

## True/False Game

### Helpful Materials

Pens, Paper

Envelop to hold the true/false statements

A large open space works best. Also remind participants to be gentle as they move.

### Number of Participants

6-30 people (This activity has been done with community health workers, elders, youth, and people of a variety of ages.)

### Amount of Time

20 minutes

This activity can be done to review any learning material. The game can be played in two ways:

- 1) participants write their own true/false statements or
- 2) the facilitator provides the true/false statements to summarize the content.

Each participant is given 2 strips of paper to write down 2 statements about something they have learned. One statement is true and one statement is false. Statements are collected by the facilitator and put into the envelop. For example –

False Statement: The biggest risk factor for developing breast cancer is having a family history of breast cancer. This is a false statement. Just being a woman is the biggest risk factor for developing breast cancer.

True Statement: Men and women with no family history of colon cancer, begin colorectal screening exams at age 50.

Arrange chairs in a circle, with one less chair than there are participants. Participants sit in the chairs except for one person who stands in the middle of the circle. The game can also be played with participants standing in a circle and one person standing in the middle of the circle.

The person standing in the middle of the circle picks one of the true/false statements from the envelop and reads the statement. If the statement is true, every one including the person standing in the middle of the circle moves to a new chair or a new place in the circle. The person in the middle tries to find a chair to sit down or a place to stand within the circle. Whoever is left standing in the middle when everyone has found a new chair draws a statement from the bag and reads it to the group. If participants feel the statement is false they keep their seats and the person standing in the middle picks a new statement to read. The game continues until all statements have been read and discussed.

Helpful Tip: After each statement is read and acted on the facilitator may choose to add additional information to discuss why statements are true or false and correct any information people may be confused about or have questions about before moving to the next statement.



The following true/false statements can be used to summarize helpful cancer messages. Cut each sentence apart and put in the envelop for participants to draw from to play the true/false circle game.

**A cancer diagnosis does not mean you are going to die from cancer. (True)**

**Cancer can only be definitely diagnosed by looking at a sample of tissue under a microscope. (True)**

**Self-care should be last on your list of things to do. (False)**

**Tobacco use is the #1 cause of cancer. (True)**

**Obesity is not a risk factor for cancer. (False)**

**Being physically active can decrease your risk of cancer. (True)**

**Most breast lumps are cancer. (False)**

**Cervical cancer can be prevented. (True)**

**A colonoscopy is a screening exam used to find stomach cancer. (False)**

**There are often NO early symptoms of colorectal cancer. (True)**

**The biggest risk factor for developing breast cancer is just being a woman. (True)**

**If cancer is found early, it is more easily and effectively treated. (True)**