

Lesson Plan

<p style="text-align: center;">How to Handle Your Shots Like a Champ</p>	<p style="text-align: center;">Healthcare providers teaching Grade 6 classes</p>	<p style="text-align: center;">30-45min <i>Plan to be in at the school for ~60min for setup/questions.</i></p>
<p>Goal: Increase Grade 6 students’ knowledge of vaccines and HPV and decrease anxiety/negative experience in school immunization clinics.</p>		
<p>Initial Steps</p> <ul style="list-style-type: none"> ● All Public health nurses will create a new account on Kids Boost Immunity. You can refer to this HCP Help Guide to get you signed up. ● Meet with Principal – explain the initiative to the Principal and ask for support to provide lessons in the Grade 6 classes ● Identify the Grade 6 teachers in your school – check the list to see if the teacher has signed up in the past and/or wants to facilitate the education themselves ● Distribute the teacher flyer to the Grade 6 teachers in your school ● Describe teachers tasks and incentive using the Step by Step Guide to the teacher ● Set up a time for teaching in the classroom with all teachers willing to participate <p>Option A – Students each have a personal tablet or laptop in front of them and are logged into their personal KBI accounts as the PHN leads the lesson. Quiz completed individually.</p> <p>Option B – PHN facilitates and can display KBI videos on a screen for the whole class to watch (students do not need tablets/laptops). Quiz completed as a group.</p> <p>Option C – PHN facilitates with no access to tech (laptop/tablet/smart board) and provides content/activities without videos. Quiz completed as a group.</p> <p>Learning Intentions/Objectives: At the end of this lesson, the learner will:</p> <ul style="list-style-type: none"> ● Describe why you get vaccines ● Describe ways to be less anxious on vaccination day ● Describe the 4 letters of the CARD system and give an example of each ● Describe what is HPV ● Describe why HPV is given at a young age and if it is safe 		
<p>Required pre-lesson preparation for those <u>with access to technology</u>: Has your teacher booked a time that they have access to tech for 30-45min? Has your teacher signed up for Kids Boost Immunity and created a class? Has your teacher signed up each student with a username and password on KBI?</p>		
<p>Resources/Supporting documents: see KBI Health Care Provider toolkit</p>		

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Time:	Learning Objective	Learning Activity	Materials/Resources/Key References
10min	<p>Welcome</p> <p>Part 1</p> <p>Describe why you get vaccines</p> <p>Describe ways to be less anxious on vaccination day</p>	<p>Introduce yourself</p> <p>Ask the students – As some of you may know, Grade 6 is a year that some of you will be getting vaccinations/shots in the school.</p> <p>Why do we get vaccines?</p> <p>What are some ways to be less anxious on immunization day?</p> <p><i>SCRIPT: You don't usually learn much about vaccines (also called needles or shots) in school, but they are really important for your health. In this lesson, you will learn about vaccines and what to expect on immunization day.</i></p> <p><i>Are you nervous about getting needles? Many people are!</i></p> <p><i>In this lesson, you'll learn how to use the CARD system to have a better immunization experience. Let's start with a video where Angelo talks about vaccines and how to prepare for immunization day at school.</i></p> <p>Watch 4 min 45 sec video School Vaccinations – What you need to know about vaccines at school.</p> <p>Quick review: What did you learn from the Video (select questions as time permits)</p> <ol style="list-style-type: none"> What are vaccines? <i>Vaccines are medicines you can take to prevent some diseases before they happen.</i> How do vaccines work? <i>Vaccines work by teaching your body how to recognize and fight off certain disease-causing germs.</i> 	<p>After the video – post question quiz. Flip</p> <p>Optional – Vaccines save many lives each year – Guess how many?</p> <ol style="list-style-type: none"> 100, 000 lives 1 million lives

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		<p><i>That way, if your body comes into contact with the germ in the future, it will know how to fight it off before it makes you sick.</i></p> <p>3. Why do I need vaccines? <i>Vaccines protect you against serious diseases that can make you really sick. These diseases can even be deadly. When you get vaccinated, you help protect others too!</i></p> <p>4. Are vaccines safe? <i>Yes. Vaccines are very safe. Doctors and scientists study vaccines very well to make sure they are safe.</i></p> <p>5. What should I do before vaccination day? <i>Take the vaccine permission form home and talk about it with your parent or guardian. Bring the signed form back to school. The nurses at your local health unit can answer questions about vaccines.</i></p> <p>6. What should I do on vaccination day? <i>Make sure to wear short sleeves and eat breakfast.</i></p> <p>7. What happens on vaccination day? <i>Public health nurses come to your school to give the vaccines. First, the nurse will ask you a few questions about how you're feeling that day and check over your signed form. Next, the nurse will give you the vaccine in your upper arm. You might feel a pinch or some pressure or pushing when you are given the needle. This will only last a few seconds.</i></p> <p>8. How will I feel after I have my vaccine? <i>Lots of kids don't feel any different after getting a vaccine. Some kids might have a mild reaction like a sore arm or some redness or swelling where the vaccine was</i></p>	<p>C. 500,000 lives D. 2-3 million lives E. 1-2 million lives Correct answer is 2-3 million lives</p> <p>Optional Try this: Choose the words that are diseases that vaccines can help protect us against: <i>Mumps ice cream influenza (flu) bicycles measles weather chickenpox Hepatitis B movies</i></p>
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		<p><i>given. The nurses will make sure you're feeling good before you go back to class</i></p> <p>9. What if I am afraid of needles</p> <p><i>If you're afraid of needles, you're not alone. It's normal to feel anxious or worried about shots. In the next part of the lesson, you will learn what you can do to make shots more comfortable and make immunization day easier.</i></p>	
10min	<p>Part 2A</p> <p>Describe the 4 letters of the CARD system and give an example of each</p>	<p><i>SCRIPT: If you're nervous about getting vaccinated, you're not alone. It's normal to feel anxious, scared, or worried about shots. In this part of the lesson, you will learn how to use the CARD system (Comfort, Ask, Relax, Distract) to make shots more comfortable and make vaccination day easier.</i></p> <p><i>In this next video, Angelo tells you all you need to know about using the CARD system.</i></p> <p>PLEASE NOTE: This video shows a few children getting a vaccine (needle). Any students who might not like to watch this can look away and just listen. The children shown in the video are fine and not scared at all. Getting a needle only takes a few seconds.</p> <p>7 min 46 sec. School vaccinations – The CARD system: play your power CARD</p>	<p>Option C: Distribute the “CARD student handout – to cut” instruct students to cut around the lines to create their own cards. While you review the information on the front and back of each card.</p> <p>Let's look at our first CARD – C is for “Find ways to be comfortable” comfort, sit upright, lie down if you feel dizzy, keep your arm loose, jiggle like spaghetti</p> <p>A is for Ask R is for Relax D is for Distraction</p>
3 min	<p>Part 2B</p> <p>Describe the 4 letters of the CARD system and give an example of each</p>	<p><i>With immunization day coming up at school, the CARD system puts the power in your hands to handle your shots like a champ!</i></p> <p><i>Ask yourself:</i></p> <ul style="list-style-type: none"> ● <i>How will I be comfortable?</i> ● <i>What will I ask the nurse?</i> ● <i>What will I do to relax and stay calm?</i> ● <i>What distractions will I use?</i> 	

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		<p><i>Remember, you choose which cards you want to use on immunization day.</i></p> <p><i>The nurse wants to help you. So, tell the nurse if you are feeling worried or anxious. And bring something along to keep your mind on something else!</i></p> <p><i>One of the vaccines you'll be receiving is the human papillomavirus (HPV) vaccine. Let's learn about it!</i></p>	<p>Here is a link to a CARD handout that goes over what you've learned in this lesson (with pictures)</p>
<p>7-10min min</p>	<p>Part 3</p> <p>Describe what is HPV</p>	<p>HPV Vaccine</p> <p><i>One of the vaccines you'll be receiving is the human papillomavirus (HPV) vaccine. It protects against cancer.</i></p> <p><i>Depending on where you live in Canada, you will be offered the HPV vaccine sometime between grades 4 and 7.</i></p> <p><i>In this video, students in Australia tell you everything you need to know about the HPV vaccine.</i></p> <p><i>Please note: In Canada, students get 2 doses of the HPV vaccine. This is to make sure you have the best possible protection from the infection.</i></p> <p>Watch - 2 min 29 sec HPV vaccination for teenagers - YouTube</p> <p>Post-video review:</p> <ol style="list-style-type: none"> 1. What is HPV? <i>HPV stands for human papillomavirus. It is the most common sexually transmitted infection in the world. 3 out of 4 sexually active people (75%) will get HPV at some point in their lives. Most of the time, HPV goes away on its own, but sometimes it doesn't and can cause cancer and genital warts.</i> 	

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		<p>2. Why do I need the HPV vaccine? <i>You need the HPV vaccine because it prevents cancer. The vaccine prevents:</i></p> <ul style="list-style-type: none">- Almost all cervical cancers in females- Almost all male cancers caused by HPV- Almost all genital warts <p>3. Why is the HPV vaccine given at a young age? <i>You might be thinking, wait a minute, why do I need the HPV vaccine now if it is sexually transmitted? Here's why:</i></p> <ul style="list-style-type: none">- The vaccine works best if you get it before you are sexually active and exposed to HPV.- Preteens have a stronger immune response to the vaccine than older teens. <p><i>This means the vaccine works best when it's given at your age.</i> <i>Also, the vaccine is not free forever, so it's best to get it when it's in the school program.</i></p> <p>4. Is the HPV vaccine safe? <i>Yes. Vaccines are very safe. Doctors and scientists study vaccines very well to make sure they are safe. Hundreds of millions of doses of the HPV (human papillomavirus) vaccine have been safely given worldwide.</i></p> <p>Multiple Choice: What is the best age to get the HPV vaccine?</p> <ul style="list-style-type: none">a. 11-12 years oldb. 50-55c. 5-6 years oldd. 20-21 <p>Answer: 11-12 years old in your school immunization program</p> <p>Is the HPV vaccine always offered for FREE?</p>	
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		<p>This is the end of our lesson –</p> <p>Option A - please complete your Final Quiz on your Kids Boost Immunity Account and- this way you will earn points for vaccines to be sent overseas to UNICEF.</p> <p>Option B/C -complete Final Quiz as a group. Once quiz has been completed the class would be awarded a certificate of completion (fill in required fields).</p> <p>Email completed certificate to champs@kidsboostimmunity.com ; once received, 10 vaccines will be donated to UNICEF on behalf of the class for completion of the lesson.</p>	