

## LESSON PLAN #2 (TEMPLATE)

Course: Community Health 201	Topic: Oral and Oropharyngeal Cancer Awareness	Audience: Adult Learners (YWCA)
Needed Materials: Computer, Projector, PowerPoint Slides	Total Time: 50 minutes	

**OBJECTIVES:** Upon completion of the lecture, the student should be able to:

(#1-4 cognitive; #5 affective)

1. Define oral and oropharyngeal cancer.
2. Describe common signs and symptoms of oral and oropharyngeal cancer.
3. Establish the steps in a basic self-check of the mouth and throat.
4. Differentiate between lifestyle behavior risks and protective behaviors for oral and oropharyngeal cancer.
5. Indicate a commitment to preventive actions for oral and oropharyngeal cancer.

### ANTICIPATORY SET:

Write a brief narrative of what you will say (1-3 sentences for each white section below).

#### Introduction:

Oral and oropharyngeal cancers are serious diseases that can affect the mouth, throat, and surrounding areas, but early detection greatly improves survival. Many adults are unaware of the warning signs and risk factors, making community education essential. This class will provide simple, practical tools to recognize symptoms, reduce risks, and take preventive action.

#### Gain Attention/Motivate:

Every hour, someone in the United States dies from oral or oropharyngeal cancer. Since the mid-2000s, these cancers have increased by about 1% per year.

#### Activate Prior Knowledge:

Have you ever had a sore in your mouth or throat that didn't heal quickly? What habits do people in our community have that affect their mouths or throats?

#### Establish Rationale:

Oral and oropharyngeal cancers are not often talked about, which can lead to late detection and poorer outcomes. This class provides accessible education that connects health information to everyday experiences. By building awareness and encouraging preventive actions, you'll gain the tools to protect yourself and your families.

### LESSON CONTENT:

Use outline below to give a sample of main lecture points (no sentences). Roman numerals I-V will correspond to the 5 objectives and serve as major headings (DO NOT re-write objectives). A-C will be sub-headings that list important supporting details. You may not exceed what is listed for the Roman numerals and/or A-C. At the end, give a brief summary (about 5-7 sentences).

#### What I Do (Lecture):

- I. Oral and oropharyngeal cancer
  - A. Definition
  - B. Location
  - C. Impact
- II. Signs and symptoms
  - A. Visible signs
  - B. Symptoms
  - C. Other warning signs
- III. Self-check guide
  - A. Preparation
  - B. Step-by-step examination
  - C. What to look for
- IV. Lifestyle behaviors and risks
  - A. High-risk behaviors
  - B. Low-risk and protective behaviors
  - C. Community relevance
- V. Taking preventive action
  - A. Personal choices
  - B. Health habits
  - C. Commitment and follow-through

#### SUMMARY:

Let's recap what we covered today. We defined oral and oropharyngeal cancer, talked about where it occurs, and explained why awareness is important. We described common signs and symptoms, including sores that do not heal, changes in the mouth, and lumps or voice changes. We walked through a basic self-check of the mouth and throat, reviewing how to prepare, examine step by step, and notice when something looks unusual. We compared lifestyle behaviors, pointing out which ones raise risk and which ones help protect health. We also discussed preventive actions, such as avoiding tobacco, limiting alcohol, and committing to regular dental visits. Lastly, we emphasized a commitment to preventive actions by identifying personal choices, reinforcing healthy routines, and pledging follow-through.

**ASSESSMENT:****What Students Will Do (Independent Assessment):**

List objectives in order with a corresponding test item for each. #1-3 should be multiple choice questions, #4-5 should be short answer questions. Include answer key.

**1. Objective #1:** Define oral and oropharyngeal cancer.

Test Item 1: Which of the following is **NOT** a common site for oral or oropharyngeal cancer?

- A. Lips
- B. Tongue
- C. Tonsils
- D. Lungs

**2. Objective #2:** Describe common signs and symptoms of oral and oropharyngeal cancer.

Test Item 2: Which of the following is a common sign or symptom of oral or oropharyngeal cancer?

- A. Sore in the mouth that does not heal
- B. Occasional mild headaches
- C. Loss of taste
- D. Swelling of the tongue

**3. Objective #3:** Establish the steps in a basic self-check of the mouth and throat.

Test Item 3: Which of the following is an important step when performing a self-check for signs of oral and oropharyngeal cancer?

- A. Feel along your chest for swelling or tenderness
- B. Measure your blood pressure to check for changes
- C. Inspect the inside of your mouth using a mirror and good lighting
- D. Brush and floss your teeth thoroughly

**4. Objective #4:** Differentiate between lifestyle behavior risks and protective behaviors for oral and oropharyngeal cancer.

Test Item 4: In 3-4 sentences, describe one lifestyle behavior that increases the risk of oral and oropharyngeal cancer, one protective behavior that can reduce the risk, and how they differ.

**5. Objective #5:** Indicate a commitment to preventive actions for oral and oropharyngeal cancer.

Test Item 5: In one paragraph (3-4 sentences), indicate your personal commitment to preventive actions for oral and oropharyngeal cancer.

**ANSWER KEY:**

1. D
2. A
3. C
4. Smoking is a lifestyle behavior that greatly increases the risk of oral cancer because it exposes tissues to harmful chemicals. In contrast, regular dental check-ups are a protective behavior since they allow early detection of abnormal changes. These behaviors differ because one directly raises the chance of developing cancer, while the other helps prevent or catch it early.
5. I am committed to avoiding tobacco products and limiting alcohol use to reduce my risk of oral and oropharyngeal cancer. These lifestyle changes are important because both tobacco and heavy alcohol consumption are strong risk factors for developing cancer in the mouth and throat. I also plan to schedule regular dental check-ups, since professional exams can detect early warning signs that I might miss on my own. By combining healthy choices with preventive care, I strengthen my long-term oral health and lower my cancer risk.

**REFLECTION:**

Briefly answer the questions below (write one sentence per bullet point):

1. Regarding the logistics of planning a lecture, discuss the differences between **template lesson planning (lesson plan #2)** and **full-length lesson planning (lesson plan #1)**?
  - The full-length lesson plan requires more time and detail up front, but ensures consistency and thoroughness.
  - The template lesson plan requires a lighter prep, but relies on instructor confidence to fill in details.
  - The full-length is highly scripted, while the template focuses on key components.
2. Which style of lesson planning is your preference **and why**?
  - I prefer the full-length lesson plan because it is more detailed.
  - As someone who is new to instructing, I don't have the confidence to fill in the gaps when presenting the material.
  - With the full-length, the content can be delivered consistently across groups.

**REFERENCES:**

In the white space below, list at least 5 references from the last 5 years from a variety of sources using APA style.

- American Cancer Society. (2025). *Oral cavity (mouth) and oropharyngeal (throat) cancer*. <https://www.cancer.org/cancer/types/oral-cavity-and-oropharyngeal-cancer.html>
- Draper, C. K. (2024, April). Oral and oropharyngeal cancers: Moving beyond awareness. *Journal of Dental Hygiene*. 98(2), 4-5. <https://jdh.adha.org/content/98/2/4>

Maryland Department of Health. (2025, April). *Oral cancer prevention and education resource guide*.

<https://health.maryland.gov/phpa/cancer/SiteAssets/Lists/Accordion/NewForm/Oral%20Cancer%20Education%20and%20Outreach%20Resource%20Guide.pdf>

National Cancer Institute. (2025, April 14). *Oral cavity, oropharyngeal, hypopharyngeal, and laryngeal cancers prevention (PDQ) - Health professional version*. U.S. Department of Health and Human Services. <https://www.cancer.gov/types/head-and-neck/hp/oral-prevention-pdq>

The Oral Cancer Foundation. (2025). *Oral cancer facts*. <https://oralcancerfoundation.org/facts/>

\*\*\*This lesson plan template is a brief overview of a full-length lesson plan. It should provide a good understanding of an entire lesson.