

## Breast Cancer Awareness Storyboard

**Target Audience:** Women of any age who have a desire to learn more about breast cancer risk, early detection, and prevention.

**Seat time:** 25 minutes

### Learning Outcomes (LOs):

1. Evaluate personal risk factors that can contribute to a breast cancer diagnosis.
2. Recognize the signs and symptoms of breast cancer.
3. Identify various ways to check for breast cancer.
4. Describe how to perform a self-breast exam.

### Outline:

- Welcome / Navigation
- Intro: Dispel common myths about breast cancer
- Learning Outcomes
- Understanding Breast Cancer
- Signs and Symptoms of Breast Cancer
- Early Detection
- Healthy Lifestyle Choices
- Best Practices
- Summary
- Knowledge Check
- Congratulations

### Notes for Reviewers:

- Please focus on accuracy and completeness of the content during this review cycle.
- Learning outcomes associated with each slide are indicated in the first column.
- Text in the *Audio Narration* column will be what is read by the voiceover artist. Any occurrences of [1] in the middle of the text will not be read, but is to indicate to the course developer when an event occurs on the screen.
- Please do not edit the content in this storyboard, but instead make any notes in the notes section for each slide.

**Module Resources/References:**

[National Breast Cancer Foundation](#)

Breast Self-Exam Infographic

Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
1.1 Welcome	<i>Welcome to breast cancer awareness. Before we begin, if you'd like information about how to navigate this course, click on the [1] navigation button. If you are ready to begin, click the [2] start button.</i>	Breast Cancer Awareness  Navigation  Start	Pink header on every slide to include slide title(set up on slide master)  Image of multiple women  Navigation button  Start button	Title and Image at slide start  [1] Navigation button flies in from left  [2] Start button flies in from left  Learner advances to 1.2 by selecting Navigation or to 1.3 by selecting Start
<b>Reviewer Notes:</b>				
Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
1.2 Navigation	<i>Take a moment to familiarize yourself with the navigation for this course. Hover over each arrow to learn more. Click next when you are ready to move on.</i>	How to Navigate this Course  Menu- The menu keeps track of your progress.  Resources- This button will take you to a list of resources.  Play/Pause- This control plays and	Transparent background Image of two women on laptop  Arrows pointing to each navigation control with markers for each	Title and image on start  When learner hovers over each arrow, the markers will display the navigation directions  Learner advances to 1.3 by clicking Next on the player

		<p>pauses the slide.</p> <p>Replay- This control replays the slide.</p> <p>Volume- This control increases and decreases the volume of the audio.</p> <p>Previous- This control returns you to the previous slide.</p> <p>Next- This control advances you to the next slide.</p>	navigation direction	
<b>Reviewer Notes:</b>				
<b>Slide &amp; Title</b>	<b>Audio Narration</b>	<b>On-Screen Text</b>	<b>Visuals</b>	<b>Functionality</b>
<p>1.3 Fact or Myth?</p>	<p><i>There are many misconceptions about breast cancer. Let's take a few moments and distinguish between fact and myth. Read each statement below. Check the box to the left of the statement if you believe the statement is a fact. Click submit when you are ready to move on.</i></p>	<p>Fact or Myth?</p> <p>Click the box for each statement that is a FACT.</p> <p>Click the SUBMIT button when you are ready to continue.</p> <p>Finding a lump in your breast means you have breast cancer.</p> <p>Men can get breast cancer too.</p> <p>A mammogram can cause breast cancer to spread.</p> <p>If you have a family history of breast cancer, you are likley to get breast cancer too.</p> <p>Breast cancer is not contagious.</p>	<p>Cut out Image of a doctor pointing to facts/myths.</p> <p>Transparent square</p>	<p>Title, Image and all text at slide start.</p> <p>Use a multiple select quiz for fact/myth statements. This is just for the learner to get familiar with what they may already know about breast cancer. No feedback or quiz results will be shown.</p> <p>Prevent learner from beginning interaction until audio finishes by overlaying transparent square over fact/myth statements that will be removed when audio ends on timeline.</p>

		<p>If the gene mutation BRCA1 or BRCA2 is detected in your DNA, you will definitely develop breast cancer.</p> <p>Antiperspirants and deodorants cause breast cancer.</p>		Learner advances to 1.4 by clicking submit on the player.
<b>Reviewer Notes:</b>				
Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
1.4 Fact or Myth?	<p><i>So, how do you think you did? Let's find out.</i></p> <p><i>[1] It is a myth that finding a lump in your breast means you have breast cancer.</i></p> <p><i>[2] It is a fact that Men can get breast cancer too.</i></p> <p><i>[3] It is a myth that a mammogram can cause breast cancer to spread.</i></p> <p><i>[4] It is a myth that If you have a family history of breast cancer, you are likely to get breast cancer too.</i></p> <p><i>[5] It is a fact that Breast cancer is not contagious.</i></p> <p><i>[6] It is a myth that If the gene mutation BRCA1 or BRCA2 is detected in your DNA, you will definitely develop breast cancer.</i></p> <p><i>[7] It is a myth that Antiperspirants and</i></p>	<p>Fact or Myth?</p> <p>Let's see how you did. Click next when you are ready to move on.</p> <p><b>X</b> Finding a lump in your breast means you have breast cancer. MYTH</p> <p><b>✓</b> Men can get breast cancer too. FACT</p> <p><b>X</b> A mammogram can cause breast cancer to spread. MYTH</p> <p><b>X</b> If you have a family history of breast cancer, you are likely to get breast cancer too. MYTH</p> <p><b>✓</b> Breast cancer is not contagious. FACT</p> <p><b>X</b> If the gene mutation BRCA1 or BRCA2 is detected in your DNA, you will definitely develop breast cancer. MYTH</p> <p><b>X</b> Antiperspirants and deodorants cause breast cancer. MYTH</p>	<p>Same cut out image of doctor from 1.3</p>	<p>Title, image, and <i>Let's see how you did. Click next when you are ready to move on</i> at slide start.</p> <p>Fact/Myth statements will zoom in with narration. <b>X</b> or <b>✓</b> will zoom in front of appropriate statements.</p> <p>Click Next to continue and Next button are hidden until timeline ends.</p> <p>Learner advances to 1.5 by clicking Next on the player.</p>

	<p><i>deodorants cause breast cancer.</i></p> <p><i>As you can see, there are many common misconceptions surrounding breast cancer.</i></p> <p><i>Click next to start the learning for this course.</i></p>	Click NEXT to continue		
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**Reviewer Notes:**

Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
1.5 Learning Outcomes	<p><i>[1]By the end of this course, you will be able to:</i></p> <p><i>[2]Evaluate personal risk factors that can contribute to a breast cancer diagnosis.</i></p> <p><i>[3]Recognize the signs and symptoms of breast cancer.</i></p> <p><i>[4]Identify various ways to check for breast cancer. and [5]describe how to perform a breast self-exam.</i></p>	<p>Learning Outcomes</p> <p>By the end of this course, you will be able to:</p> <ul style="list-style-type: none"> <li>• Evaluate personal risk factors that can contribute to a breast cancer diagnosis.</li> <li>• Recognize the signs and symptoms of breast cancer.</li> <li>• Identify various ways to check for breast cancer.</li> <li>• Describe how to perform a breast self-exam.</li> </ul> <p>Click NEXT to continue</p>	Image of a woman with a laptop	<p>Title and image at slide start</p> <p><i>[1]By the end of this course you will be able to</i> flies in from right.</p> <p>Learning Outcomes [2-5]float up with the narration.</p> <p>Click Next to continue and Next button are hidden until timeline ends.</p> <p>Learner advances to 1.6 by clicking Next on the player.</p>

**Reviewer Notes:**

Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
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<p>1.6 (Base layer) Understanding Breast Cancer</p>	<p><i>Let's start with the basics. [1]Click on each button to learn more [2]about [3]breast cancer. [4] There will be a quick knowledge check at the end of this section.</i></p>	<p>Understanding Breast Cancer</p> <p>Click each button to learn more.</p> <p>What is Cancer? Breast Cancer Statistics</p> <p>Risk Factors</p> <p>Click NEXT to continue</p>	<p>Background image with the pink breast cancer ribbon.</p> <p>What is Cancer? Button Breast Cancer Statistics Button</p> <p>Risk Factors Button</p>	<p>Title, background image at slide start.</p> <p>[1]Click on each button to learn more flies in from right.</p> <p>Buttons appear quickly one at a time while audio is playing. [2] What is Cancer [3] Breast Cancer Statistics [4] Risk Factors</p> <p>Clicking on each button will reveal a layer (1.6A, 1.6B, 1.6C) with more information.</p> <p>Buttons will have hover and visited states.</p> <p>Click Next to continue and Next button are hidden until ALL layers are visited by the learner</p> <p>Learner advances to 1.7 by clicking Next on the player after visiting ALL layers.</p>
<p><b>Reviewer Notes:</b></p>				
Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
<p>1.6A (Layer) What is Cancer?</p>	<p><i>Cancer is a broad term for a class of diseases characterized by abnormal</i></p>	<p>Understanding Breast Cancer</p> <p>What is Cancer?</p>	<p>DNA Background Image</p>	<p>Title, What is Cancer, background image, Go Back button and DNA Helix at start.</p>

	<p>cells that grow and invade healthy cells in the body. [1] When a cell has [2] damaged DNA, [3] the cell becomes mutated. These [4] mutated cells begin unchecked reproduction, and [5] grow in number. Breast cancer starts in the cells of the breast as a group of cancer cells that can then invade surrounding tissues or spread or metastasize to other areas of the body.</p>	<p>Healthy Cell          Damaged DNA in Cell          Cell becomes mutated          Mutated Cell begins unchecked reproduction          Mutated Cells Grow in Number          Go Back</p>	<p>DNA Helix with each stage of the process visible (text underneath)</p>  <p>GO BACK button</p>	<p>Zoom in with audio narration:          [1]Healthy Cell          [2]Damaged DNA in Cell          [3]Cell becomes mutated          [4]Mutated Cell begins unchecked reproduction          [5]Mutated Cells Grow in Number</p> <p>Learner clicks GO BACK button to return to 1.6 base layer.</p>
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**Reviewer Notes:**

Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
<p>1.6B (Layer) Breast Cancer Statistics</p>	<p><i>It is likely that you or someone you know will at some point, be affected by this terrible disease. [1] Research shows that [2] one in eight women in the United States will develop breast cancer in her lifetime and [3]an estimated 43 thousand, 6 hundred women die every year from breast cancer. [4] Breast cancer does not only affect women. [5] Although rare, 1 in 1,000 men will be</i></p>	<p>Understanding Breast Cancer</p> <p>Breast Cancer Statistics</p> <p>1 in 8 women will develop cancer in her lifetime</p> <p>43,600 women in the United Stated die every year from breast cancer</p> <p>1 in 1000 men will develop breast cancer in his lifetime</p>	<p>Same background image from base layer</p> <p>Images of 8 women of varying ages and race</p> <p>Group photo of men</p> <p>3 interlocking puzzle pieces</p>	<p>Title, Breast Cancer Statistics, background image from base layer and Go button at start.</p> <p>[1]8 separate images of women begin to appear quickly one by one using the grow animation.</p> <p>[2] <i>1 in 8 women will develop breast cancer in her lifetime</i> zooms in on top of women images then zooms out.</p> <p>[3] <i>43,600 women in the United Stated die every year from breast</i></p>

	<p><i>diagnosed with breast cancer in his lifetime and [6] an estimated 530 men die every year from breast cancer. [7] Thanks to [8]medical advancements, [9] early detection, and [10] innovative treatment plans, there are over 3.8 million breast cancer survivors in the United States.</i></p>	<p>500 men in the Untied States die every year from breast cancer</p> <p>Medical Advancements</p> <p>Early Detection</p> <p>Innovative treatment Plans</p> <p>Go Back</p>	<p>GO BACK button</p>	<p><i>cancer zooms in and zooms out.</i></p> <p>[4] Women images fly out to the left while men group image appears.</p> <p>[5] <i>1 in 1000 men will develop breast cancer in his lifetime</i> zooms in on top of men group image and then zooms out</p> <p>[6] <i>500 men in the Untied States die every year from breast cancer</i> zooms in and then zooms out.</p> <p>[7] Men image disappears</p> <p>[8] first puzzle piece/ <i>Medical Advancements</i> appears</p> <p>[9]second puzzle piece/<i>Early detection</i> appears</p> <p>[10] Third puzzle piece/ <i>Innovative treatment plans</i> appears</p> <p>Learner clicks GO BACK button to return to the 1.6 base layer.</p>
<b>Reviewer Notes:</b>				
<b>Slide &amp; Title</b>	<b>Audio Narration</b>	<b>On-Screen Text</b>	<b>Visuals</b>	<b>Functionality</b>
1.6C (Layer)	<i>There are both [1] genetic</i>	Understanding Breast Cancer	Two background	Title, Risk Factos, Go Back button,



<p>Risk Factors</p> <p>Learning Objective #1</p>	<p><i>and [2] life style risk factors that can contribute to a breast cancer diagnosis. Typically, it is a [3] combination of the two, and not linked heavily to any single risk factor. Click on each button to learn more.</i></p>	<p>Risk Factors</p> <p>Genetic Risk Factors</p> <p>Lifestyle Risk Factors</p> <p>Go Back</p>	<p>images: DNA Helix and an image of an active woman</p> <p>Genetic Risk Factors Button</p> <p>Lifestyle Risk Factors Button</p> <p>Plus Sign Icon</p> <p>GO BACK button</p>	<p>and background images at start.</p> <p>[1] <i>Genetic Risk Factor Button</i> flies in from left</p> <p>[2] <i>Lifestyle Risk Factors button</i> flies in from right</p> <p>[3] <i>Plus sign</i> appears between Genetic Risk Factor and Lifestyle Risk factor buttons</p> <p>Buttons will have hover and visited states.</p> <p>Learner clicks GO BACK button to return to the 1.6 base layer.</p> <p>Learner continues to either 1.6D or 1.6E</p>
<p><b>Reviewer Notes:</b></p>				
Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
<p>1.6D (Layer) Genetic Risk Factors</p> <p>Learning Objective #1</p>	<p><i>Explore the genetic risk factors by hovering over the buttons on this screen. As you learn, consider the role each risk factor may play into your own life.</i></p>	<p>Understanding Breast Cancer</p> <p>Genetic Risk Factors</p> <p>Gender- Breast Cancer Occurs 100 times more often in women than in men. Race-Breast cancer is diagnosed more often in Caucasian women</p>	<p>Transparent DNA Helix background image(from 1.6C)</p> <p>Appropriate image for each genetic risk factor.</p> <p>Gender button</p>	<p>Title, background image, Go Back button, genetic risk factor buttons at start.</p> <p>Transparent shape at start prevents learner from clicking on buttons until audio completes.</p> <p>Hover state for each button. When</p>

		<p>than women of other races.</p> <p>Age- Two out of three women are diagnosed after the age of 55.</p> <p>Obesity-Obesity is a risk factor for both men and women.</p> <p>Personal Health History- If you have been diagnosed with breast cancer in one breast, you have an increased risk of being diagnosed in the other breast in the future.</p> <p>Menstrual History- Experiencing menopause late, after age 55, or beginning menstruation early, before age 12, increases your risk.</p> <p>Reproductive History-Having your first child at an older age, or never having given birth can increase your risk.</p> <p>Family History- If your mother, father, or child has been diagnosed with breast or ovarian cancer, you have a higher risk of being diagnosed in the future.</p> <p>Genome Changes-Mutations in certain genes, such as BRCA1 or BRCA2, can increase your risk.</p> <p>Dense Breast Tissue- Having dense breast tissue can increase your risk and make lumps harder to detect.</p> <p>Go Back</p>	<p>Race button</p> <p>Age button</p> <p>Obesity button</p> <p>Personal Health History button</p> <p>Menstrual History button</p> <p>Reproductive History button</p> <p>Family History button</p> <p>Genome Changes Button</p> <p>Dense Breast Tissue Button</p> <p>GO BACK Button</p>	<p>learner hovers over button, an appropriate image and corresponding definition appears.</p> <p>Learner clicks GO BACK button to return to 1.6C.</p>
<p><b>Reviewer Notes:</b></p>				

Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
1.6E (Layer) Lifestyle Risk Factors  Learning Objective #1	<i>Explore the lifestyle risk factors by hovering over the buttons on this screen. As you learn, consider the role each risk factor may play into your own life.</i>	Understanding Breast Cancer  Lifestyle Risk Factors  Physical Activity- A sedentary lifestyle, with little physical activity can increase your risk for developing breast cancer. Diet- A diet high in saturated fat and lacking fruits and vegetables can increase your risk. Alcohol- The more alcohol you consume, the greater your risk for developing breast cancer. Hormone Therapy-Hormone replacement therapy for menopause can increase breast cancer risk and can increase the risk that the cancer will be detected at a more advanced stage. Radiation- Having radiation therapy to the chest before the age of 30 can increase your risk.  Go back	Transparent image of an active woman (same image from 1.6C)  Appropriate image for each genetic risk factor.  Physical Activity button Diet button Alcohol button Hormone Therapy button Radiation button  GO BACK button	Title, background image, Go Back button, lifestyle risk factor buttons at start. Transparent shape at start prevents learner from clicking on buttons until audio completes.  Hover state for each button. When learner hovers over button, an appropriate image and corresponding definition appears.  Learner clicks GO BACK button to return to 1.6C.
<b>Reviewer Notes:</b>				
Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
1.7	<i>It's time for a quick</i>	Knowledge Check	Image to match	Image and all text at start.

<p>Knowledge Check</p> <p>Learning Objective #1</p>	<p><i>knowledge check. Read the question, choose the best answer, and click the submit button when you are ready to move on.</i></p>	<p>What is the greatest risk for developing breast cancer?</p> <ul style="list-style-type: none"> <li>● Family Hsitory</li> <li>● Dense breast Tissue</li> <li>● Poor lifestyle choices</li> <li>● A combination of genetic and lifestyle factors</li> </ul> <p><i>[correct answer: a combination of genetic and lifestyle risk factors]</i></p> <p><u>Feedback layers:</u></p> <p>Correct: Correct! That’s right. you selected the correct response!</p> <p>Try again: Incorrect. That is incorrect. Please try again.</p> <p>Incorrect: You did not select the correct response. The correct response was: A combination of genetic and lifestyle risk factors.</p>	<p>content in question.</p>	<p>Use a multiple choice quiz</p> <p>When learner Clicks Submit the incorrect, correct, or try again layer feedback is given.</p> <p>Learner may have 2 attempts on the question. After the first attempt, they will receive the try again feedback. After 2 incorrect attempts, they will receive the incorrect feedback.</p> <p>Clicking Submit on a correct answer advances to 1.8.</p>
<p><b>Reviewer Notes:</b></p>				
Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
<p>1.8 (Base layer)</p> <p>Signs and Symptoms</p> <p>Learning</p>	<p><i>Everyone should be familiar with the signs and symptoms of breast cancer and notify your doctor if you notice changes to your breasts.</i></p> <p><i>[1]Click each icon below[2] to</i></p>	<p>Signs and Symptoms</p> <p>Click on each icon to learn more</p> <p>A change in how the breast or nipple looks</p>	<p>Image of a woman looking in mirror</p> <p>Three circular cell icons as buttons.</p>	<p>Title and Image at start.</p> <p>[1] <i>Click each icon to learn more</i> flies in from right.</p> <p>[2] Icon 1 and <i>A change in how the</i></p>

Objective #2	<i>[3] learn [4] more.</i>	<p>A change in how the breast or nipple feels</p> <p>Nipple discharge</p> <p>Click next to continue</p>		<p><i>breast or nipple looks</i> appears.</p> <p>[3] Icon 2 and <i>A change in how the breast or nipple feels</i> appears.</p> <p>[4] Icon 3 and <i>Nipple discharge</i> appears</p> <p>Learner clicks on each icon (in any order) to reveal more information. Icons will have hover and visited states.</p> <p>Click Next to continue and Next button are hidden until ALL layers are visited by the learner.</p> <p>Clicking next advances to 1.9</p>
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**Reviewer Notes:**

Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
<p>1.8A (layer) A change in how the breast or nipple looks</p> <p>Learning Objective #2</p>	<p><i>It is important to be aware of any changes in how the breast or nipple looks, including [1] dimpling anywhere on the breast, if the skin of the breast, areola, or nipple becomes [2] scaly, red, or swollen or has ridges or pitting resembling the skin of an orange, [3] a change in</i></p>	<ul style="list-style-type: none"> <li>● Dimpling</li> <li>● Scaly, red, swollen, ridges or pitting</li> <li>● A change in the skin texture or an enlargement of pores</li> <li>● Unexplained swelling</li> <li>● Inward or Inverted Nipple</li> </ul>	<p>Base layer is visible.</p>	<p>Base layer remains visible at start.</p> <p>Pink square will appear over base layer image where bulleted information is presented.</p> <p>Bulleted information will fade in with audio narration.</p> <p>[1] dimpling [2] scaly, red, swollen, ridges, or</p>

	<i>the skin texture, or an enlargement of pores in the skin of the breast, [4] unexplained swelling or shrinkage of the breast, especially if on one side only, or [5] a nipple that is turned slightly inward or inverted.</i>			<p>pitting</p> <p>[3] A change in the skin texture or an enlargement of pores</p> <p>[4] unexplained swelling</p> <p>[5] inward or inverted nipple</p> <p>Learner advances to another layer by clicking on a different icon, or if this layer is the last layer to be visited, clicking NEXT will advance to 1.9.</p>
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**Reviewer Notes:**

<b>Slide &amp; Title</b>	<b>Audio Narration</b>	<b>On-Screen Text</b>	<b>Visuals</b>	<b>Functionality</b>
<p>1.8B (layer)</p> <p>A change in how the breast or nipple feels</p> <p>Learning Objective #2</p>	<p><i>It is important to be aware of any changes in how the breast or nipple feels, including:</i></p> <p><i>[1]Nipple tenderness or thickening in or near the breast or underarm area.</i></p> <p><i>[2]Unexplained itchiness.</i></p> <p><i>Or [3] A lump in the breast.</i></p>	<ul style="list-style-type: none"> <li>● Tenderness or thickening</li> <li>● itchiness</li> <li>● Lumps</li> </ul>	<p>Base layer is visible.</p>	<p>Base layer remains visible at start.</p> <p>Pink square will appear over base layer image where bulleted information is presented.</p> <p>Bulleted information will fade in with audio narration.</p> <p>[1] Tenderness or thickening</p> <p>[2] itchiness</p> <p>[3] lumps</p> <p>Learner advances to another layer by clicking on a different icon, or if this layer is the last layer to be visited, clicking NEXT will advance to 1.9.</p>

Reviewer Notes:				
Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
1.8C (layer) Nipple discharge  Learning Objective #2	<i>It is important to be aware of any abnormal nipple discharge. If there is a [1] milky discharge that is present when a woman is not breastfeeding, this should be checked by her doctor, although it is not necessarily linked with breast cancer. Let your doctor know about any nipple discharge, [2] clear, bloody or milky. The most concerning discharges are bloody or clear.</i>	<ul style="list-style-type: none"> <li>• Milky discharge while not breastfeeding</li> <li>• Clear, bloody, or milky discharge</li> </ul>	Base layer is visible.	<p>Base layer remains visible at start.</p> <p>Pink square with will appear over base layer image where bulleted information is presented.</p> <p>Bulleted information will fade in with audio narration.</p> <p>[1] Milky discharge while not breastfeeding</p> <p>[2] Clear, bloody, or milky discharge</p> <p>Learner advances to another layer by clicking on a different icon, or if this layer is the last layer to be visited, clicking NEXT will advance to 1.9.</p>
Reviewer Notes:				
Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
1.9 (base layer) Early Detection  Learning	<i>Many breast cancer symptoms are invisible and not noticeable without a professional screening, but some symptoms can be detected early just by being</i>	<p>Early Detection</p> <p>Click on each button to learn more</p> <p>Breast Self-Exam</p>	<p>This slide should look similar to 1.6.</p> <p>Background image</p> <p>Breast Self Exam</p>	<p>Title, background image at slide start.</p> <p>[1]Click on each button to learn more flies in from left.</p> <p>Buttons appear quickly one at a time</p>

Objective #3	<i>proactive about your breast health. Explore the three ways to check for signs of breast cancer by [1] clicking on [2]each [3] button. [4] There will be a quick knowledge check at the end of this section.</i>	Clinical Exam  Mammogram  Click NEXT to continue	button  Clinical Exam button  Mammogram button	while audio is playing. [2] Breast Self-Exam [3] Clinical Exam [4] Mammogram  Clicking on each button will reveal a layer with more information.  Buttons will have hover and visited states.  Click Next to continue and NEXT button are hidden until ALL layers are visited by the learner  Learner advances to 1.10 by clicking Next on the player after visiting ALL layers.
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**Reviewer Notes:**

Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
1.9A (layer) Breast Self-exam  Learning Objectives #3 & #4	<i>Every woman should examine her own breasts, starting in her 20s. Performing Breast self-exams allows you to know how your breasts look and feel , which may make you more likely to report any changes to your doctor. [1] Breast Self Exams should be performed once a month.</i>	Self Breast Exam  <ul style="list-style-type: none"> <li>● Once every month</li> <li>● Move fingers around entire breast</li> <li>● Apply different levels of pressure</li> <li>● Abdomen to collar bone, underarm to cleavage</li> <li>● Use a mirror to check for</li> </ul>	Image of woman covering her breasts (medical)  GO BACK button	Title and image at slide start.  Bullets appear timed with audio narration. [1] Once every month [2] Move fingers around entire breast [3] Apply different elvels of pressure [4] Abdomen to collar bone, underarm to cleavage [5] Use a mirror to check for visual



	<p><i>First, examine your breasts while laying down. [2] Move fingers around your entire breast, while [3] applying different levels of pressure. You should check from [4] the top of your abdomen up to your collarbone and from each underarm to your cleavage. Then, [5] stand in front of a mirror with your hands on your hips to notice any visual changes in your breasts or nipples. [6] Some women may repeat their breast self-exam in the shower where it can sometimes be easier to detect abnormalities when their skin is slippery or wet. Forty percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important.</i></p>	<p>visual changes</p> <ul style="list-style-type: none"> <li>Repeat in shower</li> </ul> <p>Go back</p>		<p>changes</p> <p>[6] Repeat in shower</p> <p>Learner clicks GO BACK button to return to base layer 1.9.</p>
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**Reviewer Notes:**

Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
1.9B (layer) Clinical Exam	<i>Women in their [1] 20s and 30s should have their breasts clinically [2] examined by a</i>	<p>Clinical Breast Exam</p> <ul style="list-style-type: none"> <li>Women in their 20s and</li> </ul>	Image of a woman and doctor in doctor's office.	Title, image, and go back button at slide start.

Learning Objective #3	<p><i>healthcare professional who is trained to recognize many different types of abnormalities and warning signs.</i></p> <p><i>This in-office exam will most likely be completed by your family physician or gynecologist [3] at your annual exam.</i></p>	<p>30s</p> <ul style="list-style-type: none"> <li>• Performed by a health care professional</li> <li>• During annual exam</li> </ul> <p>Go Back</p>	GO BACK button	<p>Bullets appear timed with audio narration.</p> <p>[1] Women in their 20s and 30s</p> <p>[2] Performed by a health care professional</p> <p>[3] At your annual exam</p> <p>Learner clicks GO BACK button to return to base layer 1.9.</p>
<b>Reviewer Notes:</b>				
Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
<p>1.9C (layer) Mammogram</p> <p>Learning Objective #3</p>	<p><i>Women should begin getting [1] yearly mammograms when they reach 40 years old.</i></p> <p><i>A mammogram is an [2] x-ray that allows a qualified specialist to examine the breast tissue for any suspicious areas. The breast is exposed to a small dose of ionizing radiation that produces an image of the breast tissue.</i></p> <p><i>[3] Mammograms can often show a breast lump before it can be felt. They also can show tiny clusters of calcium called micro-calcifications.</i></p>	<p>Mammogram</p> <ul style="list-style-type: none"> <li>• Yearly beginning at 40 years old</li> <li>• X-rays performed by a specialist</li> <li>• Can detect suspicious areas, including lumps and microcalcifications</li> </ul>	<p>Image of woman receiving mammogram</p> <p>GO BACK button</p>	<p>Title, image, and go back button at slide start.</p> <p>Bullets appear timed with narration.</p> <p>[1] Yearly beginning at 40 years old</p> <p>[2] Xrays performed by a specialist</p> <p>[3] Can detect suspicious areas, including lumps and microcalcifications.</p> <p>Learner clicks GO BACK button to return to base layer 1.9.</p>

Reviewer Notes:				
Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
1.10 Knowledge Check  Learning Objective #4	<i>It's time for a quick knowledge check. Using the information you have learned about how to perform a breast self-exam, drag the correct word to complete each sentence. Click submit when you are ready to move on.</i>	<p>Knowledge Check</p> <p>Using the information you have learned about how to perform a breast self-exam, drag the correct word to complete each sentence.</p> <ol style="list-style-type: none"> <li>1. Breast self-exams should be performed once every _____ .</li> <li>2. While laying down, check for changes that you can _____ .</li> <li>3. Make sure to apply _____ levels of pressure.</li> <li>4. While standing in front of a mirror, check for changes that you can_____.</li> </ol> <p>week month year see feel hear similar different</p>		<p>All text at start.</p> <p>Use a freeform drag and drop quiz question. Learner will drag and drop the correct word to complete each statement.</p> <p>When learner Clicks submit, incorrect, correct, or try again layer feedback is given.</p> <p>Learner may have 2 attempts on the question. After the first attempt, they will receive the try again feedback. After 2 incorrect attempts, they will receive the incorrect feedback (which includes a screenshot of the correct answers.).</p> <p>Clicking Submit on a correct answer advances to 1.11</p>

		<p><i>[correct answers:</i></p> <ol style="list-style-type: none"> <li>1. <i>month</i></li> <li>2. <i>feel</i></li> <li>3. <i>different</i></li> <li>4. <i>see]</i></li> </ol> <p><u>Feedback layers:</u></p> <p>Correct: That's right! You correctly completed all the statements.</p> <p>Try again: You have one or more statements incorrect. Please try again.</p> <p>Incorrect: You did not correctly complete all of the statements. Review the correct answer and click continue when you are ready to move on.</p>		
<b>Reviewer Notes:</b>				
<b>Slide &amp; Title</b>	<b>Audio Narration</b>	<b>On-Screen Text</b>	<b>Visuals</b>	<b>Functionality</b>
1.11 Healthy habits	<p><i>Although you cannot prevent all cancer, some habits that can help reduce your risk are:</i></p> <p><i>[1] Keep a balanced diet.</i></p> <p><i>[2]Maintain a healthy weight.</i></p> <p><i>[3]Engage in an active life style.</i></p> <p><i>[4] Do not smoke and [5]</i></p>	<p>Healthy Habits</p> <p>Although you cannot prevent all cancer, some habits that can reduce your risk are:</p> <p>Balanced diet</p> <p>Healthy Weight</p> <p>Active Lifestyle</p>	<p>Image to match content</p> <p>Balanced diet icon</p> <p>Healthy Weight Icon</p> <p>Active lifestyle Icon</p>	<p>Title, Image, <i>although you cannot prevent all cancer, some habits that can reduce your risk are:</i> at slide start.</p> <p>Icons and Text swivel appear with audio.</p> <p>[1] Balanced Diet</p> <p>[2] healthy Weight</p> <p>[3] Active Lifestyle</p>

	<i>limit alcohol consumption.</i>	Do not smoke Reduce Alcohol  Click NEXT to continue	Do not smoke icon  Reduce Alcohol icon	[4] Do not smoke [5] Reduce alcohol  Click Next to continue and Next button are hidden until timeline ends.  Learner advances to 1.12 by clicking Next on the player.
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**Reviewer Notes:**

Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
1.12 Best Practices	<i>In conclusion, there are many different factors involved in a breast cancer risk, including both genetic and life style behaviors. So, while it is important to minimize your risk, remember that [1] breast cancer is not caused by one single risk factor alone. Also, [2] Early detection saves lives. Women should perform monthly breast self exams, and receive yearly clinical breast exams or mammograms if eligible by age. Most importantly, both men and women need to [3] remain body aware, and if</i>	Best Practices  Breast Cancer is not caused by one single risk factor alone.  Early detection saves lives.  Remain body aware.  Click NEXT to continue	Image of a calendar with a date circled.	Title and image at slide start.  Text flies in from right with audio narration. [1] Breast cancer is not caused by one single risk factor [2] early detection saves lives [3] remain body aware  Click Next to continue and Next button are hidden until timeline ends.  Learner advances to 1.13 by clicking Next on the player.

	<i>something appears abnormal, make an appointment with their doctor.</i>			
<b>Reviewer Notes:</b>				
<b>Slide &amp; Title</b>	<b>Audio Narration</b>	<b>On-Screen Text</b>	<b>Visuals</b>	<b>Functionality</b>
1.13 Summary	<i>Let's review. [1] In this course, you have learned how to: [1] Evaluate personal risk factors that can contribute to a breast cancer diagnosis. [2] Recognize the signs &amp; symptoms of breast cancer. [3] Identify various ways to check for breast cancer. And [4] describe how to perform a breast self exam.</i>	Summary  In this course, you have learned how to: <ul style="list-style-type: none"> <li>● Evaluate personal risk factors that can lead to a breast cancer diagnosis</li> <li>● recognize the signs and symptoms of breast cancer</li> <li>● Identify various ways to check for breast cancer</li> <li>● Describe how to perform a breast-self exam.</li> </ul> Click NEXT to continue	Image to match content	Title and image at slide start.  Text appears with audio narration [1] In this course you have learned how to flies in from right [2] Evaluate personal risk factors that can lead to a breast cancer diagnosis [3] recognize the signs and symptoms of breast cancer [4] Identify various ways to check for breast cancer [5] describe how to perform a breast-self exam.  Click Next to continue and Next button are hidden until timeline ends.  Learner advances to 1.14 by clicking Next on the player.
<b>Reviewer Notes:</b>				

Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
1.14 Quiz Intro	<i>The next five slides will ask you questions about the information you have learned in this course. Read the question, choose the correct answer, and click submit when you are ready to move on. An 80 percent accuracy is needed for successful completion of this course.</i>	<p>Quiz</p> <p>The next five slides will ask you questions about the information you have learned in this course. Read the question, choose the correct answer, and click submit when you are ready to move on.</p> <p>An 80 percent accuracy is needed for successful completion of this course.</p> <p>Click next to continue</p>	Background image of breast cancer ribbon	<p>All text and images at slide start.</p> <p>Click Next to continue and Next button are hidden until timeline ends.</p> <p>Learner advances to 1.15 by clicking Next on the player.</p>
<b>Reviewer Notes:</b>				
Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
1.15 Question 1  Learning Objective #3	<i>At what age should women begin receiving annual mammograms?</i>	<p>Question 1</p> <p>At what age should women begin receiving annual mammograms?</p> <ul style="list-style-type: none"> <li>● 35</li> <li>● 40</li> <li>● 45</li> <li>● Any ages she wants [correct answer: 40]</li> </ul> <p><b>Review Layer</b> Remember, all women should</p>	Appropriate image	<p>Title, image, and all other text at slide start.</p> <p>Multiple choice quiz slide</p> <p><i>The Review Layer</i> will only appear after taking the quiz when in review mode.</p> <p>Clicking SUBMIT advances learner to 1.16</p>

		begin receiving a yearly mammogram beginning at the age of 40. Mammograms can detect lumps and microcalcifications that might otherwise go undetected.		
<b>Reviewer Notes:</b>				
Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
1.16 Question 2  Learning Objective #1	<i>Which of the following behaviors can INCREASE breast cancer risk?</i>	<p>Question 2</p> <p>Which of the following behaviors can INCREASE breast cancer risk?</p> <ul style="list-style-type: none"> <li>● Eating a balanced diet</li> <li>● Smoking</li> <li>● Breast feeding</li> <li>● Not getting enough sleep [correct answer: smoking]</li> </ul> <p><b>Review Layer</b> Eating a balanced diet is recommended to decrease breast cancer risk. Breast feeding and not getting enough sleep do not impact breast cancer risk. Smoking increases breast cancer risk, so it is important to eliminate this from your lifestyle if possible.</p>	Appropriate image	<p>Title, image, and all other text at slide start.</p> <p>Multiple choice quiz slide</p> <p><i>The Review Layer</i> will only appear after taking the quiz when in review mode.</p> <p>Clicking SUBMIT advances learner to 1.17</p>
<b>Reviewer Notes:</b>				
Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality



<p>1.17 Question 3</p> <p>Learning Objective #3</p>	<p><i>How often should women perform a breast self-exam?</i></p>	<p>Question 3</p> <p>How often should women perform a breast self-exam?</p> <ul style="list-style-type: none"> <li>● Once per day</li> <li>● Once per week</li> <li>● Once per month</li> <li>● Once per year</li> </ul> <p><i>[correct answer: once per month]</i></p> <p><b>Review Layer</b> It is important to establish a monthly breast self- exam routine. Try setting up a calendar reminder for the same day each month so you will easily remember when it is time.</p>	<p>Appropriate image</p>	<p>Title, image, and all other text at slide start.</p> <p>Multiple Choice quiz slide</p> <p><i>The Review Layer</i> will only appear after taking the quiz when in review mode.</p> <p>Clicking SUBMIT advances learner to 1.18</p>
<p><b>Reviewer Notes:</b></p>				
Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
<p>1.18 Question 4</p> <p>Learning Objective #1</p>	<p><i>True or False. If the gene mutation BRCA1 or BRCA2 is detected in your DNA, you will definitely develop breast cancer.</i></p>	<p>Question 4</p> <p>True or False. If the gene mutation BRCA1 or BRCA2 is detected in your DNA, you will definitely develop breast cancer.</p> <p><i>[correct answer: false]</i></p> <p><b>Review Layer</b> Although many people who have the BRCA1 or BRCA2 gene</p>	<p>Appropriate image</p>	<p>Title, image, and all other text at slide start.</p> <p>True or False quiz slide</p> <p><i>The Review Layer</i> will only appear after taking the quiz when in review mode.</p> <p>Clicking SUBMIT advances learner to</p>

		mutation are worried they may develop breast cancer, it is not inevitable. Only 50 percent of women who have a mutated BRCA1 or BRCA2 gene will be diagnosed with breast cancer in her lifetime.		1.19
<b>Reviewer Notes:</b>				
Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
1.19 Question 5  Learning Objectives #2 & #4	<i>If a woman notices abnormal changes in the size or shape of her breast during her breast self-exam, what should she do?</i>	<p>Question 5</p> <p>If a woman notices abnormal changes in the size or shape of her breast during her breast self-exam, what should she do?</p> <ul style="list-style-type: none"> <li>• Make an appointment with her doctor</li> <li>• Wait for awhile to make sure the changes are temporary.</li> <li>• Ignore it. It is most likely not a cause for concern.</li> <li>• Be alarmed since it is definitely breast cancer.</li> </ul> <p>[correct answer: make an appointment with her doctor]</p> <p><b>Review Layer</b> If you notice any abnormal</p>	Appropriate image	<p>Title, image, and all other text at slide start.</p> <p>Multiple Choice quiz slide</p> <p><i>The Review Layer</i> will only appear after taking the quiz when in review mode.</p> <p>Clicking SUBMIT advances learner to 1.20</p>

		changes in the size or shape of your breast, you should not ignore this or wait to see what happens. Do not be alarmed as changes do not necessarily mean that you have breast cancer, but it is always better to consult your doctor.		
<b>Reviewer Notes:</b>				
Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
1.20 Quiz Results	<p><b>Success layer:</b> <i>Congratulations, you passed the quiz with at least an 80 percent. Click on review quiz if you would like to review your quiz results, or click next to continue.</i></p> <p><b>Failure layer:</b> <i>Unfortunately, you did not earn a minimum passing score of 80 percent. If you would like, you may review your answers, then go back and retry the quiz.</i></p>	<p>Quiz Results</p> <p>Your Score: (Percentage earned on quiz)</p> <p>Passing Score: 80%</p> <p>Result:</p> <p><b>Success layer:</b> Congratulations, you passed.</p> <p><b>Failure layer:</b> You did not pass.</p>	<p>Same background image from 1.14</p> <p><b>Success layer:</b> Review Quiz button</p> <p><b>Failure layer:</b> Review Quiz button Retry Quiz button</p>	<p>Title, image, and all other text at slide start.</p> <p>Quiz results will be revealed when timeline starts.</p> <p>Learner will be able to review results and retry quiz until an 80% passing score is earned.</p> <p>Clicking NEXT advances learner to 1.21</p>
<b>Reviewer Notes:</b>				
Slide & Title	Audio Narration	On-Screen Text	Visuals	Functionality
1.21 Congratulation	<i>[1] Congratulations. You have successfully completed the</i>	Conclusion	Appropriate background image	Title and background image at start.

s	<i>Breast Cancer Awareness course. [2] Before you go, [3] click on the resources button at the top of your screen to access the Breast Self Exam Graphic. It may be a good idea to print this and have it with you as you perform your monthly breast self exams. Thank you for your attention. [4] You may now close out of the course.</i>	Congratulations  You may now close the course.	Arrow	Timed with audio narration: [1] <i>Congratulations</i> zooms in [2] Background image fades to transparent [3] Arrow pointing to the resources button appears [4] <i>You may now close the course</i> fades in  NEXT button is hidden. Learner exits the course when completed.
<b>Reviewer Notes:</b>				