# Free programs for schools



Making Cancer History®

The University of Texas MD Anderson Cancer Center offers free programs for students, teachers and parents, including virtual and in-person presentations, volunteer opportunities, curricula and more.



To request a free program or series of programs for your school, visit **MDAnderson.org/Community**, email **Community@MDAnderson.org**, or call **713-792-3363**.

#### Programs for preschool and elementary school students

These programs address many of the health education Texas Essential Knowledge and Skills (TEKS) requirements at the elementary school level.

#### Programs for middle and high school students

These programs address many of the health education Texas Essential Knowledge and Skills (TEKS) requirements at the middle and high school level.

#### Too Cool to Smoke Puppet Show

It's never too early for kids to learn about the dangers of tobacco. This program breaks down a complex subject in a fun and entertaining way for kids in kindergarten through 4<sup>th</sup> grade.

#### Ray and the Sunbeatables®

Ray and the Sunbeatables is a sun safety curriculum for teachers to use with children and their families to educate them about ways to protect themselves from the sun.

#### The Truth about Tobacco and Vaping: What Preteens and Teens Should Know

E-cigarette use among preteens, teens and young adults is a major health concern. Cigarettes, JUULs and e-cigarettes are dangerous tobacco products that deliver addictive nicotine, which is harmful to developing brains. This presentation arms young people with the facts on nicotine, and tools to resist peer pressure.

#### **ASPIRE: A Smoking Prevention Interactive Experience**

ASPIRE is a free online program for teens that tackles the big issues about tobacco, including e-cigarettes, hookah, JUUL and synthetic marijuana. This program is an online curriculum for middle- and high-school teachers to educate students on the dangers of these products. It's available in English and Spanish.

#### **Careers in Health Care**

Health care organizations offer some of the most rewarding careers with roles stretching beyond medicine to many different fields and trades. This presentation provides an overview of the educational requirements and daily experience of varied health care roles.

#### **Blood drives**

MD Anderson collaborates with high schools to host blood drives that support our cancer patients. Students ages 17 and older are eligible to donate. Schools earn incentives and students receive community service hours for volunteering to organize the drive. Educational workshops on blood typing and the dangers of vaping also are available. To find out more, email BloodBank@MDAnderson.org.

### Quit vaping program

In collaboration with the nationally renowned Truth Initiative, MD Anderson offers This is Quitting, a text-based service to help youth and young adults, ages 13 to 24, to quit vaping. They receive free, anonymous, 24/7 support by texting VAPEFREETX to 88709. Parents can receive messages with tips and advice to help their loved one by texting QUIT to 202-899-7550.

#### Summer programs for high school and college students in the Houston area

## Programs for teachers and parents

#### Summer Experience Program

Hands-on experience is the backbone of a career in science and medicine. The MD Anderson Summer Experience introduces students to a research environment and provides the opportunity to explore careers in research and oncology. Each year, around 300 students are selected to join teams of experts across the institution to gain valuable insights to support their future professional lives.

#### Cancer Symptoms Women Shouldn't Ignore

The signs of cancer can be vague and similar to symptoms of other illnesses. Learn what to watch out for, tests to find cancer early when it's most treatable and lifestyle changes that can lower your risk.

#### **Healthy Weight, Healthy Life**

Adopting healthy eating habits and being physically active are some of the best ways to maintain a healthy weight. And maintaining a healthy weight reduces your risk for more than 10 types of cancer. Get tips and tools to help you eat better, be more active and monitor your weight.

#### The Truth About Tobacco and Vaping: What You Should Know

This program is similar to the teen presentation, but helps parents identify different vaping devices and tips on how to quit. Learn more about how to protect kids and teens from these products. This presentation is available in English and Spanish.