

Endometriosis Lesson Plan

Lesson Title: Understanding Endometriosis: Awareness and Education

Grade Level: 9-12 (High School Students)

Duration: 45-60 minutes

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Objectives:

By the end of this lesson, students will:

1. Understand what endometriosis is, its symptoms, and its impact on women's health
2. Explore the importance of early diagnosis and available treatment options
3. Develop empathy for individuals living with endometriosis
4. Learn the importance of advocating for awareness and education around women's health issues

Materials Needed:

- Free ENPOWR Educational Online 45 minute Module, including Pre and Post Assessment Survey
 - For More Information on How to Access: Contact Sophia Tarasenko; she worked with Jericho High School to implement this into the Health Curriculum (tarasenkosophia@gmail.com)
 - [The Endo Education Program | EndoFound](#)
 - <https://www.endofound.org/sign-up-your-school>
- Projector/smartboard
- Printed handouts and/or electronic access to ENPOWR program slides
- Video on endometriosis awareness (from EndoFound, if available)
- Whiteboard/markers
- Kahoot quiz (if incorporating the educational game)

Lesson Overview:

1. Introduction (10 minutes):

- Engage the students by asking if they have heard about endometriosis. What do they know about it?
- Provide a brief overview of the ENPOWR program and why education about endometriosis is important, especially in high school. Mention that this program aims to reduce the stigma and improve awareness of a common but often misunderstood condition affecting women

2. Free Online Pre-Meeting Survey (5 minutes)

3. Key Information Presentation (30 minute online module):

Definition of Endometriosis:

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- A disorder in which tissue similar to the lining inside the uterus grows outside the uterus, causing pain and other symptoms

Symptoms:

- Chronic pelvic pain, heavy periods, pain during intercourse, and infertility
- Emphasize that symptoms vary and may lead to a delay in diagnosis

Causes and Risk Factors:

- Genetic predisposition, retrograde menstruation, immune system issues, etc.
- Highlight that research is ongoing to better understand the causes

Diagnosis:

- The challenge of diagnosis, often delayed due to stigma and lack of awareness

Treatment:

- Medical treatments (pain relief, hormonal therapy), surgical options, and the importance of individualized care

Impact:

- Emotional and physical toll on those living with the disease, including difficulties in school and work
- Discuss the psychological and social impact and how awareness can help reduce stigma

4. Activity Ideas (15-20 minutes):

Removing Stigma and Support Understanding Exercise:

- Divide students into small groups and provide each group with a real-life case study or story about someone living with endometriosis
- Ask them to discuss the challenges faced by the individual in the story and to propose ways their peers and society can be more supportive
- Have each group share their findings with the class

Kahoot Quiz (if available):

- Test students' knowledge through an interactive quiz using the Kahoot platform. The questions should focus on facts about endometriosis, its symptoms, and treatment options

5. Discussion and Reflection (10 minutes):

Class Discussion:

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- Ask students how this lesson has changed their understanding of endometriosis and women's health
- Discuss the importance of advocacy, early diagnosis, and reducing stigma

Reflect on Personal Action:

- Encourage students to think about how they can raise awareness in their communities, whether through social media, school clubs, or supporting those around them

6. Free Online Post-Meeting Survey (5 minutes)

7. Homework/Extended Learning Ideas:

- Students can be assigned to research one aspect of endometriosis (e.g., treatments, patient stories, new research) and present a brief summary in the next class
- Alternatively, students can write a reflection essay on how women's health issues, such as endometriosis, are often overlooked and how they can advocate for change

Assessment:

- Pre and Post Activity Survey Built into the ENPOWR Program
- Participation in class discussion and group activity
- Responses to Kahoot quiz questions (if applicable)
- Optional reflection essay or research presentation

Additional Resources:

- ENPOWR (Free Online Module) on EndoFound Website: www.endofound.org (for online platform, videos, additional teaching materials, and patient stories)
 - For More Information on How to Access: Contact Sophia Tarasenko; she worked with Jericho High School to implement this into the Health Curriculum (tarasenkosophia@gmail.com)
- Kahoot Platform: www.kahoot.com (through EndoFound: endometriosis-related quizzes)
- Support Group Information: Local and national support networks for individuals with endometriosis.