

# ADULT CURRICULUM KIT

## GUIDE

The Norton & Elaine Sarnoff Center for Jewish Genetics provides educational resources on recessive genetic disorders and hereditary cancers in individuals of Jewish ancestry. This guide offers tools and resources for reaching individuals of Jewish descent and their families through health education programming. Our hope is that these offerings may help Jewish communities to take ownership over their health by increasing access to quality community-based educational programming about Jewish genetic disorders, hereditary cancers, and genetic counseling and testing.

### HOW TO USE THIS KIT

Are you a Jewish professional, a teacher, or a congregational lay leader? Do you want to raise awareness about Jewish genetics in your community? If so, this kit is for you. These resources are designed to help you put together an educational presentation or class on Jewish genetics. The curriculum for adults is appropriate for a range of ages, from college-age through older adults. The kit contains options for tailoring each session to the target audience.

This curriculum includes six “program in a box” sessions, as well as standalone activity options for a shorter program.

### PLEASE SHARE YOUR FEEDBACK

If you use these resources, please take a few minutes to let us know about your experience by completing the survey at [adult-curriculum-feedback.questionpro.com](https://adult-curriculum-feedback.questionpro.com). Your responses will help us evaluate the curriculum kit and plan for future improvements.

### “PROGRAM IN A BOX” SESSIONS

Each of the six sessions for adults focuses on one main topic area and is designed to be used for a one-time program that runs an average length of 45 minutes. Session kits include a PowerPoint slide deck and presenter notes. Options for accompanying activities are provided; these are appropriate for use in any session. Sessions can be conducted online or in person.

### KIT COMPONENTS

#### ● SLIDE DECKS

There are six PowerPoint slide decks to assist you in sharing important information with your community. Each slide deck focuses on a different topic. You should feel free to modify the slide decks to your needs. Want to run a shorter presentation, so that you can spend more time doing an in-depth activity? Feel free to select just a few slides to share. Have personal or professional expertise? Incorporate your story into your presentation.

Decks also include supplemental slides in case you want to go more in-depth on a particular topic. Feel free to use them if you have an audience that is particularly interested in science or medicine.

#### ● PRESENTER NOTES

Each PowerPoint slide deck includes extensive presenter notes. In PowerPoint, you can click on  in the bar at the bottom of the presentation to reveal the notes. The kit also includes PDFs of PowerPoint slides with accompanying notes.

The notes are there to support you and should provide all the information you will need to run the presentation. You will find key points in bold. You can plan to read the notes word-for-word or paraphrase them. You may find that the notes include more information than you feel you need to share. You can edit the notes. You can insert breaks, activities, or relevant personal examples where you see fit. Do whatever makes you feel comfortable as a presenter. You should plan to spend some time familiarizing yourself with the material before presenting it.

## ● HANDOUTS AND ACTIVITIES

The curriculum kit includes several activities that you can use in conjunction with a PowerPoint presentation to reinforce learning and spark conversations. Want even more activity options? Look at our youth curriculum—many of the activities included are perfect for family education or can be adapted for adults.

The kit also includes a handout on family health history. The Sarnoff Center can provide additional written resources at no cost for participants to take home from a program. Please contact [JewishGeneticsCenter@juf.org](mailto:JewishGeneticsCenter@juf.org) to request brochures.

## SESSION CONTENT OVERVIEW



### WHAT'S JEWISH ABOUT HEREDITARY CANCER?: BRCA & BEYOND

Individuals of Ashkenazi Jewish descent are 10 times more likely than the general population to have a BRCA mutation, which increases the risk of breast cancer in both women and men, ovarian cancer, prostate cancer, pancreatic cancer and melanoma. Overall, 1 in 40 Ashkenazi Jews carries a BRCA mutation compared to 1 in 400 in the general population. This session aims to raise awareness about hereditary cancers in the Jewish community.



### FAMILY HEALTH HISTORY

Knowing which health conditions affect which family member, and at what age, can help individuals understand whether they may be at increased risk and, if necessary, take steps to reduce that risk. This session covers the importance of knowing family health history and aims to give participants tips for talking to their family. Family health history often is discussed in the context of hereditary cancers.



### JEWISH GENETIC DISORDERS AND CARRIER SCREENING

1 in 4 Ashkenazi Jews carries a Jewish genetic disorder—and likely doesn't know it. Carriers are generally healthy individuals, but if two people are carriers of the same condition, their future children may be at risk. This session focuses on Jewish genetic disorders and carrier screening when planning for a family.



### UNDERSTANDING DIFFERENCES IN GENETIC TESTING

Genetic testing is becoming more ubiquitous and not all tests are created equal. This session untangles the differences in genetic testing, from ancestry DNA testing to carrier screening to testing for personal health risks. This session also provides an overview of some of the incredible advances in genetic technology, as well as community resources for genetic health and access to expertise.



### JEWISH GENETICS 101

This session offers an overview of Jewish genetic health concerns, including hereditary cancers and recessive genetic disorders. It also provides background on genetic health concerns common to people of every background: family health history and understanding differences in genetic testing.



### WHAT INTERFAITH FAMILIES NEED TO KNOW ABOUT JEWISH GENETICS

Anyone can be at risk for a "Jewish" genetic disorder, even families with only some or no Jewish ancestry. This session offers details on how families with some Jewish ancestry can understand and address their genetic health risks. This session touches on hereditary cancers, recessive genetic disorders, and family health history.

## STANDALONE HANDOUTS AND ACTIVITIES

These interactive tools can be part of a Jewish genetics program or can offer a hands-on learning opportunity during a Shabbat *oneg*, open house, lay leadership meeting, or health fair.

- Genetic Screening Simulation
- Jewish Genetics Trivia Cards
- KAHOOT!™ (Online quiz game) on Jewish genetics
- Risk Perception Discussion Activity
- Family Health History Resource (Handout)
- Brochures: **Jewish Genetic Disorders**, **Interfaith Guide to Jewish Genetics**, and **What's Jewish About Hereditary Cancer?**  
Contact [JewishGeneticsCenter@juf.org](mailto:JewishGeneticsCenter@juf.org) to request copies of these brochures.

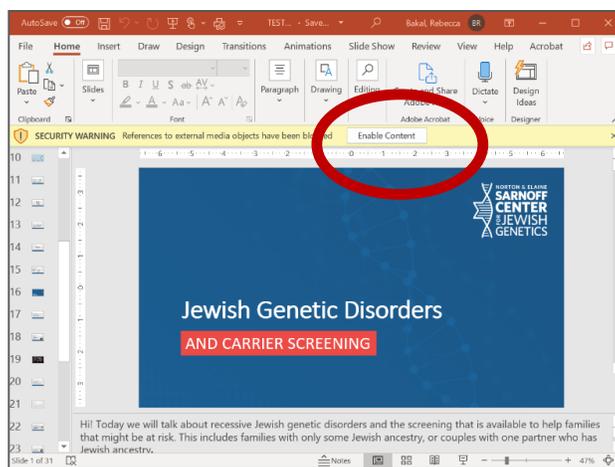
## FAQ

### » WHAT IF I CAN'T ANSWER AUDIENCE QUESTIONS?

If you don't know the answer or you aren't sure, you can always refer participants to the Norton & Elaine Sarnoff Center for Jewish Genetics. Our contact information is at the end of each presentation, and our staff is always happy to answer questions.

### » WHY AREN'T THE VIDEOS WORKING?

Some slide decks have short embedded video clips. These video clips will only play if 1) you are connected to the internet and 2) you select "Enable Content" when the security warning pops up as you open the slide deck. In the image on the right, the "Enable Content" box is circled in red. If you prefer not to enable external content, you can always open the videos in an internet browser by clicking on the links provided.



### » HOW SHOULD I DECIDE WHICH SESSION TO PRESENT?

It all depends on your audience. We recommend **What Interfaith Families Need to Know About Jewish Genetics** for audiences that are newer to this material—this session tends to work well as an introduction to Jewish genetics.

For audiences that may be planning to start a family, **Jewish Genetic Disorders & Carrier Screening** offers critical information. For communities that are grappling with cancer, **What's Jewish About Hereditary Cancer?** or **Family Health History** may speak to the crowd. Trying to sort through genetic testing options when your friends and doctors all say different things about what to believe? Run an **Understanding Differences in Genetic Testing** session.

### » CAN MY ORGANIZATION RUN A SERIES WITH MULTIPLE SESSIONS, OR ALL SIX?

You can absolutely present multiple sessions, but there is some overlapping content. In particular, **Jewish Genetics 101** and **What Interfaith Families Need to Know About Jewish Genetics** cover similar topics. If you want to cover that material in two slightly shorter sessions, **Jewish Genetic Disorders & Carrier Screening** and **What's Jewish About Hereditary Cancer?** include much of the same content.

## PLANNING AN EDUCATIONAL SERIES?

OPTION 1 (3 sessions)	OPTION 2 (3 sessions)	OPTION 3 (4 sessions)
Jewish Genetics 101	What Interfaith Families Need to Know About Jewish Genetics	Jewish Genetic Disorders & Carrier Screening
Family Health History	Family Health History	What's Jewish About Hereditary Cancer?
Understanding Differences in Genetic Testing	Understanding Differences in Genetic Testing	Family Health History
		Understanding Differences in Genetic Testing