

YOUTH 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 teacher, a Jewish professional, 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 a class on Jewish genetics. This youth curriculum kit is designed for ages 12-18, and this document provides an overview of what you can expect to find in the kit. The kit contains options for substituting language, examples, and activities to tailor each lesson to the target audience.

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 youth-curriculum-feedback.questionpro.com. Your responses will help us evaluate the curriculum kit and plan for future improvements. Lesson plans can be used for online or in-person education.

LESSON PLANS

The three lessons in the youth curriculum take students through a sequence of educational activities that will lead to greater understanding of how Jewish genetic health issues may impact them and their families. While the modules are designed to be used together, each can also function as a standalone lesson lasting 45-60 minutes. Lesson plans can be used for online or in-person education.

Each lesson plan includes the following sections:

- **AT A GLANCE** Overview of the lesson plan
- **OBJECTIVES** Educational goals
- **WORKS TOWARD THE FOLLOWING NEXT GENERATION SCIENCE STANDARDS PERFORMANCE EXPECTATIONS**
List of science standards with which participants will have an opportunity to engage
- **PRIOR KNOWLEDGE NECESSARY** Information and skills that are prerequisites to successful completion of the lesson
- **MATERIALS** List of supplies used in the lesson, including handouts available on the Sarnoff Center website
- **ACTIVITY CHOICES** Chart of activity options, including short overview and expected length of time needed for each
- **PREP WORK** Tasks for the facilitator to get ready for the lesson
- **CONCEPTS/ACTIVITIES** The flow of the lesson plan includes numbered concepts with a guide for facilitators on how to cover each, including activity options (with expected length of time to cover each in parentheses). The lesson plan includes optional suggestions of language for the facilitator to use.

A NOTE ON ACTIVITY CHOICES

These lesson plans are customizable and adaptable to a variety of settings, including online and in-person education. Activity choices allow the facilitator to manage the scope of the lesson for desired focus, time constraints, student interests and/or capacity. For example, Jewish educators may opt to start each lesson with a text study, while science teachers can kick off the class with introductory video clips and news stories. These lessons can be used in classes at Jewish day schools, after-school clubs at public schools, religious school settings, youth groups, summer camps, and more! Use them how you see fit.

LESSON PLAN CONTENT OVERVIEW



SESSION 1—JEWISH THROUGH GENERATIONS: HOW HISTORY & BIOLOGY INTERSECT

This session introduces the concept of Jewish genetic health. Participants will explore the history behind Jewish genetic health risks. We will start with participants' own experiences of genetic inheritance and zoom out to consider population-level genetics. Participants will learn basic vocabulary and concepts to facilitate a deeper dive into how recessive disorders and hereditary cancers may affect their communities and families in future sessions.



SESSION 2—THE NITTY GRITTY ON GENETICS: JEWISH GENETICS 101

This session provides the “bread and butter” of Jewish genetic health. Participants will learn about recessive genetic disorders and hereditary cancers that are more common in the Jewish community, as well as strategies available to understand and address these risks. They will also learn about the role that genetic counselors can play in understanding and navigating genetic health risks.



SESSION 3—BEYOND MY BIOLOGY: FAMILIES & COMMUNITIES

In this session, participants will think about the real-world applications of the information they have learned thus far about Jewish genetic conditions and hereditary cancers. In particular, the session focuses on how genetics raises questions about family health, and vice versa. Genetics is a family affair, and participants will explore its social and interpersonal implications. Participants will also learn how to build a family health history and will have an opportunity to use new tools for family health history when they go home after the session.

STANDALONE HANDOUTS AND ACTIVITIES

There are a variety of activities that can be used on their own in an informal educational setting or to teach concepts in the classroom. Most of these activities are suitable for online or in-person education.

Several of these activities are built into the lesson plans:

- PowerPoint presentations on **Jewish Genetics 101** and **Family Health History**
- Source sheets for Jewish text study on three topics: **Jewish Genetics**, **Preventive Health Measures**, and **Family Health History**
- **Founder Effect Lesson Plan & Activity Worksheet**
- **Body Map Worksheet**
- **Jewish Genetics 101 Worksheet** and **Handout**
- **Genetics Clinical Matchmaker Activity**
- **Genetic Screening Simulation Kit**
- **Family Health History Resource** (Handout)
- **Family Health History Scenarios: Scripted** and **Unscripted**

Additionally, there are two trivia games that can be helpful to introduce or review Jewish genetics concepts. These activities can be used alongside the lesson plans or on their own:

- **Jewish Genetics Trivia Cards**
- **KAHOOT!™** (Online quiz game) on Jewish genetics