



Girl Guides  
of Canada  
Guides  
du Canada  
Ontario Council



Hello Pathfinder Leader!

We are very excited to be celebrating Breast Cancer Awareness Month this October. We hope to engage the girls in your Unit with an exciting new video produced by the [Pink Tulip Foundation](#) entitled “Be PINK”! This is available for [download](#) or you can play a DVD (free for pre-order through Pink Tulip Foundation) that will provide the backbone for a meeting designed to introduce your girls to current information about breast health, and lifestyle choices they can make now to reduce their risk factors for developing breast cancer as adult women.

By holding these meetings you will address the following program modules:

LIVING WELL: “We Are What We Eat”, “Active Living”, “Let Go & Chill”, “Be Glad You’re You”  
EXPLORING A THEME: “Creating a Garden”\*

\*This will only apply if you decide to plant pink tulips.

Here is all you need to know to get started. Have a great time with the girls!

### **September Pre-Meeting Planning**

Allocate about 10-20 minutes in one of your September meetings to prepare for your “Be PINK” meeting in October. Allocate more time if your girls are talkative!

1. Introduce the idea of a special meeting in October to coincide with Breast Cancer Awareness month. Tell them it will be centred around a DVD provided by the Pink Tulip Foundation, an organization dedicated to educating girls their age about healthy living choices they can make now to reduce their chances of getting breast cancer as adult women.
2. If possible, bring a laptop to this meeting and show them the website [www.pinktulip.ca](http://www.pinktulip.ca). If you don’t have Internet access at your meeting place, encourage them to visit the site themselves to become familiar with the informative program. They can also “like” Pink Tulip on Facebook!
3. Choose a date in October for the screening. As soon as the date, place and time for the meeting is chosen, please e-mail the information to [admin@pinktulip.ca](mailto:admin@pinktulip.ca) to let us know, and request from us the number of bookmarks you will need to give your girls at the meeting. You can download the video from the website, or you can order a copy of the DVD by email: [susan.macdonald3@sympatico.ca](mailto:susan.macdonald3@sympatico.ca)
4. Plan the PINK Theme of the meeting:  
-Everyone should **wear pink**—pink underwear (wear or dye a bra pink!), pink clothes, pink makeup, pink hats, pink hair accessories, pink jewellery, even pink hair!

-Plan to **eat pink food**: watermelon, strawberries, rhubarb, pomegranates, grapefruit, “Pink Lady” apples, pink salmon, pink lemonade, pink yogurt, pink icing on cookies, cupcakes, muffins, or cake. Have everyone sign up to bring something pink and healthy! (Even dessert items can be healthy, especially if eaten in moderation!)

-you might even want to **decorate the room with pink**—streamers, posters, ribbons, stuffed animals, pillows, tablecloths, napkins, plates, cups, etc.

-**decide whether you want to include planting pink tulips** at this or another meeting to advertise and celebrate the “Be PINK” message. If you do, plan to purchase pink tulip bulbs.

5. If you don't have access to a DVD player at your meeting place, plan to bring a laptop, or to meet at someone's home where the DVD can be shown.
6. Remind the girls at the meetings in between to be “thinking pink” and gathering their pink materials for the October meeting. *Guiders might want to gather extra pink things for any girls who forget, or who don't have pink stuff to bring or to wear.* Do a PINK countdown each week. Let the girls know they will be addressing the following program modules:  
LIVING WELL: “We Are What We Eat”, “Active Living”, “Let Go & Chill”, “Be Glad You're You”  
EXPLORING A THEME: “Creating a Garden”\*

\*This will only apply if you decide to plant pink tulips.

That way, they can be working on completing the rest of those modules leading up to and/or out of the October “Be PINK” meeting.

## **OCTOBER “Be PINK” Meeting Plan**

### Arrival

1. Have girls set up the room and get themselves ready. This might involve decorating, setting out the food, dressing up, making-up, etc. [If food is going to be left until the end of the meeting, it should be properly stored in the meantime.]
2. If you have Internet access at the meeting place, have a laptop set up at [www.pinktulip.ca](http://www.pinktulip.ca). Some girls may want to participate in the interactive educational activities when their part of the set-up is complete.
3. Make sure in advance that the video will play in the technology you are using.

### Video Screening

4. Remind the girls Breast Cancer Awareness Month is celebrated in October every year across Canada. Ask them if they remember who has produced the video and why. [If they don't remember, remind them about the Pink Tulip Foundation] Show the video (17 minutes).  
[Depending on how you have decided to use the food, either serve it now, to be eaten during the video, or bring it out after, during the discussion.]

### Discussion/Debrief

5. First, ask for their initial reactions. Did they like it? Why?
6. If the girls need help in prompting discussion, use the following questions: What things do they already do to keep themselves healthy? What did they learn that was new (e.g. about breasts, healthy living, breast cancer, risks, etc.)? What questions do they still have? (e.g. where do you find current information about breast cancer?)

### What Next? Action Plan

7. Do the girls want to continue this theme at a future meeting? Can this theme be used to complete any more module requirements?

8. Do they want to plant bulbs now, or plan a planting activity for a public space or volunteer to enhance a garden (e.g. at a church, meeting place, Girl Guide camp, retirement facility or nursing home), or plant on their own?
9. Do they want to create posters about healthy life choices, especially focused on breast health?
10. Do they want to make a pink tulip craft (e.g. for hats, or backpacks, or pencil cases)?
11. Do they want to plan a “pink” themed camp; incorporating a healthy menu, physical activity, pink crafts, breast health-related research?
12. Do they want to include an active game each meeting?

#### Wrap-Up

13. Ask the girls to complete the evaluation forms on-line at [www.pinktulip.ca](http://www.pinktulip.ca)
14. Distribute the Pink Tulip Foundation bookmarks (if you pre-ordered in September)
15. Clean up the meeting place.