



MODULE VI

Raising Cervical Cancer Prevention Awareness Meeting

WHAT DO WE WANT TO ACHIEVE IN THIS MEETING?

- ▶ To provide basic information about the prevention of cervical cancer to women 25 to 49 years old, their family members, and the general population.
- ▶ To motivate the group to have the VIA test done, as an opportunity to take care of their health.

WELCOME



- Try to establish the most comfortable environment possible.
- Greet participants warmly, thanking them for coming and highlighting the importance of women's health (if there are men present, emphasize the valuable participation of men in this work).

**STEP****1****WHAT DOES CERVICAL CANCER MEAN?****TO START THE MEETING**

Ask:

What have you heard about Cervical Cancer?

As they speak, write down on the poster paper what they say, without missing any of the opinions. If some are repeated, mention the word or phrase and say: that is already here.

**PROVIDING NEW KNOWLEDGE**

Then, show the puzzle or illustration of a woman's body where the reproductive organs are visible, so that the participants can learn, or remember, where the cervix is located.



Pointing to the cervix, say: this is where this illness develops.

- Cervical Cancer is an illness caused by a virus (HPV) that attacks the cells of the cervix (show illustration or puzzle to locate cervix)

Ask: **Can you imagine how this virus gets into the woman's body?** After listening to the participants, offer the following information:

- This virus (microbe) enters the woman's body through sexual relations.
- In some women this virus produces lesions (wounds) on the cervix and if we do not discover and treat these, they can turn into cancer.
- The infection that causes these lesions does not produce discharge or discomfort, which is why women can have it without knowing. Both men and women can have the virus, but in men it almost never causes any problem.
- For the lesions that are caused by this virus to turn into cancer requires a long time - FROM 10 TO 15 YEARS.





STEP

2

HOW CAN WE KNOW IF A WOMAN HAS CERVICAL LESIONS?



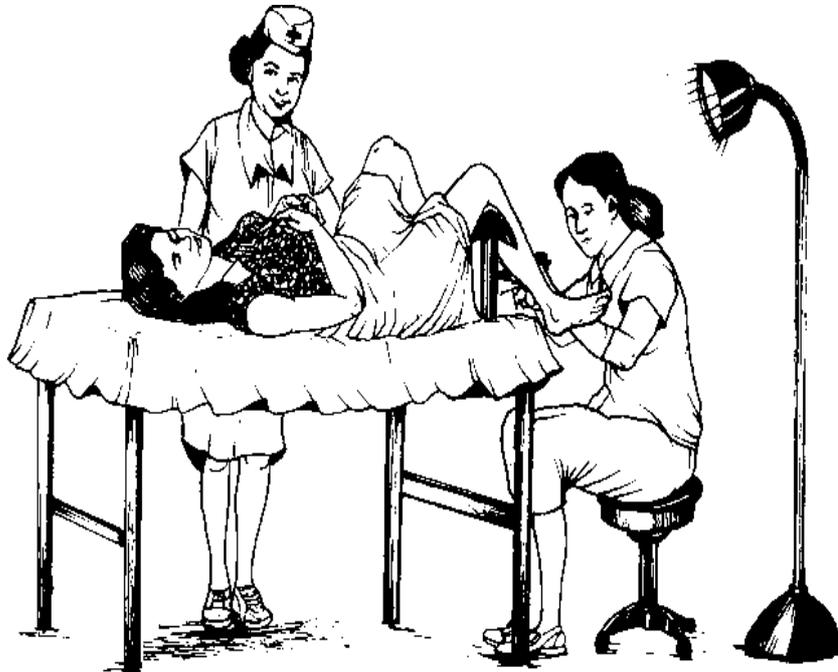
Ask everyone: How can we know if a woman has lesions caused by the Human Papilloma Virus (HPV)?

After listening to their answers, reaffirm what they say and/or complete it with the following information:

- Having a simple vaginal exam.
- Up until now, women have only known one way to detect it, which is the PAP test.
- Now there is a new method to detect precancerous lesions: the VIA test (write the meaning of each letter = Visual Inspection with Acetic Acid)



WHAT IS THE VIA TEST LIKE?



Ask: Have any of you had this test done or have heard of someone who has?

Listen carefully to their answers, then give the following information:

- To have the gynecological exam performed, which means to have our internal sexual organs looked at, we have to take off our underwear, lie down on the clinic bed, lift our knees up and open our legs. Then, the health professional places the speculum in the vagina to be able to observe the cervix. Normally we are in this position for 5 to 15 minutes while the exam is being done.
- This is a procedure where the practitioner or doctor gently wets the cervix with Acetic Acid (vinegar) and waits one minute; if after one minute the cervix is the same as before (show photo of healthy cervix) then the midwife or doctor immediately tells the woman the result, instructing her to come back in 3 years to have the test done again.



- If after one minute the practitioner sees white spots on the cervix (show photo of the cervix with precancerous lesions), this means that if the lesions or wounds are not treated in time, in the future it could turn into cancer; then the doctor is called in to look at the cervix through an instrument called an *AviScope*, and confirm what the practitioner saw as a precancerous lesion or not.
- If the doctor confirms that there is a lesion, she/he will inform the patient and explain what treatment she should receive. One treatment that may be suggested is called *Cryotherapy*; before the woman decides, she will receive counseling about the exam by a counselor specialized in this topic; if the woman agrees with the treatment, she will sign a document that is called *Informed Consent*.
- During the test, the practitioner can also find out if the cervix has invasive cancer (show photo). In this case, and depending on the doctor's evaluation, treatment will also be recommended. If the woman has to go to Lima the food and lodging will also be paid for. There is no cost for any of the treatments.
- It is possible to have a negative test result, but still have other vaginal infections. It is important to take the medicine prescribed by the doctor if some vaginal infection is found.



STEP

3

WHICH WOMEN ARE AT GREATEST RISK FOR GETTING CERVICAL CANCER?

Share the following information:



All women who have started having sexual relations are at risk of getting this illness.



Ask: Where do you think a woman can go to have the VIA test done?

- This test is being done at centers affiliated with the Health Networks and some other clinics (tell the group in their case where they should go) and let them know that, in some places, this test is being done on specific dates as part of comprehensive health campaigns.
- Tell them that the test is free of charge and that if they require some treatment for precancerous lesions, it will also be free.

Ask: Who should go have this new test (VIA) done?...
Women 25 to 49 years of age.

DO THE FOLLOWING SUMMARY:

- Cervical Cancer can be avoided if the lesions produced by HPV are detected and treated in time.
- Women get this virus (HPV) through having sexual relations and it only causes health problems for her, not for her male partner.
- The time it takes for the virus to develop and produce cancer is 10-15 years.
- To find out if the woman has lesions produced by the virus, she has to have the VIA or PAP test done; these are simple tests with results and they are free of charge.



MODULE VII

Home Visit



The following guide will help facilitate the Promotion Team's efforts to meet with the women that, for different reasons, do not participate in the health program activities planned by the team or have not gone to their follow-up appointments at the clinic.

OBJECTIVES:

1. Give guidance and counseling to women who have problems due to male chauvinism (machismo), having the women think about how to find their own solutions.
2. Give thorough information about the VIA test, answering any questions and clearing up any confusion or doubts, so that the women become allies in the dissemination of messages.



3. Have them talk with women who have had the VIA test, so that they can learn from the experience, and feel supported, not nervous or fearful.
4. Fill in information for women who were not able to attend some of the educational meetings, and motivate them to continue going to the meetings.
5. Give information and highlight the importance of having the VIAM test done, for women with positive results.
6. Give information and highlight the importance of receiving treatment for women with positive VIAM test results.
7. Give information and highlight the importance of going to follow-up appointments for women who have received cryotherapy.

TO MAKE THE VISITS PLEASANT AND GAIN THE WOMEN'S TRUST

- Greet the woman warmly and ask her to accept our visit in her home to talk to her.
- To give the woman more confidence, you can start by talking about what you see around you, for example: "What a pretty house, it is very nice."
- Then explain why you are there to visit: to talk about things that worry us women and that have to do with our well-being, especially related to our health.



CONVERSATION TIME

FOR MALE CHAUVINISM CASES

(Before visiting, the team makes sure to visit when the husband/partner is at home).

Begin the conversation with the partner present, asking about the work he usually does; then ask how the rest of the family members are, eventually bringing the conversation to his wife's health.

At this time we should pay close attention to what the husband/partner says: "She is always complaining about her aches and pains," "To get out of housework, she makes up any excuse," "I have told her to go to the neighbor woman to get medicine, but she insists on going to the doctor, I don't know what for." "Besides, to go to the doctor you need money and we don't have any," "She doesn't have time to go to the doctor, she has to take care of the children."

The conversation is then guided according to the comment the husband/partner makes, trying not to make him feel bad, and seeking his understanding about the importance of everyone in the family being healthy, especially the mother who is always taking care of the rest of the family.

If the husband/partner's reaction is positive in response to what has been said, thank him for his understanding and congratulate him on being a good father and responsible husband. Also, give information about the Cervical Cancer Prevention Program that is taking place in their community and invite them to participate in the educational sessions.



If there is a negative response, leave the possibility open to continue talking another time (that way the team can look for other strategies to change the situation).

To say goodbye, thank the people for their time and attention and offer your support for any guidance or counseling.

VISITING WOMEN WHO HAVE HAD THE VIA TEST



Start by saying to them:

We came to talk to you today because we want to know how you are doing. Ask the following questions:

- Have you gone to the clinic to have the VIA test done?
- What did you feel when you arrived at the clinic? Why?



"Now tell us about your experience when the test was done: How was it done? What did you feel? etc."

After writing down her experiences, tell her that it is a great help to know everything she has shared.

In the case that the responses were **positive**, tell her we would like to have her support in sharing her experience with other women, especially in front of those who are fearful or doubtful about having the test done.

In the case the responses were **negative**, answer her concern; for example, if she says that in the test she had been harmed in some way, such as:

- she felt her uterus was being taken out. Explain the use of the speculum and vaginal exam.
- now she has a liquid discharge or feels discomfort/pain. Ask if the health practitioner found some vaginal infection (cervicitis, vaginitis) that is not being treated, and if this could be the reason that she is having these problems. If this is the case, tell her it is necessary to visit the practitioner to have the infection treated.

It is important to know if the woman attended the educational sessions; if not, we should inform her that in the community educational meetings are where the most complete information is being given about Cervical Cancer and other topics about women's health, and where she can share her concerns. We should be sure to tell her what day, time, and place the meetings are.

At the end of the visit, say goodbye warmly, thanking her for receiving us in her home and for giving us some of her time.



WHEN A WOMAN MISSES AN EDUCATIONAL MEETING



- Greet her warmly and ask if it is okay to come into her home and talk to her.
- Then explain why we are visiting: to talk about things that worry us women and that have to do with our well-being, especially related to our health.

Begin the conversation by asking the woman why she was not able to go to the meeting, and tell her it is very important that she attend the meetings to continue with the topics and only then will she be able to learn more, share her experiences with others, to learn to take care of her organs and not die of cancer, when it can be prevented. Then in a short version, and using some of the materials, fill in the information for the topic she missed.



WHEN A WOMAN DOES NOT GO TO HAVE THE VIAM TEST DONE

- Greet her warmly and ask if it is okay to come into her home and talk to her.
- Then introduce yourself by name and tell her that you are from the Ministry of Health, that you are visiting to talk to her about health issues that concern us.

Ask: Have you heard about the new VIA test that women are having done at the health clinic to prevent Cervical Cancer?

Listen carefully to her answer.

- If she says she has heard about it and that she has had the test, congratulate her for taking care of her health, since that means she is also thinking of her family.

Then, ask what they have told her about the results from the test, to make sure that she understood what was said and when she should go back to have the VIAM test done.

If the woman understood that she had to go have the VIAM test, ask her:

Have you had some problem that has kept you from going to have the test done again?

After listening to her, tell her that the health staff is always waiting to serve her. It is better to go sooner and then receive treatment if needed and that way avoid the possibility of cancer.



Give her the letter as proof that the clinic staff really is waiting to see her, and remind her of the appointment date written in the letter.

- If the woman says she does not know about the new test, it may be because she is scared, not convinced, or possibly influenced by negative ideas about VIA. In this case, tell her: **we understand that sometimes people can be unsure, or be afraid of the test result, but it is better to know how we are so that we can also know what we should do.**

We are visiting women who need to have their VIA test done, because in that test they are going to make sure that the woman is healthy or if she has lesions on her cervix she can get treatment.

Tell her to not worry if she did not go on the day of the appointment, that the health staff is waiting for her on (date), and as proof leave the letter for her.

Thank her for having listened to you and encourage her to go to her next appointment.

Say goodbye to her.



WHEN WOMEN DO NOT GO FOR CRYOTHERAPY TREATMENT



- Greet her warmly and ask if it is okay to come into her home and talk to her.
- Then introduce yourself by name and tell her that you work for the Program for Gynecological Cancer Prevention of the Ministry of Health.
- Then explain why we are visiting: to talk about things that worry us women and that have to do with our well-being, especially our health.

Congratulate her having the new VIA test done.

Tell her that as a result of the test, they find lesions on some women that can later turn into cancer if they are not treated in time.



Ask her if she knows what her test results are and depending on what she responds, ask her, **WHAT DO YOU THINK ABOUT THE TREATMENT?**

Her answer can show:

- Lack of concern about her health (low self-esteem).
- Fear.
- Problems with her husband (male chauvinism).
- Religious influences (believing that the problem is not related to humans, but to God).
- The idea that since it is a treatment it will mean being in bed for many days, and that she won't be able to take care of her children, her husband, or her house and garden.

Depending on her answer, give her the following guidance:

- If the problem is self-esteem, try to empower her, reminding her that she is very valuable for her children and family, and for them she should be healthy and have the treatment done.
- If the problem is male chauvinism, encourage her to try to talk to her husband/partner when they are calm to convince him that being healthy will help her work better and take care of the children. Let her know that a member of the promotion team can talk to her husband/partner to explain the situation to him and help him think about the need for treatment.
- If the problem is due to religious ideas, tell her that we respect everyone's religion and that we think that God will also be happy that we are healthy, to be able to glorify his name.
- If the problem is that she cannot leave her duties, think with her about the fact that she will be able to do everything better if she is healthy and does not have any health concerns.



To end with, tell her that the clinic is waiting for her to go have the treatment done and avoid the development of cancer. As proof of what we tell her, give her the letter and remind her of the appointment date assigned to her in the letter.

Thank her for taking the time to talk to us and encourage her to go to her appointment.

WHEN WOMEN DO NOT GO TO THE CRYOTHERAPY FOLLOW-UP VISITS



- Greet her warmly and ask if it is okay to come into her home and talk to her.
- Then introduce yourself by name and tell her that you are from the Ministry of Health.
- Then explain why we are visiting: to talk about things that worry us as women and that have to do with our well-being, especially our health.

Ask how she is feeling health-wise and how she has been since her cryotherapy treatment.



Listen carefully and ask if she has had any trouble getting to the follow-up visits.

- If she says that she went to the appointment, but the doctor was not there to see her, tell her: "**If you went to the appointment on the day you were given an appointment, it was the doctor's fault, for which we ask your forgiveness.**"
- If she says, she did not know about the appointment: "**It is important to be sure that after the treatment has been done, the lesion that we had is healing normally and that there are no complications, and we know this by going to our follow-up visit, after one week, one month, three months, and one year.**"
- If she says she forgot, or had to take care of her children, or do housework, tell her: "**It is good to take care of our children, husband and house, but it is also good to take care of our health.**"
- If she says she did not go because she was afraid or embarrassed, or because she did not have bus fare, tell her: "**These are difficulties that we have to find a solution to if we value our health; if we don't have self-esteem, we don't love ourselves.**"
- If she says her husband does not want a man to check on her, tell her: "**If your husband does not trust the doctor, tell him he can come with you.**"

Then tell her that even though she did not go to her scheduled appointment, the clinic staff is waiting to see her. Give her the letter and remind her of the new appointment date.

Say goodbye, thanking her for her attention.



GROUP EXERCISES/GAMES

A. INTRODUCTION EXERCISES

THESE EXERCISES CAN BE USED AT THE BEGINNING OF A MEETING OR EVENT, TO HELP PARTICIPANTS INTRODUCE THEMSELVES AND GET TO KNOW EACH OTHER.

Goal: For participants to introduce each other, break the ice and gain confidence with the group.

Looking for Your Other Half

For this exercise, all the participants form a circle and each is given a card with half a picture on it. Then we ask them to find the person that has "your other half" of the picture. These two people then ask each other's name, age, what they like to do, and other personal details. Afterwards, each participant introduces their "other half" to the group.

Spider's Web

To begin, ask everyone to stand up and form a circle and explain to them that a ball of yarn or string (whatever is available) will be thrown to them. The person receiving the ball should introduce themselves and then pass the ball to another participant without letting go of the string. Everyone should be paying attention, because once everyone has introduced themselves, the spider's web will have been created. Then, the last person to receive the ball has to introduce the person that threw them the ball, continuing backwards until the spider's web is undone. (Each person that receives the ball will have to hold on to the piece of string, or wrap it once or twice around a finger).



My Movement

Ask the participants to make a circle. One at a time they step into the middle of the circle and introduce themselves making some movement, saying "my movement is like this." Then the group repeats what the participant said, imitating their movement; this continues until everyone is introduced.

I Would Like to Be

Give each person half a sheet of paper, and ask them to draw an animal that they would like to be. Then ask everyone to stand in a circle, and one by one each person introduces themselves. Each person says their name, where they are from, the animal they would like to be and why, and finally imitates some typical movement their animal makes.

B. MOTIVATIONAL EXERCISES:

THESE EXERCISES ARE USED TO MOTIVATE THE GROUP TO PARTICIPATE.

Goal: to entertain and energize the participants.

The Storm

All of the participants stand up, and the trainer tells the following story: we are all sailing in a huge boat, but all of a sudden a storm comes up and the boat begins to sink. To save yourself, you have to get into one of the lifeboats, but only (say the number) people fit into each boat. The group then forms several circles, each with this exact number of people in the circle. If one circle or group has more people,



their lifeboat sinks and those participants have to sit down. But, then the number of people that can fit in each lifeboat is lowered, and the "drowned" passengers are eliminated. The game continues this way until only a small group is left - these are the storm survivors. About 5 seconds should be allowed for people to get into the boat groups, before declaring the boat sunken. Like any energizing game, the orders should be given quickly to make it very active and surprising.

Balls at the Neck

The group is divided into two teams, and each team should have the same number of persons. Then, the trainer gives a little ball to each group and explains that the ball should be passed from one person to the next, while both of the people keep their hands behind their back, and can only use their neck to take the ball. This means, that the ball is passed from neck to neck. If someone drops the ball, they are asked a question about the topic, as a punishment, and then they have to sit down. The winning group is the one with the last person who hasn't dropped the ball, and has not used their hands. If it is not possible to use two balls, two oranges or lemons can be used.

Giraffe, Elephant, Duck

Ask the participants to form a circle. Then, tell them that when the trainer says "elephant" to any one of them, the person should put their thumb from one hand on their nose and the other thumb on the first hand's pinky finger. The participants on either side of this person pretend to make the ears using both hands. If the trainer says "giraffe", the person in the middle lifts up their arms and the two on either side make the legs, holding on to their knees with two hands. Finally,



when "duck" is mentioned, the person in the middle moves its bottom and those on either side move their arms making the duck's wings. The person who makes a mistake moves to the middle and gives the orders for the game, giraffe, duck, elephant.

The Twitch

Ask everyone to form a circle, and then the trainer sings the following song: "I have visited the doctor and he told me I have a "twitch," I have "twitch," I have "twitch" in my right arm," and then everyone should start moving their arm like the trainer does. Then they continue with the other arm, both arms at the same time, then the backside, the right leg, the left leg, the head, and finally the group is told the whole body has the "twitch." All the participants have to move their whole body all at once.

Little House

Everyone needs to get into a circle. The trainer sings the following song, doing the following actions, while the participants imitate the movements:

I have a little house like this, like this (make shape of a house with hands), I knock on the door, like this, like this (pretend to knock on a door), and smoke comes out of the chimney, like this, like this (gesture like smoke leaving, with hands going up), I shine my shoes, like this, like this, (imitate shining shoes). Then say the little house is growing and growing until it gets so big that it jumps.



The Frog

Tell the group that they will need to sing the following song:
There was a frog, frog, frog (put hands under arms and bend legs).

That swam in the river, river, river (move arms pretending to swim).

With his green suit, suit, suit, (pinch the cloth of your shirt with two fingers).

It was freezing cold, cold, cold (imitate shivering).

Then the group that they should substitute frog, frog, frog, with umm, umm, umm, and then continue to substitute all the other words in succession like river, suit, and cold.

Laughing and Crying

Ask the participants to form two lines, facing each other; then we tell them that when we show our fist with the right hand the group on the right has to cry and if we open the right hand they should laugh. If we do the same motions with the left hand, the group on the left has to cry or laugh. So, the hands will be opening or closing on each side at the same time.

The group that makes most mistakes loses.

The King Requests

Form two groups, and stand in lines facing each other. One person from each group will be the group's representative, and the trainer will be the king, asking for anything that suits his fancy. For example: "The king requests 5 pencils, the king requests 7 sandals," etc. Each representative asks her/his group for these things (clothes, jewelry, etc) and runs to hand them to the king. The first group to hand the items over wins a point; the group that obtains the most points wins.



The Scarecrow

Form two groups, and have each group choose their scarecrow and put it in whatever position they want. The scarecrow cannot move. While the trainer counts to three, the members of each group put all the items they can on top of the scarecrow, things that they have on them. They cannot go looking for things in other parts of the room. The group that manages to put the most objects on their scarecrow wins.

Tremor, Earthquake, Tidal Wave

This game is played with all the participants seated in chairs in a circle. The trainer stands in the middle of the circle and gives the instructions. When she/he says tremor, all the participants move one seat to their right; when the trainer says earthquake, they move one seat to the left, and when she/he says tidal wave everyone changes places, while the trainer finds a seat and another person is left in the middle standing up. This person then has to give the directions.

My Rooster

Ask everyone to get into a circle and tell them to sing the following song, with the corresponding actions:

My rooster broke its foot,
My rooster cannot walk,
My rooster broke a foot, then broke its other foot, and can't walk.
My rooster broke its wing,
My rooster cannot fly,
My rooster broke a foot, then broke the other foot, broke its wing, then broke the other wing, and cannot fly,



My rooster got his eye poked out,
My rooster cannot see,
My rooster broke a foot, then broke the other foot, broke its
wing, then broke the other wing, got an eye poked out,
then the other eye poked out, my rooster cannot see.
My rooster broke its beak, my rooster cannot eat,
My rooster broke a foot, then broke the other foot, broke its
wing, then broke the other wing, got an eye poked out,
then the other eye poked out, broke its beak and cannot
eat,
My rooster broke its neck,
My rooster cannot live,
My rooster broke a foot, then broke the other foot, broke its
wing, then broke the other wing, got an eye poked out,
then the other eye poked out, broke its beak, broke its
neck and then it died. At the end of the song the rooster
falls down.

The Postman

Everyone sits in a circle; the trainer stands in the middle and gives the instructions, for example: when she/he says "the postman came and brought a letter for everyone that has sandals on," then those people have to change seats with others that have sandals. At this moment the trainer finds an empty seat to sit in and the person who is left without a chair leads the game, and the game continues this way.

The Cow (sung to the music Oh My Darling, Clementine).

There once was a fat and flirtatious cow
She ate so much hay, her foot ended up this way (action
with foot)
There once was a fat and flirtatious cow



She ate so much hay, her ears ended up this way (action with hands on ears)

.....(her belly ended up this way)

.....(her mouth ended up this way)

.....(her eyes ended up this way)

C. EXERCISES TO FORM GROUPS:

THESE EXERCISES AND GAMES CAN BE USED TO FORM GROUPS AT THE BEGINNING OF A WORKSHOP OR FOR WORK IN GROUPS.

Goal: To form groups.

Fruit Salad

Everyone sits in a circle. The trainer whispers the name of a fruit to each participant, so that no one else hears. Then, when the trainer says, for example, "I want to make a papaya and pineapple salad, all the participants with those names change places. When the trainer says "I want to make fruit salad" everyone changes places. As some point the trainer says that all the pineapples, apples, etc should get together and form groups.

The Cards

Before playing this game, make cards with different drawings on them, the same quantity of cards for each drawing. Hand out one card to each participant and ask that they get together according to the picture on their card. The pictures can be flowers, animals, objects, etc.



The Herd

Give each person a small card with the name of an animal on it: cow, horse, goat, etc. Then, tell the group that they will have to make the sound of the animal that they chose (without saying the name of the animal), then they gather with the others that make their sound and that way a herd of cows, horses, goats is formed.

The Little Train

Give each of the participants a card with the name of a community/neighborhood written on it. Then, tell them that we will all travel in a little train "chug chug" and to do that we have to hold on to the person's waist in front of us and make a train. The train moves forward with everyone singing "Chug, chug, choo, choo." And then after a while the trainer informs the people on the train that we had arrived in "Moyobamba." Everyone that has the name of this community on their cards should get together and make groups, the train continues stopping at different communities until everyone is in a group.

D. COMMUNICATION EXERCISES:

THESE EXERCISES/GAMES CAN BE USED FOR COMMUNICATION TOPICS OR FOR MESSAGES THAT NEED TO BE GIVEN TO THE COMMUNITY

Goal: Participants will learn to give messages and learn what good communication is like.



Broken Telephone

The trainer gives any message, in a whisper, to the participant on their right, and that person then whispers it to the person on their right, and so on until everyone has listened to the message. The last person to hear the message they received repeats it out loud. For example: **"Yesterday there was an accident at Maria's house. She cut her right finger, and her daughter went to find a health worker to give her an injection to avoid infection. Maria was very scared and did not want to go."**

At the end of the game, if the message is not correct, the group analyzes what happened and discusses how messages change when people do not pay close attention, or when they are not communicated well, such as this case when the audio volume is very low.

E. EVALUATION EXERCISES:

THESE EXERCISES ARE USED AT THE END OF WORKSHOPS OR MEETINGS TO EVALUATE WHAT THE GROUP HAS LEARNED.

Goal: evaluate what was learned and understood in each session.

Fishing for Knowledge

Before playing this game, make fish out of cardboard. On the back of each fish, write a question about one of the topics covered in the session.

The participants sit in a circle, and a river is drawn (or



blue paper is used to look like a river) and the fish are placed on it. With a fishing pole, the fish are caught by their mouths. After "catching" each fish, the participants pass the pole around, saying TINGO, TINGO, TINGO, until at some point they say TANGO; the person who has the pole when they say TANGO has to answer the question on the back of the fish.

The Burning Ball

The participants stand in a circle and the trainer gives them a small ball that they can pass around quickly. Meanwhile, the trainer sings "the ball is hot, the ball is hot, it burns." Whoever has the ball when the trainer says "burns" has to turn over a card and answer the question asked there, about the topic discussed.

Searching for Treasure

This is a competition between two groups, and it should be played in a big field. Questions about the topic covered are written. Each subject follows a different series of notes. The notes are then hidden in different places. The notes also contain clues about how to find the next note. Each note represents a treasure. The team with the most correct answers and that finds the most notes wins. For example:

"The red team is going to look for treasure that is under the apple tree, and the blue team is going to look for treasure hidden near the river."

In one of the notes the question could be: "How is Cervical Cancer transmitted?... CLUE: the other treasure is near the big rock."

It is recommended to hide the notes ahead of time, so that the participants are enthusiastic about the hunt (and haven't seen the notes being hidden).



Surprise Contest

The participants stand in a circle. The trainer stands in the middle and offers everyone a surprise from a box (the surprises are folded-up papers with a message inside). The messages should be combined, some with questions about the Module that was just covered, others telling the person to do some action, imitate something, sing a song, tell a joke, etc.

After that a contest begins where each person does what their surprise says. Then there are Module messages with other actions or entertainment in between.

For example, after Module III, the surprises could be:

- Imitate an animal.
- Explain how *Cervical Cancer* is caused.
- Walk like a model.
- What is the name of the virus that causes *Cervical Cancer*?
- Which women are most at risk for getting *Cervical Cancer*?
- Say a compliment.
- What is the new test for detecting *Cervical Cancer* called?
- Tell a joke.
- Where can you go to get the new test done?
- How much does it cost to do the new test?
- Sing a song.
- How many topics do you need to know about before having the *VIA* test done? What are the topics?
- Make a face.
- How to we get infected with the *Human Papilloma*?

Depending on the number of participants, the messages can be repeated or there can be blank papers, without a surprise on them.



After each question is answered, the panel of judges (everyone) is asked if they accept the answer. If they say yes, the participant is rewarded with applause; if they say no, the necessary correction is made.



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