



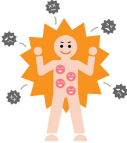



How To Handle Your Shots Like a Champ Lesson - Speaker notes/suggestions

PART 1	Suggested speakers notes
<p>How To Handle Your Shots Like a Champ (6-9)</p> <p><small>Clone content</small></p> 	<p>Welcome: Introduce yourself.</p> <p>As some of you may know, Grade 6 is a year that some of you will be getting immunizations/shots in the school.</p>
<p>In this lesson, you will learn about why you get vaccines in school and ways to be less anxious on vaccination day.</p> <p>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 vaccination day.</p> <p> Are you nervous about getting needles? Many people are!</p> <p>In this lesson, you'll learn how to use the CARD system to have a better vaccination experience.</p> <p>Let's start with a video where Angelo talks about vaccination day at school.</p> 	<p>(Explain the purpose of the lesson and what they will learn about)</p> <p><i>You don't usually learn much about vaccines (also called needles or shots) in school, but they are really important for your health. Today we are going to learn about vaccines and what we can all expect to happen on immunization day. You'll also learn how to use something called the CARD system that will help each of you have a better experience on immunization day.</i></p> <p><i>We will start with watching a video about immunization day. (4 min 45 sec video School Vaccinations – What you need to know about vaccines at school.)</i></p> <p>Please note: This video shows a few children preparing for and getting a vaccine (needle). Any students who might not like to watch this can look away and just listen. The child shown in the video is fine and not scared at all. Getting a needle only takes a few seconds.</p> <p>After watching the video, ask the class if they found anything interesting or new by watching the video that they would like to share.</p> <p>Next, let's review what we have learned so far...</p>

<p>Wow! Angelo has really done his research. Click on the questions below to review what you've learned so far.</p> <p>^ What are vaccines?</p> <p>Vaccines are medicines you can take to prevent some diseases before they happen.</p> <p>Vaccines save many lives each year.</p> <p>GUESS HOW MANY?</p> <div> <input type="radio"/> 2-3 million lives <input type="radio"/> 100,000 lives <input type="radio"/> 1-2 million lives <input type="radio"/> 1 million lives <input type="radio"/> 500,000 lives </div> <p>Check</p>	<p><i>Vaccines are medicines you can take to prevent some diseases before they happen.</i></p> <p>Did you know Dr. Edward Jenner made the very first successful vaccine in <u>1796</u> (227 years ago!), which fought against the deadly smallpox virus? Can you guess how many lives have been saved by vaccines since then? Say aloud which you think is correct (read the choices off then select the correct one) 😊</p>
<p>^ How do vaccines work?</p> <p>Vaccines work by teaching your body how to recognize and fight off certain disease-causing germs.</p> <p>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.</p> <div>   </div> <p>Click on the words that are diseases that vaccines can help protect us against.</p> <p>mumps icecream influenza-(flu) bicycles measles weather chickenpox hepatitis-B movies</p> <p>Check</p>	<p><i>Vaccines work by teaching your body how to recognize and fight off certain disease-causing germs.</i></p> <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>If you think about it, vaccines are like a kind of superpower!</p> <p>Does anyone want to guess how many vaccines around the world there are that prevent diseases? (wait for students to say their guesses, can guide and encourage them to participate by saying “getting warmer/closer, getting colder/further away” Answer: <u>31</u></p> <p>This doesn't mean you will get all of these vaccines, but you will be offered vaccines against the most common vaccine-preventable diseases in Canada.</p>
<p>^ Why do I need vaccines?</p> <p>Vaccines protect you against serious diseases that can make you really sick.</p> <p>These diseases can even be deadly.</p> <p>When you get vaccinated, you help protect others too!</p> <div>  </div>	<p><i>Vaccines protect you against serious diseases that can make you really sick.</i></p> <p><i>These diseases can even be deadly.</i></p> <p><i>Good news is that when you get vaccinated, you help protect others too!</i></p> <p>Not only do vaccines help protect you against serious diseases that can make you really sick, but when you get vaccinated, you also help protect others around you just like Angelo was talking about in the video. This is called community immunity.</p> <p>Do you remember examples of who you also protect? Answer: babies too young to get vaccinated or not fully vaccinated, older adults...</p>
<p>^ Are vaccines safe?</p> <p>Yes. Vaccines are very safe. Doctors and scientists study vaccines very well to make sure they are safe.</p>	<p><i>Yes. Vaccines are very safe. Doctors and scientists study vaccines very well to make sure they are safe.</i></p> <p>Vaccines are one of the safest medicines used. Some people think getting the disease is better than getting the</p>

	<p>vaccine, but getting the disease can make you really sick. It's much safer to get the vaccine than to get the disease.</p>
<p>^ What should I do before vaccination day?</p> <p>Take the vaccine permission form home and talk about it with your parent or guardian. Bring the signed form back to school.</p> <p>The nurses at your local health unit can answer questions about vaccines.</p>	<p>Before Immunization day you will need to <i>take the vaccine permission form home and talk about it with your parent or guardian. Bring the signed form back to school.</i></p> <p>It is really important that all of the information on the form is filled out so that nothing is missing.</p> <p>A nurse can answer any questions that you might have about vaccines.</p>
<p>^ What should I do on vaccination day?</p> <p>Make sure to wear short sleeves and eat breakfast.</p>	<p>Eating breakfast and keeping hydrated helps you stay energized and prepared for immunization day.</p> <p>The vaccine is going in the muscle in your upper arm (point to deltoid). So wearing short sleeves will make it easy and quick.</p>
<p>^ What happens on vaccination day?</p> <p>Public health nurses come to your school to give vaccines.</p> <p>First, the nurse will ask you a few questions about how you're feeling that day and check over your signed form.</p> <p>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.</p>	<p><i>Public health nurses come to your school to give the vaccines.</i></p> <p><i>First, the nurse will ask you a few questions about how you're feeling that day and check over your signed form.</i></p> <p><i>Next, the nurse will give you the vaccine in your upper arm. Can everyone show where the needle will go on your own arm? You can feel the muscle there (demo where the needle will go in the 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. Count one thousand and one, one thousand and two. Then it is done.</i></p> <p>Don't hesitate to ask questions or let the nurse know if you are scared or nervous (these are all normal feelings!). If you want to be in a quiet room or space, just let the nurse know.</p>
<p>^ How will I feel after I have my vaccine?</p> <p>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 given. The nurses will make sure you're feeling good before you go back to class.</p>	<p><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 given. The nurses will make sure you're feeling good before you go back to class</i></p> <p>If you are not feeling good, let the nurse know. Sometimes, drinking some juice or eating some snacks (like crackers or cookies) can make you feel better. Let the nurse know, as juice and/or crackers and cookies may be available at the clinic.</p>
<p>^ What if I am afraid of needles?</p> <p>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 vaccination day easier.</p>	<p><i>If you're afraid of needles, you're not alone. It's normal to feel anxious or worried about shots. In this lesson we will learn what you can do to make shots more comfortable and make immunization day easier.</i></p>

PART 2A

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.

In this next video, Angelo tells you all you need to know about using the CARD system.



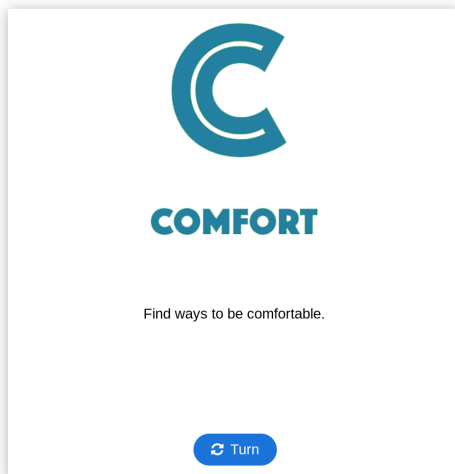
(Video 7 min 46 sec. School vaccinations – [The CARD system: play your power CARD](#))

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.

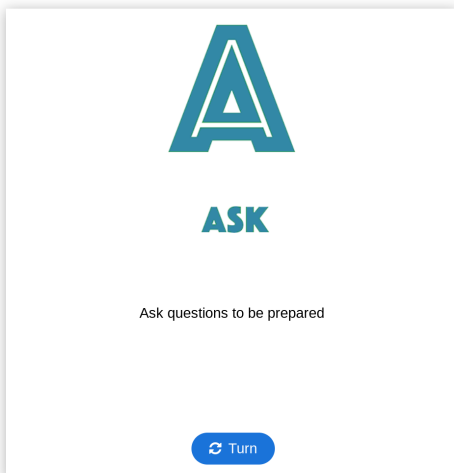
Can you think of some situations (other than vaccines) that could create anxiety? Can you think of ways to help ease anxiety in these situations?

In this next video, Angelo tells you all you need to know about using the CARD system

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.

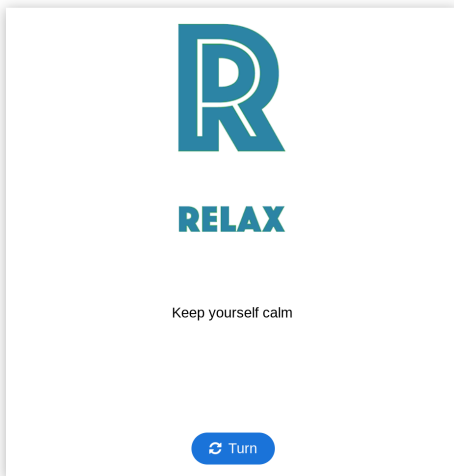


Imagine it is immunization day. The letter C stands for comfort. We want to find ways to be comfortable. (flip the card and read the options). Do you think you might do any of these things to help make yourself comfortable? Talk with a partner (or 2 or 3 together) about what you might do to be comfortable? Did any of you think of other ways you want to share with the class?



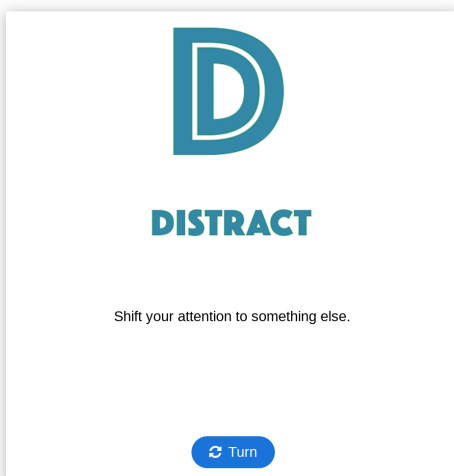
Card 1 of 1

The letter A stands for ask. We might have questions such as (flip the card and read the options). Talk with a partner (or 2 or 3 together) about what you might ask?



Card 1 of 1

The letter R stands for relax. When you get nervous about something what are some things you do to help keep yourself calm? (flip the card and read the options). Any other ideas?



The letter D stands for Distract. What are some ways to shift our attention to something else?

PART 2B

With vaccination day coming up at school, the CARD system puts the power in your hands to handle your shots like a champ!

Ask yourself:



- How will I be **comfortable**?
- What will I **ask** the nurse?
- What will I do to **relax** and stay calm?
- What **distractions** will I use?

Remember, you choose which cards you want to use on vaccination day.

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!

With immunization day coming up at school, the CARD system puts the power in your hands to handle your shots like a champ!

Ask yourself:

- How will I be **comfortable**?
- What will I **ask** the nurse?
- What will I do to **relax** and stay calm?
- What **distractions** will I use?

Remember, you choose which cards you want to use on immunization day.

We want you to have as comfortable of an experience as possible. 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!

Match the word to the meaning

Find ways to be comfortable

Ask the nurse any questions

Calm yourself

Think of something else

COMFORT

ASK

RELAX

DISTRACT

Check


(Match the word to the meaning. Students to do it on their own.)

Here's a link to a CARD handout that goes over what you've learned in this lesson.



(Click on the link to show the students the handout that summarizes CARD).

Let the students know they can print out the handout/cards and bring them on immunization day.

<p>Match the letter to the word. HINT... match the FIRST LETTER.</p> <p>COMFORT</p> <p>ASK</p> <p>RELAX</p> <p>DISTRACT</p> <p>A R D C</p>	<p>For an easy way to remember, each strategy matches each letter of CARD.</p>
<p>PART 3</p>	
<p style="text-align: center;">HPV Vaccine</p> <p>One of the vaccines you'll be receiving is the human papillomavirus (HPV) vaccine. It protects against cancer.</p> <p>Depending on where you live in Canada, you will be offered the HPV vaccine sometime between grades 4 and 7.</p> <p>In this video, students in Australia tell you everything you need to know about the HPV vaccine.</p> <p>Please note: In Canada, students get 2 doses of the HPV vaccine.</p> 	<p>(Video 2 min 29 sec HPV vaccination for teenagers - YouTube)</p> <p><i>Now that you understand more about vaccines and vaccination day, let's talk about the human papillomavirus (HPV) vaccine. The HPV vaccine is one of the vaccines you'll be receiving.</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>Please note: In Canada, students get 2 doses of the HPV vaccine. This is to make sure you have the best possible protection from HPV infection.</p> <p>After watching the video, ask the class if they found anything interesting or new by watching the video that they would like to share.</p>
<p>^ What is HPV?</p> <p>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.</p>	<p><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></p> <p>In many cases, people can be infected with HPV and not know it because they do not have any symptoms.</p>
<p>^ Why do I need the HPV vaccine?</p> <p>You need the HPV vaccine because it prevents cancer. The vaccine prevents:</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><i>You need the HPV vaccine because it prevents cancer. The vaccine prevents: almost all cervical cancers in females, almost all male cancers caused by HPV, almost all genital warts.</i></p> <p>The HPV vaccine helps protect you against different types of common HPV cancers like...</p>

<p>^ Why is the HPV vaccine given at a young age?</p> <p>You might be thinking, wait a minute, why do I need the HPV vaccine now if it is sexually transmitted? Here's why:</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. This means the vaccine works best when it's given at your age. <p>Also, the vaccine is not free forever, so it's best to get it when it's in the school program.</p>	<p><i>You might be thinking, wait a minute, why do I need the HPV vaccine now if it is sexually transmitted? Here's why: the vaccine works best if you get it before you are sexually active and exposed to HPV.</i></p> <p><i>Preteens have stronger immune response to the vaccine than older teens. This means that at your age, your body has the best immune response to the vaccine. You'll be better protected later in life if you get the vaccine now.</i></p> <p><i>Also, the vaccine is not free forever, so it's best to get it when it is in the school program.</i></p>
<p>^ Is the HPV vaccine safe?</p> <p>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.</p>	<p><i>Yes. The HPV vaccine is very safe. Hundreds of millions of doses of the HPV (human papillomavirus) vaccine have been safely given worldwide.</i></p> <p>You cannot get HPV from the vaccine.</p>
<p>Check your learning with this activity.</p> <div data-bbox="131 835 735 1155"> <p>What age is the best for giving the HPV vaccine?</p> <div> <div>11-12</div> <div>50-55</div> <div>5-6</div> <div>20-21</div> </div> </div>	<p>(Click on the age group that is best for receiving the HPV vaccine)</p>
<p>Getting vaccinated for HPV can even change the future. If everyone gets vaccinated against HPV, the disease would disappear from the world. Imagine the impact that would have!</p> <div data-bbox="138 1276 751 1593"> </div>	<p>(Video 2 min 35 secs "We can be the first" IMMUNIZEBC and HPV)</p> <p>We can help protect ourselves and future generations by getting vaccinated against HPV!</p> <p>Please note: This video shows a few children talking about family/friends who had cancer. Any students who might not like to watch this could leave the class for this part.</p>
<p>QUIZ...</p>	<p>Let the students know that they must get 8/10 answers correct to earn a vaccine. They can try as many times as they need to! Most students don't get 8/10 on their first attempt.</p>