



But, What Can I Do?

Lesson 3

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But, What Can I Do?

Time: 40-50 minutes

This lesson provides a more in-depth look at making an informed decision to register. The class will discuss how to ask the right questions and ways to effectively speak to family/friends about one's decision.

Learning Activities	Steps for Facilitators	Performance Objectives
Introductory Activity	Ask students if they have spoken to someone about organ donation or registration recently. Ask if anyone has a personal connection to transplantation.	Students will talk about recent conversations with family/friends about organ donation and registration.
Video	Play Ray of Hope ¹ video from Donate Life NC's webpage.	Students will watch a video to review the donation process and listen to a personal story about why a person chose to donate and the lives he saved.
Making the Decision Handout	Review the Making the Decision Handout as a class.	Students will review specific steps in registering to become an organ donor
Talking About Your Decision	Using the Under This Roof scenarios, have students come up with effective and accurate ways to discuss organ donor registration with their parents/guardians.	Students will work individually to write down effective ways to tell their parents/guardians about their decision.
Alternative Activities		
Video	Play Made Possible: Teen Carlee's Heart ² . Ask students for their feedback about this video (thoughts, feelings, ideas, etc.).	
Suggested Assignment		
Courageous Conversations	Have students speak with at least three people who are not part of the class. Encourage them to speak with three different adults (i.e. parent, grandparent, coach, or neighbor). Record their answers to the following questions: 1. Are you a registered organ donor? Why or why not? 2. Do you know someone that has received a transplant? 3. What words of advice would you share with someone who hasn't yet registered?	
Social Media Post	Ask students to create a post for social media (Facebook or Instagram) on registering to be an organ donor. Ask that they think about incorporating facts and photos. Remind them that social media images do not contain paragraphs of information. Make sure that they include the link to Donate Life NC's website ³ .	

¹ Ray of Hope URL - <https://www.donatelifenc.org/content/ray-hope-15-min-espn>

² Made Possible: Teen Carlee's Heart URL- <https://www.youtube.com/watch?v=VN5RCKyErb8>

³ Donate Life NC URL - <https://www.donatelifenc.org/>

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OVERVIEW

This lesson provides a more in-depth look at making an informed decision to register. The class will discuss how to ask the right questions and ways to effectively speak to family/friends about one's decision.

LEARNING OBJECTIVES

1. By the end of this lesson, will identify three reasons a person should register to become an organ donor.
2. By the end of this lesson, students will describe two specific ways to register to become an organ donor.
3. By the end of this lesson, students will discuss three effective ways to communicate their decision to their parents/guardians.

TIME: 40-50 minutes

NC HEALTHY LIVING CURRICULUM STANDARDS 2011 VERSION COVERED WITHIN THIS LESSON

Objective 9.PCH.1.2. (Personal and Consumer Health) Summarize the procedures for organ donation, local and state resources and benefits.

Objective 1.SE.1. (Socio-Emotional) Integrate personal responsibility into the way you live your life on a daily basis.

FACILITATOR PREPARATION

- Familiarize yourself with the Organ Donation Basics
- Have a computer with projection capabilities available and ready
- Print Making the Decision (Appendix A) handout for each student

WHY IS THIS LESSON IMPORTANT?

A single, 40-minute school-based health education lesson on organ donation can open students' minds and help them make an informed, educated decision on their choice to become an organ donor (Cárdenas, Thornton, Wong, Spingner & Allen, 2010). Beyond making a decision, students also need to know how to communicate their decision to their



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parents or guardians. Parents oftentimes neglect to speak to their children about organ donation (Siebelink, Verhagen, Roodbol, Albers & Van de Wiel, 2017). Because of this, parents do not know what their children think about organ donation when they make the decision for them. Effective programs encourage family discussion and have the ability to increase awareness and knowledge among parents, family members and friends (Siebelink, Verhagen, Roodbol, Albers & Van de Wiel, 2017).

PROCEDURE

I. Introductory Activity

5 minutes

- a. Ask the class if they spoke to anyone in their lives about registering to be an organ donor.
 - “Have you spoken to anyone you know that is registered?”
 - “Did they tell you why they registered?”
 - “Does anyone know someone who has received an organ/tissue transplant?” If they are comfortable providing more detail, ask “What did they have transplanted? Why?”
- b. Explain, “Many people that register, have a personal connection to organ/tissue donation. However, there are also many people that don’t have any connection at all and still choose to become an organ donor.”
- c. Prepare the class for the first activity, “We are going to watch a video about a young man that choose to register to donate.” Ask the class to pay close attention to what those in the video have to say. It may be a good idea to have your class take notes as well.

II. Video

20 minutes

- a. Play [Ray of Hope](#) video for the class.
- b. Ask for the class’ initial thoughts about the video. Prompt their responses with questions such as:
 - What were some of Jason’s reasons to register?
 - Which recipients stood out to you? Why?
 - Where do you think they would be today if they did not receive an organ from Jason?

III. Making the Decision Handout

10 minutes



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- a. Distribute the “Making the Decision” (Appendix A) handout to the class.
- b. Read the top portion of the handout aloud. Ask for a volunteer to read the first option.
- c. Take a few minutes after Option 1 is read to visit the two websites mentioned. It is important for students to familiarize themselves with these websites.
 - Visit [Donate Life North Carolina's Website](#)
 - Visit [ORGANIZE.org](#)
- d. Ask for other volunteers to read the statements in Option 2.
- e. Remind students that the North Carolina license layout and design changed in 2015. Their parents/siblings might have licenses that look different. Ask them to look at the heart symbol and explain that the symbol indicates you are a registered organ donor.
- f. Ask the class if they have any questions. “If you went home and wanted to register today, what would be their first step?”
- g. Remind the class that if they wish to change their organ donation preference they can visit Donate Life NC’s website. If they want to add the symbol to a license they already have, they can go to their local DMV.

IV. Talking About Your Decision

10 minutes

- a. Explain to the class that you will now be coming up with effective ways to speak to your parents/guardians about your decision. Make sure to mention, “The purpose of this activity is to think about different ways to approach the subject, regardless of what your decision is.”
- b. Use the “Under This Roof- Scenarios” (Appendix B) as prompts for class discussion.
- c. Read a scenario and ask the class for feedback:
 - What could be some good things to mention in this scenario?
 - What do you feel is the most important thing for this person to include in their conversation?
- d. Now, ask the class to think about their own parents/guardians. What kind of information would they need? What would be the best way to talk about organ donor registration with them?



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e. Have each student write down three sentences they feel would be best to say to their parents/guardians about their decision.

- Advise them to start sentences with:

- “I feel that...”
- “I think that registering means...”
- “It is important to me that...”

V. Closing

a. Once students are finished, ask them if they would be willing to share the sentences they wrote down with their parents or guardians. Why or why not?

b. Encourage students to think about ways that might make these conversations easier.

c. Thank students for their participation and for sharing.

ACCESSIBILITY & OTHER

SUGGESTED RESOURCES FOR STUDENTS/PARENTS

Donate Life NC - <https://www.donatelifenc.org/>

Donate Life America - <https://www.donatelife.net/>

United Network for Organ Sharing (UNOS) - <https://unos.org/>

US Government Information on Organ Donation and Transplantation - <https://organdonor.gov/index.html>

American Transplant Foundation - <https://www.americantransplantfoundation.org/>

REFERENCES

Cárdenas, V., Thornton, J. D., Wong, K. A., Spigner, C., & Allen, M. D. (2010). Effects of classroom education on knowledge and attitudes regarding organ donation in ethnically diverse urban high schools. *Clinical Transplantation*, 24(6), 784–793. <http://doi.org/10.1111/j.1399-0012.2009.01200.x>

Siebelink, M. J., Verhagen, A. A. E., Roodbol, P. F., Albers, M. J. I. J., & Van de Wiel, H. B. M. (2017). Education on organ donation and transplantation in primary school; teachers’ support and the first results of a teaching module. *PLoS ONE*, 12(5), e0178128. <http://doi.org/10.1371/journal.pone.0178128>

Making the Decision

If you are 16 years old or older, you can sign up for the organ donor registry in North Carolina. If you are under 18th years old, your parent or guardian will have the final say in whether you can be a donor.

To become an organ and/or tissue donor, you have two options:

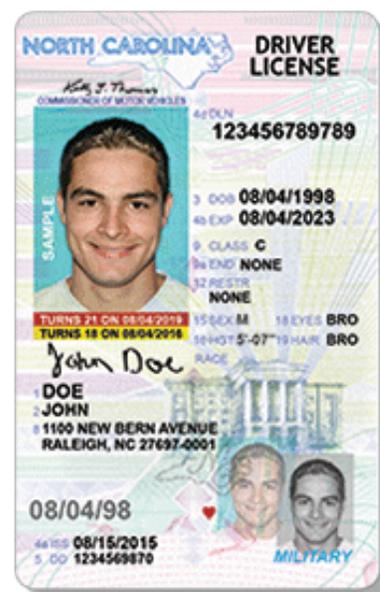
Option 1: Online

You can register as an organ donor online by:

- Visiting Donate Life North Carolina's [Website: www.donatelifenc.org](http://www.donatelifenc.org)
- Signing up with ORGANIZE.org to register in NC and have your information added to their nationwide central database

Option 2: In Person

- When you apply for a new driver's license at the DMV, you will be asked whether you would like to be an organ and tissue donor. If you choose to register, a red heart will appear on your license.
- You can also print out and carry a [donor card](#), which is a legal document when signed and witnessed.
- To update or change your organ donor profile online, you need to visit the Donate Life North Carolina website. If you registered at the North Carolina DMV, you will use your driver's license number and birth date to access your record



The heart symbol indicates that you are a registered organ/tissue donor.

Under This Roof – Scenarios

Jaylen’s dad never mentioned organ donation before. Next week they plan to go to the DMV to apply for his provisional license. Jaylen knows that the DMV will ask if he’d like to register to be an organ donor.

Savannah is 20 years old. She already has a driver’s license but has not registered to become an organ donor. She tried bringing up the topic with her mother but her mother abruptly ended the conversation saying, “That’s too morbid to talk about.”

Alex lives with his two older brothers and his grandmother. Neither of his brother are registered donors. His grandmother doesn’t understand why he wants to register since neither of his brothers ever did.

Beth’s cousin received a kidney transplant when she was younger. Because of this all of the members of her family are registered donors. Beth is still unsure about her decision but the family is putting pressure on her saying, “It’s not a big deal”.