

TOOLS FOR TEENS



How to Support Someone You Love Who is Battling Cancer

- Watch funny movies together
- Listen without judgement
- Encourage conversation
- Organize a family night
- Sit next to her & cuddle
- Shave her head (& yours)
- Make memories - take photos
- Give hugs & kisses
- Help her find hats & scarves
- Help with transportation
- Research healthy food options
- Buy or make a soft blanket
- Avoid strong scents & odors
- Grocery shop
- Run errands
- Prepare meals
- Clean the house
- Do the laundry
- Do outdoor chores
- Help with pets
- Hold her hand
- Care for siblings
- Don't argue
- Accept help
- Go wig shopping
- Give a massage

Breast Friends provides tools specifically designed to teach young people, their friends and family members how to offer emotional and physical support to their loved ones. We want to empower young people so they feel hopeful and can provide support to a loved one as well as know how to gain support for themselves.



14050 SW Pacific Hwy, Suite 201 Tigard, OR 97224
503.598.8048 - www.breastfriends.org

TIPS FOR TEENS

Tips to Cope When Someone You Love is Diagnosed with Cancer

- Find a support group to share your feelings
- Practice yoga or other relaxation techniques
- Talk to a school counselor or get professional help
- Journal to help process your feelings
- Look for the positive even in a tough situation
- Get your rest and eat healthy food
- Take up a new hobby
- Have open communication with your family
- Set aside time to be alone to process your feelings
- Pray or meditate, cry – it's okay to feel sad!
- Continue with school, work and leisure activities
- Take part in a cancer walk
- Volunteer with a cancer organization



We have other helpful resources available. Our "Tips To Show You Care" brochure suggests techniques to provide proactive support. Our guide for children, "When Mom Has Cancer, Helping Children Cope," helps parents understand how much to tell their children, when to tell them, and what to look for in analyzing their needs.

Breast Friends, founded in 2000, teaches the importance of support, offers hope and inspiration to women and their families diagnosed with breast, ovarian, and other cancers through one-on-one support and a variety of programs and events.

Call or email us 503-598-8048
mail@breastfriends.org
www.breastfriends.org

Breast Friends is a 501(c) 3 Organization
Tax ID # 93-1320871