



FACE YOUR *Health*

FACE YOURSELF GAME

Purpose: Discuss the women's feelings, opinions, and experiences with cervical cancer screening. Help them find ways to overcome barriers to getting screened regularly and create an action plan for getting screened.

Number of Players: 1 or more

Time Needed: 10 to 15 minutes, depending on the number of players

Materials Needed: Face Yourself Character Sheet and Face Yourself Answer Sheet

Getting Ready: Read the Face Yourself Answer Sheet so you're familiar with it. Bring enough copies of the Character Sheet for each woman in the session.

How to Play

OPTION A: Group of 6 or more

1. Read the statements in the top row of the Face Yourself Character Sheet that explain what is keeping each character (Fay, Felicia, and Flo) from getting screened.
2. Ask the women to choose which character's feelings about getting screened are most like their own.
3. Create teams based on the character each woman chose. Give each team a copy of the Face Yourself Character Sheet. Ask them to read the five barriers and talk about ways their character could overcome them. If anyone does not have a team, work with that person yourself.
4. After 5 to 7 minutes, bring the full group back together. Ask a volunteer from each team to read out loud one of their listed barriers and the solution they came up with. Get feedback from the other teams about whether the solutions would help them.
5. Use your Answer Sheet when needed to help the women understand how best to help their character.
6. If time allows, have the teams take turns reading and discussing barriers and solutions.

OPTION B: 1 to 5 people

1. Hand out a copy of the Face Yourself Character Sheet to each woman.
2. Ask each woman to follow along as you read the statements in the top row that explain what is keeping each character (Fay, Felicia, and Flo) from getting screened.
3. Ask the women to choose which character's feelings about getting screened are most like their own.
4. Ask the women to read the five barriers for the character they chose and think about what they would say to help the character with her concerns.
5. After 5 minutes, ask for volunteers to read out loud one of their listed barriers and the solution they came up with. Get feedback from the others about whether the solutions would help them.
6. Use your Answer Sheet when needed to help the women understand how best to help their character.



TIP: Short on time? For larger groups, don't create teams. Read out loud 1 or 2 statements for each character and lead a discussion about how the women would help each character with her concerns.





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Face Yourself: Which Character Are You?

What's keeping you from getting screened?

<p><i>Fay</i></p> <p>I'm not thinking about getting screened.</p>	<p><i>Felicia</i></p> <p>I'm thinking about getting screened, but I'm not sure I really need to.</p>	<p><i>Flo</i></p> <p>I'm ready to get screened, but I need help.</p>
<p>I'm very busy. I have to look after my little boy. I have more important things to do.</p>	<p>I'm not sure why I need more screening if the results were normal last time.</p>	<p>I don't have a car, so I don't have a way to get to the clinic.</p>
<p>I don't need to get screened. I'm only 21. I don't have any symptoms.</p>	<p>No one in my family has had cervical cancer. So I'm not sure this is something I need to worry about.</p>	<p>Gynecologic exams are embarrassing. I'm worried about going through that again.</p>
<p>I have health insurance but the co-pays are really expensive, so I only go to the doctor for emergencies.</p>	<p>I'm 64 years old and a widow. I'm confused about why I need to get screened.</p>	<p>I'm worried about getting my test results. What if it's bad news, or I don't understand what the results mean?</p>
<p>I have diabetes and high blood pressure. I don't have time to worry about cervical cancer screening.</p>	<p>I'm not sure why I need to get screened if I'm not having sex right now.</p>	<p>I'm nervous about going to the gynecologist alone.</p>
<p>I've heard it hurts, so I'm not interested in getting screened.</p>	<p>I'm not getting my period anymore. So I'm not sure I need to get screened.</p>	<p>I want to get screened, but I don't think I can afford it.</p>





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Face Yourself: Answer Sheet

What's keeping you from getting screened?

<p><i>Fay</i></p> <p>I'm not thinking about getting screened.</p>	<p><i>Felicia</i></p> <p>I'm thinking about getting screened, but I'm not sure I really need to.</p>	<p><i>Flo</i></p> <p>I'm ready to get screened, but I need help.</p>
<p>I'm very busy. I have to look after my little boy. I have more important things to do.</p>	<p>I'm not sure why I need more screening if the results were normal last time.</p>	<p>I don't have a car, so I don't have a way to get to the clinic.</p>
<p>A: It's hard for many women to see the doctor when they have children to take care of. Try asking a friend or neighbor you trust to watch your children. Or schedule an appointment while your child is at day care or school.</p>	<p>A: One screening is not enough. We should get screened regularly to help prevent cervical cancer or find it early. Starting at age 30, women have three testing options: keep getting a Pap test every 3 years, get an HPV test every 5 years, or get a Pap test and an HPV test together every 5 years.</p>	<p>A: Getting to the clinic can be hard, especially if you don't have a car. Try asking a friend or family member for a ride. Some clinics are easy to get to by bus. I can tell you which clinics are closest to you and how to get there.</p>
<p>I don't need to get screened. I'm only 21. I don't have any symptoms.</p>	<p>No one in my family has had cervical cancer. So I'm not sure this is something I need to worry about.</p>	<p>Gynecologic exams are embarrassing. I'm worried about going through that again.</p>
<p>A: Cervical cancer often has no symptoms. Getting screened helps us stay healthy. At age 21, you should get your first Pap test.</p>	<p>A: Cervical cancer is not genetic. It doesn't run in the family. Most cervical cancer is caused by HPV. That's why it's important for all women to get screened regularly.</p>	<p>A: Many women are embarrassed about going to the gynecologist. But keep in mind that clinic staff are used to seeing women's bodies. Your health is worth being embarrassed for a few minutes.</p>



Face Yourself: Answer Sheet (continued)

What's keeping you from getting screened?		
<i>Fay</i> I'm not thinking about getting screened.	<i>Felicia</i> I'm thinking about getting screened, but I'm not sure I really need to.	<i>Flo</i> I'm ready to get screened, but I need help.
I have health insurance but the co-pays are really expensive, so I only go to the doctor for emergencies.	I'm 64 years old and a widow. I'm confused about why I need to get screened.	I'm worried about getting my test results. What if it's bad news, or I don't understand what the results mean?
A: Even with health insurance, medical care can be expensive. I can give you information about clinics that offer free or low-cost screening.	A: It can take 10 to 15 years for cervical cancer to develop. As we get older, our risk goes up. That's why we need to get screened every 3 or 5 years from age 21 to 65. When you turn 66, ask your doctor if you still need to be screened.	A: Many women worry about their screening test results. It's OK to ask the doctor questions, especially if you don't understand what's happening during the exam or what the results mean. Your doctor will explain the results to you.
I have diabetes and high blood pressure. I don't have time to worry about cervical cancer screening.	I'm not sure why I need to get screened if I'm not having sex right now.	I'm nervous about going to the gynecologist alone.
A: Many women are dealing with several health problems at the same time. This can make it hard to manage each one. Sometimes, we focus on the problems that seem more serious. But remember that cervical cancer can be prevented—and treated if caught early. Getting screened doesn't take long.	A: Even when you're not having sex, you still need to get screened. Cervical cancer can develop years after you've stopped having sex.	A: Try asking a friend or family member to go with you. Many women do this, and it makes them feel better than going alone.
I've heard it hurts, so I'm not interested in getting screened.	I'm not getting my period anymore. So I'm not sure I need to get screened.	I want to get screened, but I don't think I can afford it.
A: Sometimes a cervical cancer screening test can be a little uncomfortable or even painful, but it's over quickly.	A: Even if you're not getting your period anymore, you still need to get screened for cervical cancer regularly.	A: I can give you information about clinics that offer free or low-cost screening tests.

