

How to Create BRCAn't Stop Me:

Mission Statement: To raise awareness of the BRCA gene mutation among young adults and to provide support for young adults who have or are affected by the BRCA gene mutation.

Vision: To expand BRCAn't Stop Me to universities throughout the state of Michigan and throughout the nation.

Members: It is important to follow your universities' requirements when it comes to membership. For instance, Grand Valley State University requires a student organization to have at least four members on the executive board. There should be no discrimination among members. Members may include but are not limited to individuals who have a BRCA gene mutation, individuals who do not have a gene mutation but have family members with an inherited cancer or risk of cancer, and or individuals who support BRCAn't Stop Me's mission.

Meetings: Meetings must be held no less than twice a month. During the meetings, events are planned and discussed along with topics relating to the BRCA gene mutation.

Meeting topics may include: Genetic testing, insurance policies, genetic counseling, cancer risks due to the BRCA gene mutation, early detection methods, prophylactic surgeries, other preventative measures such as medications, psychological factors, topics that group members may want to bring up for support, information about research pertaining to the BRCA gene mutation, and new findings about the BRCA gene mutation.

Meeting topics that do not follow the criteria above must be approved by Mollie Smith, Founder of BRCAn't Stop Me.

Recruitment of Members: Through University events such as Campus Life Night.

Advisor: Choose an advisor who is familiar with the BRCA gene mutation and hereditary cancers. For instance a professor from the allied health sciences department.

Elections: It is important to create a Constitution that explains your election process. Elections should take place on the date or time that it is discussed in the Constitution. Elections should be fair and should follow the Constitution.

Review the constitution attached below to view the election process.

Events:

September Events:

A. Turn the Town Teal

Purpose: To raise awareness of ovarian cancer during ovarian cancer awareness month

How To: Turn your University Teal

Contact the Ovarian Cancer National Alliance

This event consists of Turning part of your University Teal

For example, at Grand Valley State University we Turned the Women's Center Teal by putting the official Ovarian Cancer National Alliance ribbons in the Women's Center.

Contact: The Ovarian Cancer National Alliance

Must check the rules and regulations of your University

B. Hereditary Breast and Ovarian Cancer Awareness Week

Purpose: To raise awareness of Hereditary Breast and Ovarian Cancer

How to: Create Hereditary Breast and Ovarian Cancer Awareness Week

Set up a table for awareness of Hereditary Breast and Ovarian Cancer Week at your University. Have information at your table about hereditary cancers and your organization at your table. Facing our Risk of Cancer Empowered has great information about hereditary cancers.

Contact: Facing Our Risk of Cancer Empowered

October Events:

C. Swing in Pink and Move to the Beat

Purpose: To raise awareness of breast cancer

A swing dance and exercise movement event to raise awareness of Breast Cancer

How to: Create Swing in Pink and Move to the Beat

Contact your University's swing dance club and or a local exercise movement teacher in your local community.

Miscellaneous:

The event is free and is a great way to raise awareness of breast cancer on campus.

Ask individuals who partake in this event to wear pink

D. Pink and Blue Pumpkin Sale

Purpose: To raise funds for hereditary cancer research

How to: Create the Pumpkin Sale

Spray paint pumpkins pink and blue for male and female breast cancer awareness. Sell pumpkins for \$3- \$5 to raise money for your organization or organizations you fundraise for.

E. BRA DAY (Breast Reconstruction Awareness Day)

Purpose: To raise awareness of breast reconstruction and breast reconstruction options

How to: Conduct a donut and cider sale at your University with breast reconstruction information attached to each donut.

For example, provide the following information attached to each donut

Who Can Have Reconstruction?

When to Begin Reconstruction?

Methods of Reconstruction

A. Implant reconstruction

B. Autologous Reconstruction

C. Autologous Tissue with Implant Reconstruction

Be sure to check with your campus dining rules and regulations before conducting the sale

(For instance, each donut may need to be wrapped individually)

F. Zumba for a Cure (April)

Purpose: Our largest philanthropy event that raises funds for Facing Our Risk of Cancer Empowered

First Hour:

Guest speakers to speak about hereditary cancer

Examples: Genetic counselor, previvor stories, medical experts

Second Hour

Zumba event

Clothing colors consist of pink, blue and teal

Ticket Sales

\$4 before the event

\$5 at the door

Contact: Facing Our Risk of Cancer Empowered

Miscellaneous: It is helpful to partner with another student organization such as a sorority and or a fraternity to get more students involved.

Provide apples and wattle bottles at the event for your guests
Be sure to check your campus dining rules and regulations

Be sure to donate the funds to Facing Our Risk of Cancer Empowered

Extra Events:

G. Genetic Counselor Seminar: Put on by BRCA n't Stop Me

Purpose: To raise awareness of the BRCA gene mutation and to provide more information about the BRCA gene mutation to students on campus and the surrounding community.

How to: Conduct a Genetic Counselor Seminar:

Contact genetic counselors in your area and ask them to give a college friendly presentation to your University. It helps to advertise this event to different courses at your University, such as genetic courses of nursing courses. At Grand Valley State University we had our Genetic Counselor Seminar Lib 100 approved. This allows students to become more involved in the seminar and to learn more about hereditary cancers. Making the event a community event may also help your event be more successful. This way it is opened to the surrounding communities by your University as well.

See the Genetic Counselor Seminar poster attached below.

H. Susan G. Komen Walk

Purpose: To raise funds for breast cancer research

How to: Contact your local Susan G. Komen organization and either create a team with your organization to walk, or agree to volunteer as a group at the walk. If your organization decides to create a team to walk, it is important to set fundraising goals.

Contact: Your local Susan G. Komen organization

<http://ww5.komen.org>

I. Shake Your Tail Feather Teal- Michigan Ovarian Cancer Alliance

Purpose: To raise funds for ovarian cancer research

The Shake Your Tail Feather Teal walk is a fundraiser for the Ovarian Cancer National Alliance.

How to: Contact your local Ovarian Cancer National Alliance group and volunteer at the event or participate in the walk. If you decide to create a team to walk, make sure to create team fundraising goals.

Contact: Your local Ovarian Cancer National Alliance Group

J. Making Strides Against Breast Cancer

Purpose: To raise funds for the American Cancer Society

Making Strides Against Breast Cancer is a walk to raise funds for the American Cancer Society.

Create a team or volunteer at your local Making Strides Against Breast Cancer to raise funds for the American Cancer Society. If your organization decides to create a team to walk, it is important to set fundraising goals.

Contact: The American Cancer Society

K. Contact Information

Mollie Smith
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Website:

<http://brcantstopme.wix.com/brcantstopme>

Facebook:

<https://www.facebook.com/pages/BRCAn-t-Stop-Me/1375818109305543?sk=timeline>

(Pictures for each event are all under the projects link on the website listed above)

To Create a BRCAn't Stop Me at your university contact Mollie Smith for information and guidance.