

Stroke Awareness Matters or SAM

Welcome and Introduction

Mission:

Providing stroke education to school aged children across eastern North Carolina.

Vision:

Increase awareness and response to stroke.

Decrease stroke mortality in eastern North Carolina.

Provide education to aid in reduction of modifiable risk factors for stroke.



For educators/standard course of study matching

Welcome and Introduction

What is a
stroke?

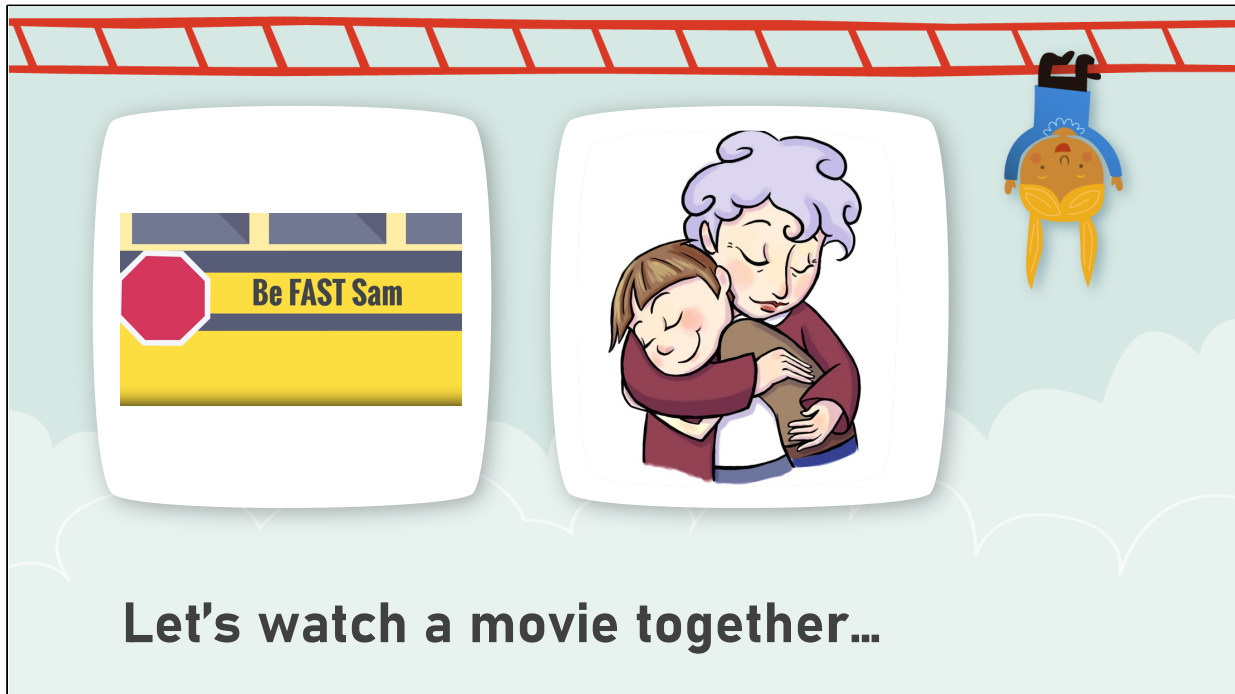


3

Welcome & Introduction of trainer
Today we will be talking about stroke.
Does anyone know what a stroke is?

A stroke is when something goes wrong inside your brain.
What does our brain do for our body?

Everything! It is in charge of our whole body. It helps us think, talk, move, and jump. Our brain works like a remote for the tv, a hard drive for the computer, or the engine of a car.



Introduction:

How many of you have a grandma that you see regularly?

We are going to watch a video about a boy about your age and his grandma. The video will help us understand a little more about stroke.

NOTE –

Show video if downloaded from <https://www.startwithyourheart.com/stroke-awareness-matters/>, or click video thumbnail to stream from browser (<https://www.startwithyourheart.com/wp-content/themes/swyh2019/assets/downloads/Coverdell/Be-FAST-Sam.mp4>)

After the video discussion.

Examples of discussion questions:

What should you do if you think someone is having a stroke?







What might you see if someone is having a stroke?

What might you hear if someone is having a stroke?



Cheer to bring out our friend SAM.
Bee mascot costume comes out to interact with the students.

Signs and Symptoms of Stroke

Stroke Warning Signs					
B	E	F	A	S	T
Balance	Eyes	Face	Arms	Speech	Time
					
Sudden loss of balance?	Change in vision or trouble seeing?	Face looks uneven?	Arm or leg weak or hanging down?	Trouble speaking, slurred speech, or seem confused?	Call 911 now!

SAM to act out signs as you go through them.

Also relate back to the video.

For example: did you notice anything about grandma's eyes in the video?

How to Avoid A Stroke



Eat Healthy
Be Active
Don't Smoke or Vape



There are three things you can do right now to help prevent a stroke when you get older.



Eat Healthy

Make Half Your Plate Fruits and Vegetables

What are some examples of healthy fruits and vegetables?



8

Ask students for examples of healthy fruits and vegetables.



Eat Healthy

Make Half Your Plate Fruits and Vegetables

1.



3.



2.







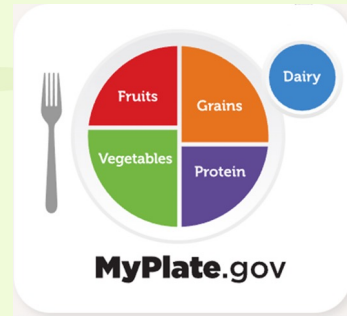
- Fruits and Vegetables
 - Fresh Fruits/Vegetables
 - Get only what you can use before it spoils
 - Canned Fruits/Vegetables
 - Choose fruits canned in 100% fruit juice
 - Choose vegetables canned with “low-sodium” or “no salt added”
 - Frozen Fruits/Vegetables
 - Stock up the freezer - these items are as good for you as fresh and may cost less. Freeze them yourself or buy them pre-packaged frozen. Look for the same labels as canned foods (low sodium, no sugar added, no other ingredients on the label other than the fruit or vegetable)

Eat Healthy

Make Half Your Grains Whole



Lean Proteins



Low Fat Dairy



- Ask students for examples in each food group as you discuss?
- Grains: What are some examples of whole grain foods?
(Bread, Cereal, Pasta and Rice)
- Protein: What are some examples of lean protein foods?
 - beans, peas and lentils as a low cost protein
 - lean meat like chicken, fish and turkey
- Dairy: What are some examples of low fat dairy foods?
 - Milk, yogurt, cheese, butter
 - Choose low-fat yogurt and add flavor by mixing in fruits and granola
(3 of the food groups in one snack!)



Will be included in the teacher kits or may be downloaded at https://myplate-prod.azureedge.us/sites/default/files/2020-12/MyPlatePledgeCertificate_0.pdf.

How much activity do I need?

If you're between age 6 and 17, you need at least **60 minutes** of activity each and every day.



Be Active



Moving more can give you a boost — in lots of ways.



* It's true — physical activity can actually help you do better in school.





Discuss information on images.
 Especially getting across the point that being active also helps give you a boost.

Walk. Run. Dance. Play. What's **your** move?

60 minutes all at once? I'm pretty busy.

Not a problem! Split up your 60 minutes over the day however you want — it all adds up!



Before school

Walk to school or the bus stop!
Dance around the living room!

At recess

Play with your friends!
Swing on the monkey bars!

After school

Walk your dog!
Go to basketball practice!



13

Main point – activity can mean anything that gets your body moving. Even everyday activities like cleaning your room, walking your dog, dancing around the living room.

What Activity Do You Like to Do?



So get moving! Do activities you enjoy!

Be a good role model for your parents. Even better, go home and get them moving, too.

14



Have SAM do an activity and include students with a foot stomp/drum roll.

So, what kind of activity do I need?

Get a mix of activity. Do things that:



Strengthen your bones



Build your muscles



Make your heart beat faster



Um, strengthen my bones?

Sounds weird, right? But bones need pressure to get stronger. So hit the ground running! Jump, sprint, or do a cartwheel.

Don't Smoke or Vape



Introduction Slide

What happens to people who smoke?

They cough a lot.

Their skin is dry and crackly.

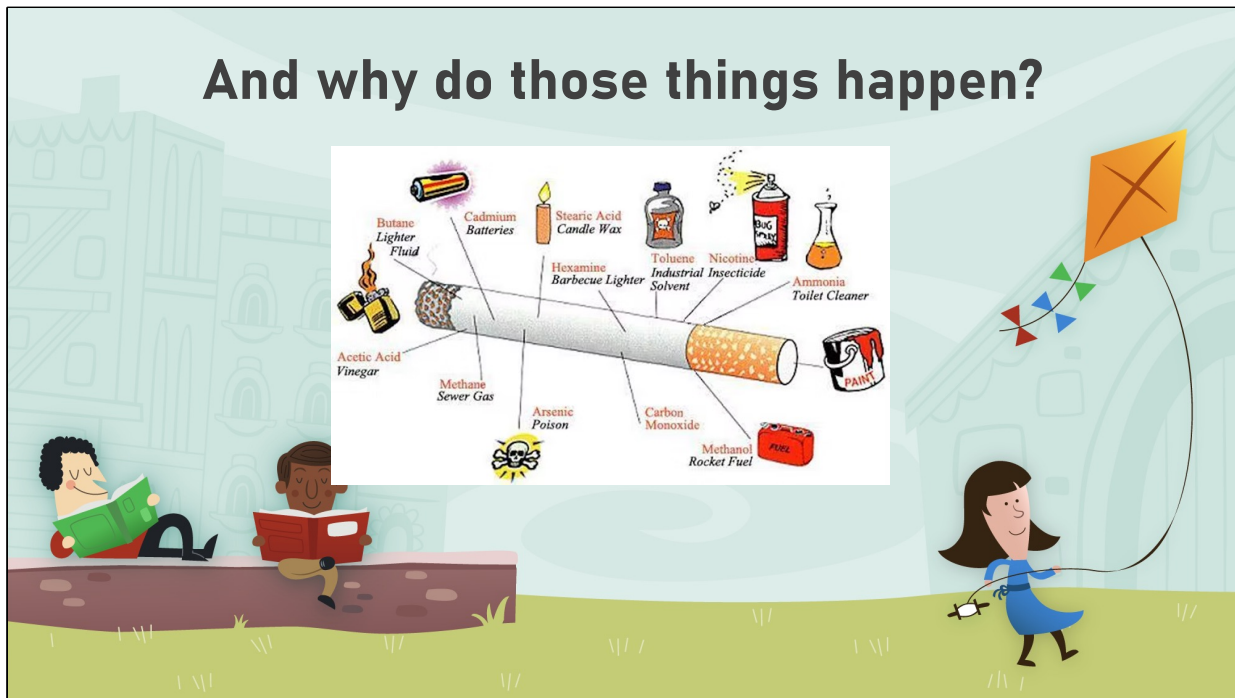
It's hard for them to breathe. Especially when they are doing active things.

Their breath and clothes smell bad.



Ask students before you animate the answers on the slide: What happens to people who smoke or vape?

And why do those things happen?



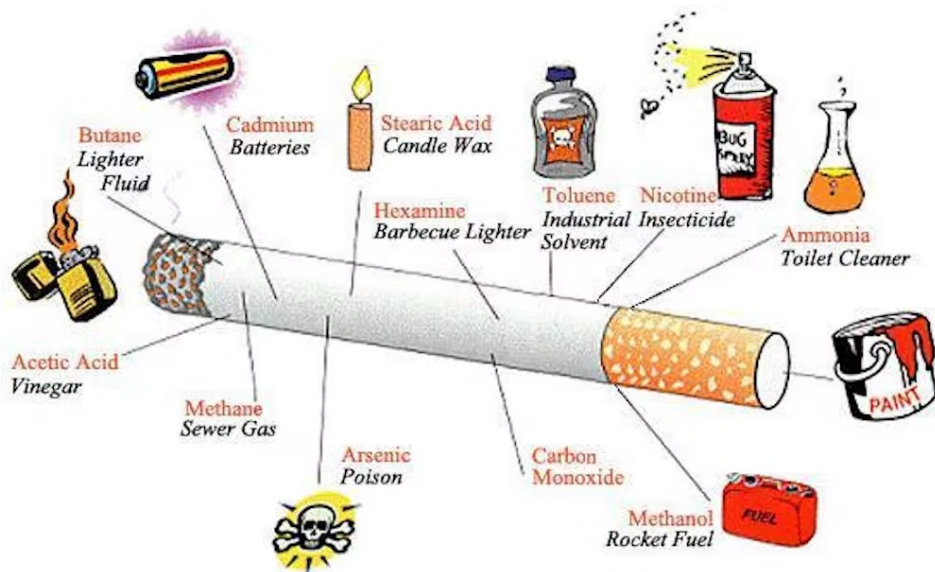
Some of those chemicals include:

Tar (What is tar used for?)

Cadmium (Cadmium is found in batteries)

Arsenic (is poison)

Name a chemical and ask students if they've heard of it before? Where?



Is Vaping Safer Than Smoking Cigarettes?

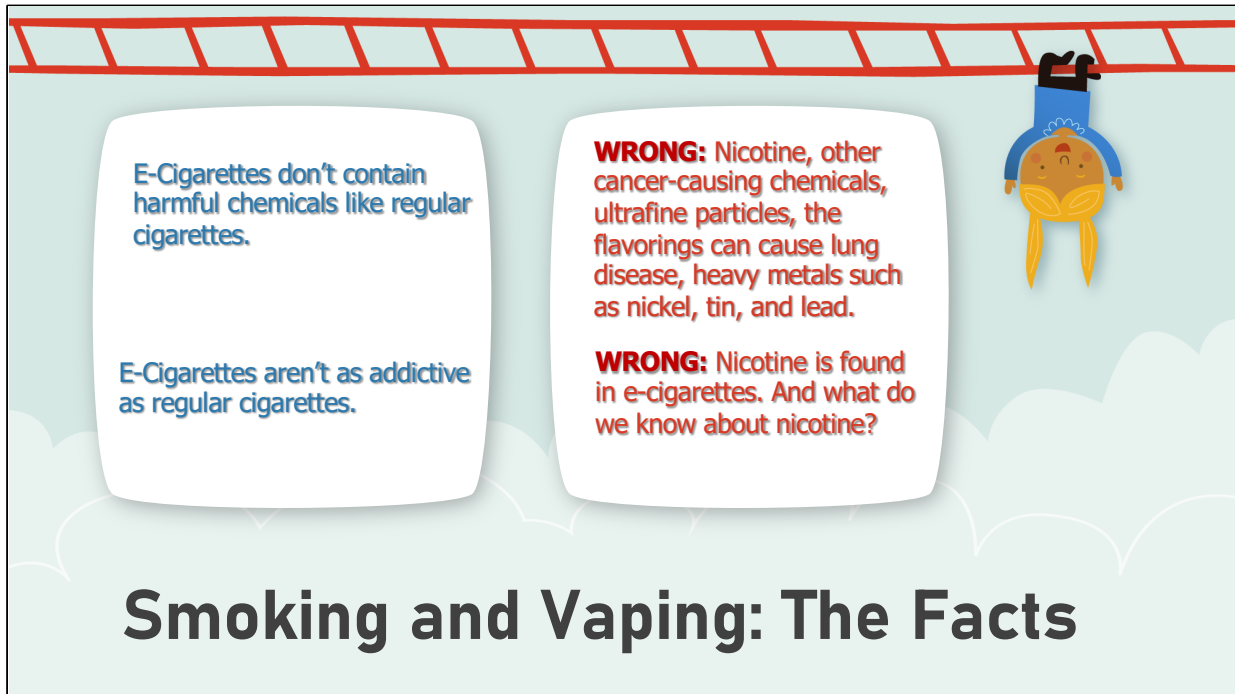
NO



E-Cigarettes: Sometimes Called Vaping



- Electronic cigarettes (e-cigarettes) are battery-powered devices that deliver nicotine, flavorings, and other ingredients to the user.
- Using e-cigarettes is sometimes called “vaping.”
- E-cigarettes do not create harmless “water vapor” – they create an aerosol that can contain harmful chemicals.



E-Cigarettes don't contain harmful chemicals like regular cigarettes.

E-Cigarettes aren't as addictive as regular cigarettes.

WRONG: Nicotine, other cancer-causing chemicals, ultrafine particles, the flavorings can cause lung disease, heavy metals such as nickel, tin, and lead.

WRONG: Nicotine is found in e-cigarettes. And what do we know about nicotine?

Smoking and Vaping: The Facts

You may hear people say... (read the “myths” in blue) and then reveal the actual answer.

What do we know about Nicotine? (in case students don't know)

Exposure to nicotine at a young age can:

- » Harm brain development, which continues until about age 25.
- » Impact learning, memory, and attention.
- » Increase risk for future addiction to other drugs.

Nicotine is more addictive than cocaine and heroin.

Let's Review

Name a sign or symptom of a stroke:

B
A
L
A
N
C
E

E
Y
E
S

F
A
C
E

A
R
M
S

S
P
E
E
C
H

T
I
M
E



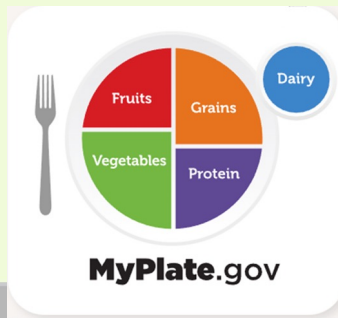
How Many Minutes of Activity Should I Do Each Day?



22

Review with SAM the Bee mascot.

Name a Food on My Plate



Which is Healthier?









Which is Healthier?






The End

Signs and Symptoms of a Stroke

Stroke Warning Signs

B	E	F	A	S	T
Balance	Eyes	Face	Arms	Speech	Time
					
Sudden loss of balance?	Change in vision or trouble seeing?	Face looks uneven?	Arm or leg weak or hanging down?	Trouble speaking, slurred speech, or seem confused?	Call 911 now!

26



One more time to help students remember. Don't need to go through them just display slide for your closing.

References

My Plate: <https://www.myplate.gov/>

Healthy Habits: <https://health.gov/>

Vaping Website:
https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/OSH-E-Cigarettes-and-Youth-What-Educators-and-Coaches-Need-to-Know-508.pdf

Exercise Website:
<https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-children.html>



27

Grandpa's Crooked Smile book- put in the teacher kits to give out in the classroom. SAM certificate to put in teacher toolkits to provide to students (picture of SAM on it)