

In the Pink



Breakin' It Down

In 2005, an estimated 211,240 women will be diagnosed with new invasive cases of breast cancer. Tragically, breast cancer will claim the lives of 40,000 women, leaving behind grieving families and young children. While millions of dollars are raised each year to fund the research effort for finding a cure, awareness and early detection are our best defense against breast cancer.

HERstory

The In the Pink Interest Project is an adaptation of two "Council's Own" Interest Projects that were developed independently at two different Girl Scout councils: Indian Hills Girl Scout Council (Binghamton, New York) and San Jacinto Girl Scouts (Houston, Texas). Michelle and Kathleen's IP was adopted by the Indian Hills GSC. In the Pink is taken from the IP that San Jacinto GSC developed in partnership with the University of Texas M.D. Anderson Cancer Center. It is also the name of a breast cancer awareness IP offered by the Girl Scouts Arizona-Cactus Pine Council.

In fact, several Girl Scout councils offer activities that empower girls to promote breast cancer awareness in their communities. For instance, Girl Scouts, Hornets' Nest Council in Charlotte, North Carolina, works in partnership with the Susan G. Komen Breast Cancer Foundation to deliver a "Scouting for the Cure?" program. Similarly, the Girl Scout Council of Bergen County organizes an annual "Making Healthy Choices" 5K Run/Walk and Interactive Health Fair that addresses a grassroots demand for breast cancer awareness activities.

You Got MAD Skills

The strength and spirit of these Interest Projects is reflected in Girl Scouts of the USA's In the Pink IP so that teenage girls like you across the country can:

- Develop a healthy lifestyle
- Understand the importance of early detection of breast cancer
- Discover intergenerational risk for breast cancer by researching your own family's medical history
- Provide valuable service opportunities focusing on breast cancer awareness in your own community

Helpful Links

The Susan G. Komen Breast Cancer Foundation for Breast Cancer Research is an excellent and helpful source of information for most of the activities for In the Pink (www.komen.org). The Komen Foundation has affiliates at the local level who often work with Girl Scouts to promote breast cancer awareness.

There are several other organizations and online resources to help you "LEARN" and "DO" the activities in this IP, such as:

- The National Breast Cancer Foundation (www.nationalbreastcancer.org).
- www.breastcancer.org.
- The Y-ME National Breast Cancer Organization (www.y-me.org).
- The American Cancer Society (www.cancer.org).

Need Help?

Want more info on IPs? No problem. Read the [Intro](#) before diving into "In the Pink."

Just want a quick refresher on what to do? Okay, in order to earn any of these Interest Projects, you must:

- Do the one REQUIRED activity
- Do ONE activity of your choice from each of the THREE categories (LEARN, DO, SHARE)
- Design and do ONE activity of **YOUR OWN**
- Create a short [REFLECTION](#) after you've completed [all of the activities](#)

Food for Thought! Often, an activity in the "LEARN" category will help you build a skill that you'll have the chance to try in the "DO" category and then share in the "SHARE" category. Make connections between the steps when planning which activities you'll do. For an example of a skill-building connection, check out the fourth activity of each In the Pink category.

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Required: While studies have not been able to show a clear link between diet and cancer risk, it certainly doesn't hurt to practice healthy living habits like diet and exercise. For general overall health, eating a balanced diet to maintain a healthy weight while making good lifestyle choices is important. Keep a log of the foods you eat on a daily basis for one week. Share your log with a medical professional (like your family doctor or school nurse/dietician) to find out what they suggest for a healthy diet and cancer prevention.

Based on your findings, create a new menu that includes foods that promote good health. Check out the food pyramid at www.mypyramid.gov for personalized nutrition information made to fit you. View recommended foods, design your own food pyramid, and print sheets to track your daily food intake alongside the suggested intake for your body type. Consider sharing your findings and menu with female members of your family.

LEARN

1. Juliette Low, the founder of Girl Scouting, 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 1900s and the options that are available today.
2. Make a list of the female members of your immediate family who are over 40 and the date of their most recent mammogram. Talk to a medical professional (like your school's nurse or a family doctor) about recommended breast examinations, what a mammogram test includes, and ages for mammograms. Prepare a "self-exam and mammogram" chart for the female members of your family that explains what they should do and when. Consider sharing it with them.
3. The study of DNA has become critical to breast cancer research. Discover how specific genetics and family history can affect a woman's risk for developing breast cancer. Do a "family health history" chart of your own family. What percentage has had breast cancer? With the help of your family's doctor, make a list of what you're at risk for genetically. What preventative measures can you take?
4. Create a presentation (PowerPoint or otherwise) that will educate a group in or outside of Girl Scouts about prevention and health choices that can affect the risks of getting breast cancer. Choose a theme like "The Importance of Self-Examination" or "Breast Cancer's Impact on the Family." It may be helpful to include information about the many different types of breast cancer, breast cancer warning signs, facts, and statistics.

DO

1. Participate in a breast cancer community event in your area such as "Making Strides Against Breast Cancer Walkathon," "Race for the Cure," and "Relay for Life." Volunteer your time by assisting with registrations, refreshments, set up, and clean up. (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. There is an important link between exercise and overall health. With the help of a fitness professional (like a physical education teacher, school coach, or doctor), design an exercise program based on your fitness level and family's history that promotes an active lifestyle. Incorporate it into your weekly schedule.
3. Do you know a breast cancer patient or survivor? If she is willing to talk, interview her to find out about her experience with the disease.
4. Interview a health professional who is involved in the treatment of breast cancer. This could be a nurse, specialist, pathologist, genetics counselor, oncologist, plastic surgeon, technician, therapist, physical therapist, scientist, or medical reporter. Discuss their educational background, why they chose this field and what their responsibilities are.

SHARE

1. Design and present a breast cancer awareness educational program for your school or a Girl Scout group. Contact local organizations for materials and information. The Susan G. Komen Breast Cancer Foundation has local affiliates across the country that may be able to help you.
2. Design an informational flyer or brochure that describes the link between exercise and a healthy body. List suggested activities busy girls and women can do throughout the day to promote a healthy body. With permission, post your design at 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. For generations, quilts have told women's stories. Lead the creation of a quilt to be donated to a local breast cancer clinic, hospital, organization, patient, or survivor. Contact a local hospital or breast cancer organization to check out what quilting activities may already be planned (talk with your advisor to see if it's appropriate to collaborate). Organize a team of quilters (your own Girl Scout group, an art class, or family members) who will create quilt squares expressing a breast cancer awareness theme (like healthy living, Juliette Low, medical careers, inspirational thoughts, or symbols). With the help of your team, piece the quilt tops and finish the quilt for presentation and display.
4. October is Breast Cancer Awareness Month. Raise awareness of breast cancer in your community by sharing what you've learned with them. Consider activities like these:
 - a. Design and display posters in local businesses or community buildings.
 - b. Write an editorial, letter to the editor, or public service ad for your school or community's newspapers.
 - c. Deliver a presentation to one of your classes, a faith-based organization, library, or community center.
 - d. Share a health professional's story with a group in or outside of Girl Scouts and include suggestions for healthy living and breast cancer prevention.
 - e. With their permission, write and submit an article about a breast cancer survivor or health professional's work to your school or local newspaper.
 - f. Share a breast cancer survivor's anonymous story with a group in or outside of Girl Scouts and include suggestions for healthy living and breast cancer prevention.