to contribute by emailing:

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LESSON PLAN: YEARS 9 AND 10 HEALTH AND PHYSICAL EDUCATION

Leukaemia
Foundation

World's
Greatest
Shave

BLOOD CANCER IN AUSTRALIA

Learning intention: understand how the World's Greatest Shave and the Leukaemia Foundation help people living with blood cancer.

PERSONAL SOCIAL AND COMMUNITY HEALTH CONTENT DESCRIPTIONS

Contributing to healthy and active communities:

- Plan, implement and critique strategies to enhance health, safety and wellbeing of communities (ACPPS096 - Scootle).

Communicating and interacting for health and wellbeing:

- Critically analyse and apply health information from a range of sources to health decisions and situations (ACPPS095 - Scootle).

ELABORATIONS

- Creating and evaluating visual and multimodal health campaigns in print-based and digital environments to promote health and wellbeing in their community.
- Developing and implementing proposals to enhance the wellbeing of staff and students in the school.
- Investigating community-action initiatives young people have instigated that have had a positive influence on the health and wellbeing of their communities.
- Critiquing and selecting the most suitable and reliable sources of health information according to the decision that needs to be made.

ACHIEVEMENT STANDARDS

- Students access, synthesise and apply health information from credible sources to propose and justify responses to health situations.
- They apply decision-making and problem-solving skills when taking action to enhance their own and others' health, safety and wellbeing.

SUCCESS CRITERIA

- Students demonstrate their knowledge of blood cancer in Australia.
- Students develop and propose different fundraising ideas for the World's Greatest Shave.

Estimated class time required: 1 hour

Teacher preparation notes: familiarise yourself with the provided talking notes and the following **Blood Cancer Awareness video**.

SECTION 1: INTRODUCTION AND WARM-UP (SLIDE 2)

There's a cancer that flies a little under the radar in terms of awareness – blood cancer.

But even though it's not as well recognised, it's actually the third most commonly diagnosed cancer in Australia.

SECTION 2: WHAT IS BLOOD CANCER? (SLIDE 3)

Blood cancer refers to cancers affecting the blood, bone marrow, and lymphatic system. It happens when normal blood cell production is interrupted by the uncontrolled growth of an abnormal type of blood cell.

This uncontrolled growth can reduce the bone marrow's ability to produce normal levels of other blood cells, like red blood cells and platelets. This affects how the body functions.

Blood cancer is a difficult disease, as it can't be prevented or screened for.

SECTION 3: BLOOD CANCER AWARENESS VIDEO (SLIDE 4, 1 MINUTE 20 SECONDS)

Play the following Blood Cancer Awareness video:

https://www.youtube.com/watch?v=hxQCof_0law

SECTION 4: WHAT CAUSES BLOOD CANCER? (SLIDE 5)

Thanks to research, blood cancer treatments have come a long way. This includes better kinder treatments for people.

But no one really knows what causes blood cancer, which is why it's so important to continue investing in research. There are factors that might contribute to blood cancer, but much more research is needed to make clear linkages:

- Exposure to high doses of radiation
- Industrial strength chemical exposure for a long time
- Gene mutations that happen for unknown reasons
- Congenital disorders
- Chemotherapy treatment for other cancers

SECTION 5: BLOOD CANCER IN AUSTRALIA (SLIDE 6)

Run through key statistics about blood cancer in Australia:

- 53 Australians are diagnosed with blood cancer every day.
- There are approximately 140,000 people in Australia living with blood cancer.
- Over the past 10 years alone, the incidence of blood cancer has soared by 47%.
- An estimated 1 in 12 Australians will be diagnosed with blood cancer in their lifetime.
- It's estimated blood cancer cases will double by 2035.
- There are more than 120 different types of blood cancer, including leukaemia, lymphoma, myeloma and amyloidosis.
- Leukaemia is the most common form of childhood cancer.
- Modelling shows five people could be saved from blood cancer every day if everyone received what is already considered best-practice treatment

ACTIVITY FOR STUDENTS: INDIVIDUAL QUIZ (SLIDE 7, 5 MINUTES)

Using what you have learnt, answer the following:

1. What is blood cancer?
2. How many people in Australia (approx.) are living with blood cancer?
3. Can blood cancer be prevented or screened for?
4. Approximately, how many sub-types of blood cancer are there?
5. What are some types of blood cancer?

ANSWERS

1. It is a cancer that affects the blood, bone marrow and lymphatic system.
2. 140,000
3. No
4. 120
5. Leukaemia, lymphoma, myeloma, amyloidosis

SECTION 6: THE WORLD'S GREATEST SHAVE AND THE LEUKAEMIA FOUNDATION (SLIDE 8)

Our school is participating in the World's Greatest Shave, an initiative that raises funds for Australians facing blood cancer. It's a fundraiser set up by the Leukaemia Foundation, a charity that helps people in Australia with any kind of blood cancer.

The charity is made up of people living with blood cancer themselves, carers, healthcare professionals, researchers, specialists, and an army of supporters.

People participating in the World's Greatest Shave means the Leukaemia Foundation can continue to help people with blood cancer to not only survive but thrive. Fundraising goes towards support services, funding blood cancer research and campaigning for change at a government level.

People don't need to shave their heads to participate in the World's Greatest Shave. They can cut or colour their hair, too. There are things schools can do to boost fundraising even further, like host bake sales or free dress days. It's one of Australia's longest-running fundraisers, now in its 26th year.

GROUP ACTIVITY: GENERATE FUNDRAISING IDEAS FOR THE WORLD'S GREATEST SHAVE (SLIDE 9, 20 MINUTES)

Many people will be donating money to those at your school who are shaving, cutting or colouring their hair.

But can you come up with three other inventive fundraising ideas to help your school attract more donations and smash its fundraising target as a whole? (E.g. a themed bake sale.)

Get into small groups and write out:

- What the idea is
- How you would bring it to life
- How you would promote it, within the school community and beyond
- Bonus: can your idea link back to the cause? How could you also raise awareness of blood cancer?

Class activity: ask students to share their ideas with the class. Then ask students to discuss which of these ideas would work well and consider implementing.

TALKING NOTES

Leukaemia
Foundation

World's
Greatest
Shave

CLASSROOM RESOURCES FOR THIS LESSON

- Computer projector and/or smartboard
- Individual student computers or tablets
- Notebooks

ADDITIONAL RESOURCES FOR STUDENTS AND TEACHERS

- <https://www.leukaemia.org.au/>
- <https://worldsgreatestshave.com/>