

THE OF THE MATTER

Let's talk about women's heart and vascular health

NATIONAL CALL FOR HIGH SCHOOL EDUCATORS:
Sign up today for free!

Lesson Plan and Toolkit for High School Teachers and Students

As part of the Wear Red Canada campaign, we are expanding our reach to younger audiences to **bring awareness to the important issue of women's heart and vascular health**. This lesson plan is intended to **spark conversation** among students, staff, parents/guardians, and the community and **raise the visibility** of the national **Wear Red Canada** campaign at your school.

1 hour Lesson Outline:

- Icebreaker activity
- Pre-test assessment
- **Video:** Interview, cardiovascular disease overview, Wear Red Canada key messages
- 5 Practice activities
- Post-test assessment
- Ongoing learning

**Curriculum can be adapted for a variety of subjects and levels to complement existing curriculum.*

STUDENT HANDOUT

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1 case of hospitalization and premature death for women in Canada. Globally, 1 out of 3 women, yet women everywhere are under-studied, under-treated, under-aware when it comes to their cardiovascular health. The good news is largely preventable.

celebrated annually across Canada on February 13th to raise awareness about heart of the 2022 Wear Red Canada campaign, we are looking to expand our reach and bring awareness to this important issue. By raising awareness and improving disease prevention and detection of heart disease in women, as well as the care with existing disease.

It for all learners - not only those identifying as female or as women. Introducing differences at an early age will provide you with a more nuanced lens into social variations, to critically appraise medical information, and tackle your own open. Importantly, it will also raise awareness about historic and persistent health and care for those in your wider communities.

to spark conversation among students, staff, parents/guardians and community to aid raise visibility of Wear Red Canada at your school.

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THE CANADIAN WOMEN'S HEART HEALTH ALLIANCE PRESENTS

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EDUCATOR
CURRICULUM
OVERVIEW

Grades 8-11
LESSON PLAN FOR SECONDARY STUDENTS



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To Participate:

1. Sign up online at WearRedCanada.ca to gain access to the Educator Toolkit.
2. Present the lesson to your classroom.
3. Complete the evaluation form.