**EDUCATE Lesson Plan**

The EDUCATE lesson has been developed to help equip young people with knowledge about the HPV vaccination programme and provide reassurance about receiving the vaccine at school. The resources for the EDUCATE lesson have been designed with young people.

The lesson is designed to be delivered at Key Stage Three within the ‘Health and Prevention’ module of the PSHE curriculum. We think the EDUCATE lesson will be most useful if it is delivered to Year 8 students before they are offered the HPV vaccine. However, other young people may also benefit from having the opportunity to find out more about the HPV vaccine.

**Learning objective:**

* To learn about what the HPV vaccine is and what happens on the day of the vaccination.

**Learning outcomes:**

Students will be able to

* Explain what the HPV vaccine is and how it can provide protection
* Identify and challenge misconceptions regarding the HPV vaccine
* Describe what happens when someone receives the HPV vaccination

**Resources available for delivery of the lesson:**

* EDUCATE Lesson Plan (PDF)
* EDUCATE Lesson PowerPoint (PPT)
* EDUCATE Professional Guidance Manual (PDF)
* EDUCATE Frequently Asked Questions for Professionals (PDF)
* EDUCATE Parent/carer letter template (Word)
* EDUCATE Activity One (Word)
* EDUCATE Endpoint Assessment (Word)

**Resources required:**

* Student workbooks to complete exercises or printed handouts listed above
* PowerPoint projector with capacity to play videos with sound
* Box or envelope for anonymous questions
* UKHSA HPV vaccine leaflets (optional)
* HPV vaccine consent forms (if applicable)

**Climate for learning:**

Make sure you have read the accompanying Professional Guidance Manual before teaching this lesson for guidance on creating a safe environment for learning and answering young people’s questions.

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| **SECTION TITLE** | **TIME ALLOCATED** |
| **Introduction to the lesson (Slides 1-4)**  *Objectives and learning outcomes* **(Slide 2)**  Explain the objectives and learning outcomes for the lesson**.**  *Group agreement* **(Slides 3-4)**  Introduce the group agreement for the lesson and invite students to add their own. Explain that the HPV vaccine raises issues which can be a sensitive and difficult issue to discuss, but that it is important as it can help save lives**.** | **3 minutes** |
| **HPV and the immune system (Slides 5-10)**  Explain to the students that the slides will help them understand what HPV is.  *What does HPV stand for?* **(Slides 5-6)**  As an ice-breaker exercise ask the students if anyone knows what HPV stands for. Ask students if anybody has heard of HPV before**.**  *What is HPV?* **(Slide 7)**  Provide the information about what HPV is**.**  *How common is HPV?* **(Slide 8)**  Explain that there are no symptoms of HPV. Often, someone might not know that they have had HPV, and they might not have any health problems because of it. Symptoms related to cancer may present after many years. However, knowing about what HPV is and how it can appear in the body can help someone to spot early signs and access help if they need it.  *Film 1:, HPV and the immune system* **(Slide 9)**  Play the animation **(Film One)** to the students. It covers key information and questions young people may have about HPV and the immune system.  Provide young people with the questions provided in **Activity One** worksheet to complete while the video is being played. You may wish to pause the video to allow for students to complete the worksheet.  *Questions*   1. What happens if an infection with HPV does not clear naturally? 2. How can someone find out if they have HPV? 3. Is there a cure for HPV? 4. How can someone protect themselves from HPV?   *Activity: HPV and the immune system* **(Slide 10)**  After the video has been played, ask volunteers to share their answers to the four questions.  The answers to the questions are provided:   1. Persistent infection with HPV can lead to genital warts and cancers affecting the mouth, throat, anal and genital areas of men and women. 2. Most of the time people do not know they have HPV. Women can get tested when they attend for their cervical cancer screening programme. 3. There is no cure for HPV. However, there are treatments for   the effects of HPV.   1. Having the HPV vaccine is the best way to be protected from HPV. | **7 minutes** |
| **HPV-related illnesses (Slides 11-15)**  Explain to the students that the next slides will help them understand what can happen if someone has an infection with HPV.  *How can HPV lead to cancer* **(Slide 11)**  Explain the slide is intended to explain how an infection with HPV can lead to different types of cancer. It is important to stress to young people that in the majority of cases, the infection will clear without symptoms. Only in rare cases will an infection lead to cancer.  *Body parts affected by HPV cancers* **(Slide 12)**  Explain that HPV related cancers include:     * Cervical cancer * Vaginal cancer * Vulval cancer * Anal cancer * Cancer of the penis * Some cancers of the head and neck   Cervical cancer is the most widely occurring HPV-related cancer. Often young people are unclear where the cervix is. This can be clarified during the session through the close up of female anatomy.  Question break **(Slide 13)**  Give students the opportunity to ask any questions they may have at this stage.  If there are any student questions at this stage, please see the **accompanying Frequently Asked Questions for teachers** document and suggested responses.  *Film 2. Steve’s story* **(slide 14)**  Play the film. This film involves a case-study of HPV-related throat cancer survivor.  You may wish to ask if any of the students are going to find the topic area upsetting as the content of the video may be difficult for some young people to watch, especially if they have family members who are undergoing cancer treatment.  **Reflection break (slide 15)**  This slide is intended to provide an opportunity for young people to debrief after film. | **8 minutes** |
| **HPV vaccine (Slides 16-20)**  Explain to the students that the following slides will provide information about the HPV vaccine.  *What does the HPV vaccine protect against* **(Slide 16)**  Explain that there are over 100 types of HPV. The HPV vaccine protects against the nine strains of HPV that cause the most cases of cancer. The vaccine also provides protection against genital warts.  Provide reassurance to students that in the majority of cases an infection with HPV will clear without symptoms.  *Effectiveness* **(Slide 17)**  It may be helpful to explain that the HPV vaccine is one of the most effective vaccines available.  *Side effects* **(Slide 18)**  Young people are likely to be worried about the side-effects. It might be helpful to stress to students that by having the HPV vaccine they will be protected against much more serious health problems.  As with any medication, there is always the risk of side-effects developing. Most people experience a small amount of pain at the vaccination site. It can be helpful to stress to young people that this will be over really quickly!  Young people could expect that their arm might be a bit sore that day, but by the next day it should be fine.    They may notice the vaccination site is a little bit red and their arm is a bit achy for the rest of the day. That’s normal too and shows your body is having an immune response to the vaccine.  Around 1 in 10 people who receive the HPV vaccine will experience redness or soreness.  Around 1 in 100 people will experience nausea.    The immunisation team are trained to spot and deal with any more serious problems.  *Safety* **(Slide 19)**  The vaccine is one of the safest available. | **10 minutes** |
| **HPV vaccination programme (Slides 21-30)**  Explain to the students that the next slides will provide information about the HPV vaccination programme.  *Who can have the HPV vaccine* **(Slide 21)**  In England, young women were first offered the HPV vaccine in 2008. This was to help protect young women from developing cervical cancer. There is now more scientific evidence which shows that men can be affected by cancers that are caused by HPV.    In 2019, the government decided to offer young men the vaccine as well so they can benefit from protection against HPV.  Explain that the next slides will provide information about the HPV vaccination programme to help students understand when they will be offered the HPV vaccine and how they can get it.  It is important that students understand it is best they have the vaccine before they have been exposed to the virus. This is why the vaccine is offered to young people aged 12-13 years old.  Even if young people don’t think they need the vaccine right now, it’s best that they get the vaccine now so they get the best protection. The most recent research studies show that the HPV vaccine gives protection for at least 14 years.  There is no evidence that immunity reduces over time, but more research studies are being carried which will help show much longer the vaccine gives you protection from HPV.  *Film 3: What to expect at the HPV vaccine session* **(Slide 22)**  Play this film to show young people what to expect at the vaccination session. After the film is shown, provide context specific information about how the session will run in their school. For example:   * Date of vaccination session * Consent procedure * Location of vaccination session * Name of staff member co-ordinating the session   *Question break* **(Slide 23)**  Give students the opportunity to ask any questions they may have at this stage**.**  If there are any student questions at this stage, please see the **accompanying Frequently Asked Questions for professionals** document and suggested responses.  *Film 4: Questions and answers with an immunisation nurse* **(Slide 24)**.  Play this film which shows young people asking the immunisation nurse their questions about vaccination. | **10 minutes** |
| **Preparing to have the HPV vaccine (Slides 25-30)**  These slides are intended to provide students with practical information about how to get the HPV vaccine.  *Tips for the day of vaccination***(Slides 25-26)**  Stress to students that they shouldn’t worry. It won’t be as bad as they think and the nurses are really nice. Young people often say that the worst bit is waiting around for the vaccine beforehand.  It’s a sharp scratch for hardly any time all. Then you will know you’re protected against the main types of HPV.  If the student is feeling a bit nervous they could be encouraged to tell their teacher to see if they can have the vaccine before the other students.    Other tips include taking some big deep breaths to keep feeling calm and distract themselves. Or they could try counting backwards from 100.  Students could be invited to provide their own tips for having the vaccination session.  *Film 5: Strategies to help on the day of the vaccination session* **(Slide 27)**  Play the film. It covers young people providing suggestions for how to improve their experience of having the HPV vaccine.  *Getting the HPV vaccine* **(Slide 28)**  If possible, this session could be provided at the time consent forms are being distributed. If paper-based consent forms are used, these could be provided during the session.  *Young people’s consent* **(Slide 29)**  By law, young people under the age of 16 are allowed to consent to medical treatments, including vaccines, as long as they fully understood what is involved and are confident about their decision.    If at all possible, it is best that parents and young people decide about having the HPV vaccine together. However, if this isn’t possible, young people should be advised to talk to their immunisation nurse who can advise them.  There is more information about young people’s right to consent for vaccination here: <https://www.nhs.uk/conditions/consent-to-treatment/children/>  *Missed vaccination* **(Slide 30)**  If a young person (both male and female) didn’t get the vaccine at school when they were offered it, they can get the vaccine at their GP or other community settings until they are 25 years old. Different areas may different ways and places to catch-up with the HPV vaccine.    Men-who-have-sex-with-men can get the HPV vaccine from HIV and sexual health clinics until they are aged 45 years. This is because they are at higher risk of developing HPV-related diseases. | **10 minutes** |
| **End point assessment (Slide 31)**  Provide student with the **Endpoint Assessment** worksheet. Ask the students to write their responses in the spaces provided.  *Questions*   1. What are three reasons that young people should get the vaccine? 2. What are two facts about HPV that are important to know? 3. What is one piece of advice that can help Micah feel better about getting the vaccine? | **7 minutes** |
| **Signpost towards further support (Slide 32)**  Ensure students are aware of where they can get more information about the HPV vaccine if they want it.  Inform students that they can speak to the teacher after the lesson, or the school nurse/medical officer in the school. They can also speak to their GP if they want to speak to somebody out of school.  Ensure that the anonymous question box is checked at the end of this lesson. Any questions about the content should be followed up as soon as possible; in the following PSHE lesson if not before.  Students could be provided with HPV vaccine leaflets during the lesson. The UK Health Security Agency publish the HPV vaccine leaflet: https://www.gov.uk/government/publications/hpv-vaccine-vaccination-guide-leaflet  On the website there is also information available in the following languages:  Albanian, Arabic, Bengali, Brazilian Portuguese, Bulgarian, Chinese, Estonian, Farsi, Greek, Gujarati, Hindi, Latvian, Lithuanian, Panjabi, Polish, Romanian, Romany, Russian, Somali, Spanish, Turkish, Twi, Ukrainian, Urdu and Yiddish.  There is a British Sign Language (BSL) video of this leaflet available to download. | **5 minutes** |