

CHECK IT OUT Program

In 1994, Hadassah developed the CHECK IT OUT® breast health program as a way for students to learn about health issues that affect them. Emphasis is on disease prevention by teaching healthy life habits in nutrition, exercise and avoiding smoking, and alcohol. The skills necessary for understanding their bodies through self-exam are very much a part of the program.

Using a classroom forum, CHECK IT OUT® educators focus on a discussion of risk factors, the importance of making healthy lifestyle choices, and an introductory lesson on how to do a breast self-examination (BSE). CHECK IT OUT® provides educational materials for the students to take home and share with family members. Included in the kit is a miniature breast model which allows the students to practice the BSE techniques that they have just learned in the classroom. Following this, they are shown a video demonstrating the technique a second time with live models. After the video, a survivor speaker will tell her story. The students are given lots of time to ask questions.

CHECK IT OUT® is fully sanctioned by the School District of Palm Beach County and is widely supported by the public schools in the district. Our sponsors include:

The Susan G. Komen Foundation, Hadassah, The American Cancer Society, The Education Foundation of America, The Palm Healthcare Foundation and the Palm Beach County School District.

We hope you will volunteer as an educator or survivor to educate our high school students.

We will be having a training session on
Wednesday, February 18, 2010 at 10:30 am
at the home of Amy Jonas, 8328 Native Dancer in Palm Beach Gardens.

FOR MORE INFORMATION, CALL BETH LEVINSON AT 655-1369.