



SUNRISE T2.1 – REPOSITORY



INTRODUCTION

The SUNRISE Multimedia Repository is designed to make cancer prevention education engaging, accessible, and visually stimulating. This collection complements the SUNRISE Inventory by offering multimedia-rich content tailored for educators, adolescents, and families. It brings cancer prevention to life through videos, infographics, games and interactive modules and other creative formats that support learning beyond traditional texts.

Each resource has been selected by ensuring that materials are evidence-based, age-appropriate, and aligned with trusted health guidelines. The multimedia materials are organized into six core categories, each featuring carefully defined subcategories that reflect key cancer prevention themes: Lifestyle Factors for Cancer Prevention, Substance Use and Cancer Risks, Environmental Risks and Disease Prevention, Cancer Awareness, Cancer Education, Policy and Practice and Media Literacy. Each category is accompanied by a short description to guide users through the available resources.

These themes reflect the broader goals of the SUNRISE project which is to empower young people by raising consistent awareness of cancer prevention behaviors and strategies established worldwide. Whether you're an educator planning an interactive lesson, a parent looking for family-friendly activities, or a teen curious about health, the SUNRISE Multimedia Repository is designed to inform, inspire, and activate.

Acknowledgment

This project has received funding from the European Union's Horizon Europe research and innovation programme under grant agreement No 101136829.



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TABLE OF CONTENTS

1. Lifestyle Factors for Cancer Prevention	5
1a. Physical Activity	5
1b. Stress	6
1c. Nutrition	7
1d. General	8
2. Substance Use and Cancer Risks	10
2a. Alcohol	10
2b. Tobacco	11
3. Environmental Risks and Disease Prevention	13
3a. Sun exposure	13
3b. Vaccination	13
4. Cancer Awareness	15
4a. Screening Prevention and Early Detection	15
4b. Cancer Types	15
5. Media Literacy	17
6. Cancer Education, Policy and Practice	18
6a. Global Strategies and Education.....	18
7. Acknowledgments	20
8. SUNRISE Consortium	21

Category 1: Lifestyle Factors for Cancer Prevention

This category highlights the crucial role that everyday lifestyle choices play in reducing cancer risks. The everyday choice between healthy or unhealthy behaviors can influence drastically cancer occurrence or prevention. Resources in this section address how movement, nutrition, stress management and overall wellness contribute to cancer prevention. These tools are aimed at empowering individuals to make informed choices for long-term health while showcasing the adverse effects of unhealthy behaviors.

SUBCATEGORIES:

1a) Physical Activity

Resources showing the effect of regular exercise as a protective factor against cancer and the impact of inactiveness.

VIDEO

Mango Animate. (2021, June 9). [Sports Make Healthy Life | Sports Benefits Animation Explainer Video \(Editable\)](https://www.youtube.com/watch?v=lcBOLYNp0oI). YouTube. <https://www.youtube.com/watch?v=lcBOLYNp0oI>

Dana Foundation. (2020, March 3). [How exercise affects the brain](https://www.youtube.com/watch?v=lk3mrNqhn24). YouTube. <https://www.youtube.com/watch?v=lk3mrNqhn24>

TED-Ed. (2016). [How playing sports benefits your body ... and your brain - Leah Lagos and Jaspal Ricky Singh](https://www.youtube.com/watch?v=hmFQqjMF_f0). YouTube. https://www.youtube.com/watch?v=hmFQqjMF_f0

British Heart Foundation. (2017). [What happens inside your body when you exercise?](https://www.youtube.com/watch?v=wWGullAa000) YouTube. <https://www.youtube.com/watch?v=wWGullAa000>

Edbgovhk. (2020). [Active and Healthy Lifestyle](https://www.youtube.com/watch?v=YOmC5Tyk-nU). Youtube. <https://www.youtube.com/watch?v=YOmC5Tyk-nU>

BYU Life Sciences. (2022). [How exercise affects the brain](https://www.youtube.com/watch?v=E0ARTVol18U). Youtube. <https://www.youtube.com/watch?v=E0ARTVol18U>

North East London Cancer Alliance. (2023, June 8). [How can physical activity reduce your risk of getting cancer?](https://www.youtube.com/watch?v=9-j9WT4AsT0) YouTube. <https://www.youtube.com/watch?v=9-j9WT4AsT0>

MD Anderson Cancer Center. (2019, October 1). [How exercise can reduce your cancer risk](https://www.youtube.com/watch?v=FdkjONmHYno) [Video]. YouTube. <https://www.youtube.com/watch?v=FdkjONmHYno>

Mango Animate. (2021, June 9). [Sports make healthy life | Sports benefits animation explainer video \(editable\)](https://www.youtube.com/watch?v=lcBOLYNp0oI) [Video]. YouTube. <https://www.youtube.com/watch?v=lcBOLYNp0oI>

IMAGE

ACT Health. (2023, November 6). [5 ways exercise can reduce the risk of cancer](https://acthealth.com/blogs/5-ways-exercise-can-reduce-the-risk-of-cancer). <https://acthealth.com/blogs/5-ways-exercise-can-reduce-the-risk-of-cancer>

UP Health System. (2022, February 14). [Staying active can help fight cancer: February is National Cancer Prevention Month](https://www.uphealthsystem.com/news/staying-active-can-help-fight-cancer-february-is-national-cancer-prevention-month). <https://www.uphealthsystem.com/news/staying-active-can-help-fight-cancer-february-is-national-cancer-prevention-month>

1b) Stress

Materials and interventions addressing the impact of stress on overall health and its potential link to cancer.

VIDEO

National Institute of Mental Health. (2021, September 10). [Mental Health Minute: Stress and Anxiety in Adolescents](https://www.youtube.com/watch?v=wr4N-SdekqY). Youtube. <https://www.youtube.com/watch?v=wr4N-SdekqY>

Medical Secrets. (2024, April 3). [Does Stress Cause Cancer? 5 Surprising Physical Effects of Stress](https://www.youtube.com/watch?v=rRZpAwxuMf8). YouTube. <https://www.youtube.com/watch?v=rRZpAwxuMf8>

National Institute of Mental Health. (2019, May 14). [Mental Health Minute: Stress and anxiety in adolescents](https://www.youtube.com/watch?v=wr4N-SdekqY) [Video]. YouTube. <https://www.youtube.com/watch?v=wr4N-SdekqY>

Murgia, M. (2015, November 9). [How stress affects your brain](https://www.youtube.com/watch?v=WuyPuH9ojCE) [Video]. TED-Ed. <https://www.youtube.com/watch?v=WuyPuH9ojCE>

The Live Love Laugh Foundation. (2017, October 10). [Adolescent mental health](https://www.youtube.com/watch?v=ROwlojQmtjs) [Video]. YouTube. <https://www.youtube.com/watch?v=ROwlojQmtjs>

Psych2Go. (2021, May 7). [6 daily habits to reduce stress & anxiety](https://www.youtube.com/watch?v=o18I23HCQtE) [Video]. YouTube. <https://www.youtube.com/watch?v=o18I23HCQtE>

Psych2Go. (2021, June 7). [10 habits that boost your emotional well-being](https://www.youtube.com/watch?v=hXlFxceM4R8) [Video]. YouTube. <https://www.youtube.com/watch?v=hXlFxceM4R8>

INFORMATIVE

American Heart Association. (2024, September 19). [Help teens cope with stress](https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/help-teens-cope-with-stress). American Heart Association. <https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/help-teens-cope-with-stress>

1c) Nutrition

Resources and interventions on the effect of balanced nutrition and dietary habits to reduce cancer risks.

MULTIMEDIA

U.S. Food and Drug Administration. (2024). *Read the label youth outreach materials: For Kids*. <https://www.fda.gov/food/nutrition-facts-label/read-label-youth-outreach-materials#kids>

U.S. Food and Drug Administration. (2024). *Read the Label youth outreach materials: For parents*. <https://www.fda.gov/food/nutrition-facts-label/read-label-youth-outreach-materials#parents>

U.S. Food and Drug Administration. (2024). *Read the Label youth outreach materials: For health educators & community outreach*. https://www.fda.gov/food/nutrition-facts-label/read-label-youth-outreach-materials#educators_and_outreach

VIDEO

American Cancer Society. (2017). *Healthy Eating and Active Living: Making the Healthy Choice the Easy Choice (English)*. YouTube. <https://www.youtube.com/watch?v=F2-H7botZBg>

Ask, Listen, Learn. (2017, May 4). *Making Healthy Choices*. YouTube. <https://www.youtube.com/watch?v=I5akBR7k4p0>

MCHCP. (2021). *Food and mood*. YouTube. https://www.youtube.com/watch?v=XH0Z1Z_7p2Q

The Center for Nutritional Psychology. (2024, October 14). *DMHB #42: Do Healthy Diets Improve Children's Mental Health?* YouTube. <https://www.youtube.com/watch?v=DMo-YdU5Zls>

Roswell Park Comprehensive Cancer Center. (2021, June 25). *Cancer Prevention Recommendations / Survivorship Healthy Lifestyle Series*. YouTube. <https://www.youtube.com/watch?v=Nrye-hfzGik>

Cone Health. (2017, June 12). *Healthy Eating for Cancer Prevention*. YouTube. <https://www.youtube.com/watch?v=WiTUCCOaubk>

World Health Organization. (2020). *A healthy diet, a healthier world*. Youtube. <https://www.youtube.com/watch?v=XMcab1MFaLc>

North East London Cancer Alliance. (2023, June 5). *How can #healthyfood help prevent #cancer?* YouTube. <https://www.youtube.com/watch?v=h261rOsTSVQ>

Own Your Growth. (2023, November 15). *87th OYG session / The role of nutrition in cancer prevention / Victoria Beeks / Cyprus* [Video]. YouTube. <https://www.youtube.com/watch?v=uJbE8MUjEuQ>

SchoolFood4Change. (2022, December 13). *Get to know SchoolFood4Change, a EU-funded project for enjoyable and healthy #schoolmeals!* [Video]. YouTube. <https://www.youtube.com/watch?v=BvClGqilwdc>

World Health Organization. (2020, June 22). [A healthy diet, a healthier world](https://www.youtube.com/watch?v=XMcab1MFalc) [Video]. YouTube. <https://www.youtube.com/watch?v=XMcab1MFalc>

NutritionFacts.org. (2022, December 14). [Diet and lifestyle for cancer prevention and survival](https://www.youtube.com/watch?v=AwDGkdPv0rU) [Video]. YouTube. <https://www.youtube.com/watch?v=AwDGkdPv0rU>

North East London Cancer Alliance. (2023, June 5). [How can #healthyfood help prevent #cancer?](https://www.youtube.com/watch?v=h261rOsTSVQ) [Video]. YouTube. <https://www.youtube.com/watch?v=h261rOsTSVQ>

IMAGE

Centers for Disease Control and Prevention. (2024, March 20). [Physical activity and cancer](https://www.cdc.gov/physical-activity-basics/health-benefits/lowers-risk-of-cancer.html). Centers for Disease Control and Prevention. <https://www.cdc.gov/physical-activity-basics/health-benefits/lowers-risk-of-cancer.html>

National Institute of Diabetes and Digestive and Kidney Diseases. (n.d.). [Label guide](https://www.niddk.nih.gov/-/media/Images/Health-Information/Weight-Management/label-guide_1074x710.JPG?imbyypass=true) [Image]. https://www.niddk.nih.gov/-/media/Images/Health-Information/Weight-Management/label-guide_1074x710.JPG?imbyypass=true

INTERACTIVE ACTIVITIES

U.S. Department of Agriculture, Food and Nutrition Service. (2024, June). [Healthy snacking with MyPlate](https://myplate-prod.azureedge.us/sites/default/files/2024-06/TipSheet-12-Healthy-Snacking-With-MyPlate.pdf) (Tip Sheet No. 12). <https://myplate-prod.azureedge.us/sites/default/files/2024-06/TipSheet-12-Healthy-Snacking-With-MyPlate.pdf>

U.S. Department of Agriculture, Food and Nutrition Service. (n.d.). [MyPlate Plan](https://www.myplate.gov/myplate-plan). MyPlate.gov. <https://www.myplate.gov/myplate-plan>

U.S. Department of Agriculture. (n.d.). [MyPlate Kitchen](https://www.myplate.gov/myplate-kitchen). MyPlate. <https://www.myplate.gov/myplate-kitchen>

U.S. Department of Agriculture. (n.d.). [MyPlate Tip Sheets](https://www.myplate.gov/resources/myplate-tip-sheets). MyPlate. <https://www.myplate.gov/resources/myplate-tip-sheets>

1d) General

Comprehensive resources that cover multiple lifestyle factors and their relation to cancer prevention.

MULTIMEDIA

Waterloo Wellington Regional Cancer Program. (2025, January 15). [Prevent cancer](https://www.grhosp.on.ca/cancerwaterloowellington/guide/prevention-screening/prevention-screening-1). Grand River Hospital. <https://www.grhosp.on.ca/cancerwaterloowellington/guide/prevention-screening/prevention-screening-1>

VIDEO

Rutgers Cancer Institute. (2023, June 14). [Healthy Tips for Cancer Prevention](https://www.youtube.com/watch?v=emIQPpQ0214). YouTube. <https://www.youtube.com/watch?v=emIQPpQ0214>

European Food Information Council. (2017). [Tips for a healthier you](https://www.youtube.com/watch?v=pgbMQy8glao). YouTube. <https://www.youtube.com/watch?v=pgbMQy8glao>

Rutgers Cancer Institute. (2023, June 14). [Healthy Tips for Cancer Prevention](https://www.youtube.com/watch?v=emIQPpQ0214). YouTube. <https://www.youtube.com/watch?v=emIQPpQ0214>

Mayo Clinic Press. (2022, November 8). [9 Things You Can Do to Reduce or Prevent Cancer Risk](https://www.youtube.com/watch?v=vSe2RhUIjj8). YouTube. <https://www.youtube.com/watch?v=vSe2RhUIjj8>

TEDx Talks. (2023, March 6). [Cancer Prevention - No Quick Fix | Priyanka Gogna | TEDxQueensU](https://www.youtube.com/watch?v=tlhTDGgV6dQ). Youtube. <https://www.youtube.com/watch?v=tlhTDGgV6dQ>

National Cancer Institute. (2024, September 23). [Risk Factors for Cancer | Did You Know?](https://www.youtube.com/watch?v=XSTabmQhAOc) YouTube. <https://www.youtube.com/watch?v=XSTabmQhAOc>

Mayo Clinic. (2024, February 19). [Can you prevent cancer with lifestyle changes?](https://www.youtube.com/watch?v=d7F9sEcaQ) YouTube. <https://www.youtube.com/watch?v=d7F9sEcaQ>

Every Mind Matters. (2019, November 6). [Healthy lifestyle](https://www.youtube.com/watch?v=Cg_GW7yhq20) [Video]. YouTube. https://www.youtube.com/watch?v=Cg_GW7yhq20

Cancer.Net. (2019, November 18). [Cancer prevention and healthy living](https://www.youtube.com/watch?v=9v4mLrPLMHM) [Video]. YouTube. <https://www.youtube.com/watch?v=9v4mLrPLMHM>

IMAGE

Sum Ultimate. (2025, January 15). [Cancer prevention: How to take steps towards reducing the risk of developing cancer?](https://sumum.soahospitals.com/blog/cancer-prevention-how-to-take-steps-towards-reducing-the-risk-of-developing-cancer/) Sum Ultimate. <https://sumum.soahospitals.com/blog/cancer-prevention-how-to-take-steps-towards-reducing-the-risk-of-developing-cancer/>

American Institute for Cancer Research. (2022, October 17). [Study: Five healthy habits lower cancer risk](https://www.aicr.org/resources/blog/study-five-healthy-habits-lower-cancer-risk/). <https://www.aicr.org/resources/blog/study-five-healthy-habits-lower-cancer-risk/>

American Association for Cancer Research. (2022). [Preventing cancer: Identifying risk factors. In AACR Cancer Progress Report 2022](https://cancerprogressreport.aacr.org/progress/cpr22-contents/cpr22-preventing-cancer-identifying-risk-factors/). <https://cancerprogressreport.aacr.org/progress/cpr22-contents/cpr22-preventing-cancer-identifying-risk-factors/>

INFOGRAPHIC

American Cancer Society. (2023). [You can help reduce your cancer risk](https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/help-reduce-cancer-risk.pdf). <https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/help-reduce-cancer-risk.pdf>

Category 2: Substance Use and Cancer Risks

Substance use, and in particular alcohol and tobacco, are strictly related to cancer growth. This category brings together resources that raise awareness on the carcinogenic effects of substance use, including guides on interventions against substance use, control policies, statistical data of cancer incidences attributable to substance use and health promoting campaigns. It aims to reduce the burden of cancer through the avoidance of substance use.

SUBCATEGORIES:

2a) Alcohol

Information on how alcohol consumption contributes to cancer and recommendations for risk reduction.

VIDEO

World Health Organization. (2021). [*Alcohol, health and well-being.*](https://www.youtube.com/watch?v=-skVpmoaGI) YouTube. <https://www.youtube.com/watch?v=-skVpmoaGI>

Primary Healthcare Darlington. (2022). [*Alcohol can cause cancer. Be drink aware.*](https://www.facebook.com/primaryhealthcaredarlington/videos/291112186271084/) Facebook. <https://www.facebook.com/primaryhealthcaredarlington/videos/291112186271084/>

WHO European Region. (2024, October 1). [*Alcohol and cancer: what you need to know.*](https://www.youtube.com/watch?v=Ib00PdGyFx8) YouTube. <https://www.youtube.com/watch?v=Ib00PdGyFx8>

WHO European Region. (2024, November 1). [*Alcohol-free adventures: Johnny and Daniel from Ireland.*](https://www.youtube.com/watch?v=iuv1GoEZXdC) YouTube. <https://www.youtube.com/watch?v=iuv1GoEZXdC>

UICC. (n.d.) [*Alcohol and cancer.*](https://www.youtube.com/shorts/jjBcheH5-qM) Youtube. <https://www.youtube.com/shorts/jjBcheH5-qM>

UICC. (n.d.) [*Alcohol and cancer.*](https://www.youtube.com/shorts/XsVIdRAQC1A) Youtube. <https://www.youtube.com/shorts/XsVIdRAQC1A>

IARC WHO. (2021, July 16). [*Alcohol consumption and cancer with Harriet Rumgay.*](https://www.youtube.com/watch?v=3lue5rnZ5IY) YouTube. <https://www.youtube.com/watch?v=3lue5rnZ5IY>

World Health Organization (WHO). (2022, May 18). [*Alcohol: Regulating its cross-border marketing.*](https://www.youtube.com/watch?v=2XG8Wi91LfQ) YouTube. <https://www.youtube.com/watch?v=2XG8Wi91LfQ>

World Health Organization. (2024, September 28). [*Alcohol, health and well-being*](https://www.youtube.com/watch?v=-skVpmoaGI) [Video]. VoiceTube. <https://www.youtube.com/watch?v=-skVpmoaGI>

Safe and Sober. (2024, May 14). [*Alcohol's effect on the teenage brain*](https://www.youtube.com/watch?v=EY37BFmVxwQ) [Video]. YouTube. <https://www.youtube.com/watch?v=EY37BFmVxwQ>

European Commission. (2021, February 4). [*Understanding the alcohol and tobacco cancer connection – Europe's Beating Cancer Plan*](https://www.youtube.com/watch?v=XDyJztf5LsM) [Video]. YouTube. <https://www.youtube.com/watch?v=XDyJztf5LsM>

Cancer Research UK. (2022, May 10). [*Top tips for cutting down on alcohol | Reduce your cancer risk*](https://www.youtube.com/watch?v=CILRWVcg2YY) [Video]. YouTube. <https://www.youtube.com/watch?v=CILRWVcg2YY>

Drinkaware Ireland. (2016, January 21). *Talking to your children about alcohol* [Video]. YouTube. <https://www.youtube.com/watch?v=aucAFuZJuC4>

Drinkaware Ireland. (2016, January 21). *Talking to your teens about alcohol* [Video]. YouTube. <https://www.youtube.com/watch?v=6VfVmklScIA>

Drug Enforcement Administration. (n.d.). *Drug & alcohol use prevention: Video series*. Campus Drug Prevention. <https://www.campusdrugprevention.gov/drug-alcohol-use-prevention-video-series>

IMAGE

National Institute on Alcohol Abuse and Alcoholism. (n.d.). *Alcohol and You: An Interactive Body*. College Drinking Prevention. <https://www.collegedrinkingprevention.gov/special-features/interactive-body>

National Institute on Alcohol Abuse and Alcoholism. (n.d.). *Alcohol myths*. College Drinking Prevention. <https://www.collegedrinkingprevention.gov/special-features/alcohol-myths>

VISUALS

National Institute on Alcohol Abuse and Alcoholism. (n.d.). *Signs of a problem*. NIAAA for Teens. <https://niaaaforteens.niaaa.nih.gov/signs-problem>

National Institute on Alcohol Abuse and Alcoholism. (n.d.). *Alcohol and your health*. NIAAA for Teens. <https://niaaaforteens.niaaa.nih.gov/alcohol-and-your-health>

2b) Tobacco

Resources on tobacco's carcinogenic effects, evidences and myths around tobacco consumption.

VIDEO

MD Anderson Cancer Center. (2018, September 5). *ASPIRE - A Smoking Prevention Interactive Experience for Teens trailer*. YouTube. <https://www.youtube.com/watch?v=o9oZDcONmO8>

AsapSCIENCE. (2017). *What Happens When You Stop Smoking?* YouTube. <https://www.youtube.com/watch?v=o3lOmJ2RfU0>

MD Anderson Cancer Center (2018). *Dangers of e-cigarettes, vaping and JUULs: How to talk to kids*. YouTube. <https://www.youtube.com/watch?v=6JCAYb3IDTo>

Nemours KidsHealth. (2015). *7 Reasons to Be Smoke-Free*. YouTube. https://www.youtube.com/watch?v=hCC1dgmwO_4

Marie Keating. (2021, January 11). *Your Health, Your Choice: Cancer prevention - Impact of Smoking*. YouTube. <https://www.youtube.com/watch?v=l2o8yachhYM>

World Health Organization (WHO). (2024). *Youth step in and speak out*. Youtube. <https://www.youtube.com/watch?v=p6rKoxkNmng>

UK Health Security Agency. (2018). *Smokefree “Health Harms” 2019 TV ad – Mutations*. YouTube. <https://www.youtube.com/watch?v=SUZNqy09BCc>

UK Health Security Agency. (2018). *Smokefree “Health Harms” – Impact of smoking vs vaping demonstration*. YouTube. <https://www.youtube.com/watch?v=RisBe5sLGpc>

IARC WHO. (2024, May 31). *Smokeless tobacco and cancer - a less dangerous alternative? World No Tobacco Day 2024*. YouTube. <https://www.youtube.com/watch?v=u42DDUxqk4>

World Health Organization (WHO). (2021, April 15). *Commit to quit tobacco*. YouTube. <https://www.youtube.com/watch?v=Ebtn5lx8xms>

World Health Organization (WHO). (2020). *The secret is out: The tobacco industry targets the vulnerable*. YouTube. <https://www.youtube.com/watch?v=ByR0cONMSf8>

Scottish Government. (2018, April 24). *Quit Your Way - Smoking Cessation Campaign*. YouTube. <https://www.youtube.com/watch?v=jeugkEUM3z0>

IARC WHO. (2024, May 31). *Smoking and cancer - what's the real impact? World No Tobacco Day 2024*. YouTube. <https://www.youtube.com/watch?v=ywLgxpEUmCk>

IARC WHO. (2024, October 16). *The Tobacco Endgame Strategies with Dr Isabelle Soerjomataram*. YouTube. <https://www.youtube.com/watch?v=yyAwijgMT6o>

Oasis Mental Health Applications. (2020, April 28). *Teen Substance Use & Abuse (Alcohol, Tobacco, Vaping, Marijuana, and More)*. Youtube. https://www.youtube.com/watch?v=wQl_4kcE5nw

Sudhir, K. (2018, September 13). *How do cigarettes affect the body?* [Video]. TED-Ed. <https://www.youtube.com/watch?v=Y18Vz51Nkos>

European Commission. (2021, February 4). *How is smoking related to cancer? – Europe’s Beating Cancer Plan / EU Debates #NoSmoking* [Video]. YouTube. <https://www.youtube.com/watch?v=FX4qdl-xBP8>

Centers for Disease Control and Prevention. (2014, January 31). *CDC: Tips From Former Smokers – Terrie H.: Teenager Ad* [Video]. YouTube. <https://www.youtube.com/watch?v=th5U5hRu8k>

European Society of Cardiology. (2016, November 23). *For your healthy, bright future: Find your motivation and stop smoking!* [Video]. YouTube. <https://www.youtube.com/watch?v=2erhIzj4YoA>

IMAGE

Hassan, M. (2020, November 24). *Man, cigarette, skull, stairs, smoke* [Vector graphic]. Pixabay. <https://pixabay.com/vectors/man-cigarette-skull-stairs-smoke-5769300/>

INFOGRAPHIC

American Cancer Society. (2022). *Tobacco*. <https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/tobacco-what-is-it-costing-you.pdf>

Category 3: Environmental Risks & Disease Prevention

Certain agents in our physical environment can increase cancer risk. This category includes resources on how radiation and sun exposure can be detrimental to the health of individuals by causing cancer development. It underscores the importance of protective behaviors as effective cancer prevention tools. Moreover, it highlights the significance of vaccination in preventing virus-related cancers at both individual and societal levels.

SUBCATEGORIES:

3a) Sun exposure

Educational content and data on UV protection and prevention of skin cancer through sun safety.

VIDEO

American Cancer Society. (2023, July 11). [How to Protect Yourself from the Sun](https://www.youtube.com/watch?v=zgW4szN-eRc). YouTube. <https://www.youtube.com/watch?v=zgW4szN-eRc>

AniMED. (2014). [How Does The Sun Affect Your Skin? Benefits & Harmful Effects of Sunlight Exposure Animation Video](https://www.youtube.com/watch?v=wEQ8gJLrbhk). Youtube. <https://www.youtube.com/watch?v=wEQ8gJLrbhk>

ScreeningBC. (2022, July 27). [Sun Safety Tips](https://www.youtube.com/watch?v=33BqBBdkdWo). YouTube. <https://www.youtube.com/watch?v=33BqBBdkdWo>

ScreeningBC. (2019, June 5). [Sun safety tips](https://www.youtube.com/watch?v=33BqBBdkdWo) [Video]. YouTube. <https://www.youtube.com/watch?v=33BqBBdkdWo>

American Cancer Society. (2023, July 11). [How to protect yourself from the sun](https://www.youtube.com/watch?v=zgW4szN-eRc) [Video]. YouTube. <https://www.youtube.com/watch?v=zgW4szN-eRc>

IMAGES

Vare, R. (n.d.). [How to stay safe in the sun](https://www.teenagecancertrust.org/information-about-cancer/how-to-stay-safe-in-the-sun). Teenage Cancer Trust. <https://www.teenagecancertrust.org/information-about-cancer/how-to-stay-safe-in-the-sun>

INFORMATIVE

Euromelanoma. (n.d.). [Protect your skin – Teenagers](https://www.euromelanoma.eu/en-intl/prevent-skin-cancer/protect-your-skin/teenagers). Euromelanoma. <https://www.euromelanoma.eu/en-intl/prevent-skin-cancer/protect-your-skin/teenagers>

3b) Vaccination

Resources that focus on vaccines like HPV that help prevent virus-related cancers.

VIDEO

Cancer Council Victoria. (2023, May 2). [HPV vaccination for teenagers](https://www.youtube.com/watch?v=72dzucwg2v4). YouTube. <https://www.youtube.com/watch?v=72dzucwg2v4>

Erie County NY. (2015, April 8). [Teens and Vaccines: Preventing HPV](https://www.youtube.com/watch?v=YhaQTiMSQ04). YouTube. <https://www.youtube.com/watch?v=YhaQTiMSQ04>

ECDC. (2023, November 6). [Is the HPV vaccine safe? | European Vaccination Information Portal](https://www.youtube.com/watch?v=Aq66hTzaoaM). YouTube. <https://www.youtube.com/watch?v=Aq66hTzaoaM>

Operation Airway Team. (2021, March 5). [HPV vaccine cartoon](https://www.youtube.com/watch?v=8RXuZhiX2dM) [Video]. YouTube. <https://www.youtube.com/watch?v=8RXuZhiX2dM>

Gavi, the Vaccine Alliance. (2023, January 6). [Why should you take the hepatitis B vaccine?](https://www.youtube.com/watch?v=TE7Vt60f5cl) [Video]. YouTube. <https://www.youtube.com/watch?v=TE7Vt60f5cl>

INFOGRAPHIC

Cleveland Clinic. (2023, November 9). [HPV vaccine: Age, schedule, importance & side effects](https://my.clevelandclinic.org/health/treatments/21613-hpv-vaccine). Cleveland Clinic. <https://my.clevelandclinic.org/health/treatments/21613-hpv-vaccine>

Category 4: Cancer Awareness

This category is broad – as awareness is pivotal to cancer control. It encompasses early detection, timely care, screenings and better outcomes. This category includes resources that educate individuals and professionals on the different types of cancer by promoting awareness of all warning signs, early detection and screening services. Awareness ensures that everyone, irrespective of their socioeconomic background, can recognize symptoms early and take the necessary actions towards the right treatment.

SUBCATEGORIES:

4a) Screening Prevention and Early Detection

Resources that promote and highlight the impact of timely cancer screening and its role in detecting cancer early.

VIDEO

National Cancer Institute. (2022, January 26). *Cancer Prevention and Screening: Progress Made and Progress to Come*. YouTube. <https://www.youtube.com/watch?v=9BIs9Mb6r3g>

North East London Cancer Alliance. (2023, October 1). *What is breast screening?* [Video]. YouTube. https://www.youtube.com/watch?v=6SAhNkuAF_4

North East London Cancer Alliance. (2023, October 1). *What is #cervical screening (a smear test)?* [Video]. YouTube. https://www.youtube.com/watch?v=AjB_6641D-Q

European Commission. (2022, September 20). *A new EU approach to cancer screening* [Video]. YouTube. <https://www.youtube.com/watch?v=s-H7asMOAQ4>

International Agency for Research on Cancer. (2021, July 6). *The IARC Handbooks of Cancer Prevention programme* [Video]. IARC. <https://www.iarc.who.int/video/the-iarc-handbooks-of-cancer-prevention-programme/>

Rutgers Cancer Institute. (2022, October 7). *Breast cancer prevention & screening* [Video]. YouTube. <https://www.youtube.com/watch?v=QcpCiyqk1O8>

4b) Cancer Types

General information on the different types of cancer, covering symptoms, risks and treatments.

VIDEO

Inspira Health. (2023, June 28). *Skin Cancer Prevention*. YouTube. <https://www.youtube.com/watch?v=yvobUj8kks0>

IPATIMUP. (2014, April 22). [\[IN VIVO\] Prevent Cervix Cancer](https://www.youtube.com/watch?v=WPxTD0r7B_I) [Video]. YouTube. https://www.youtube.com/watch?v=WPxTD0r7B_I

Seeker. (2019, July 9). [This is how HPV causes cancer](https://www.youtube.com/watch?v=SPezZ6qKGFw) [Video]. YouTube. <https://www.youtube.com/watch?v=SPezZ6qKGFw>

HPRU EBS Bristol. (2023, May 23). [EDUCATE: All about HPV](https://www.youtube.com/watch?v=rHUMDOI3s2U) [Video]. YouTube. <https://www.youtube.com/watch?v=rHUMDOI3s2U>

American College of Obstetricians and Gynecologists. (2023, January 12). [ACOG explains: Cervical cancer screening](https://www.youtube.com/watch?v=uqSEROiqgYs) [Video]. YouTube. <https://www.youtube.com/watch?v=uqSEROiqgYs>

Inspira Health. (2023, June 28). [Skin cancer prevention](https://www.youtube.com/watch?v=yvobUj8kks0) [Video]. YouTube. <https://www.youtube.com/watch?v=yvobUj8kks0>

INFOGRAPHIC

NCD Child. (2021, July 5). [Infographic: Childhood and Adolescent Cancer Survivors.](https://www.ncdchild.org/2021/07/05/infographic-childhood-and-adolescent-cancer-survivors/) <https://www.ncdchild.org/2021/07/05/infographic-childhood-and-adolescent-cancer-survivors/>

Category 5: Media Literacy

In the era of digital saturation, the way that individuals and most importantly adolescents consume health information deeply affects their understanding, opinions and decision making. This category focuses on the importance of media literacy, the influence of social media on health behaviors, the effects and level of misinformation of the public, as well as information on the positive use of social media and their ability to spread awareness and promote cancer-preventive behaviors. It is particularly relevant to youth and at-risk populations who often lack tools to navigate the misleading media environment.

VIDEO

MediaSmarts | HabiloMédias. (2018, May 1). *Introduction to digital literacy | Digital Literacy 101* [Video]. YouTube. <https://www.youtube.com/watch?v=8o96ey4jCgE>

Category 6: Cancer Education, Policy and Practice

Successful cancer prevention and control require coordinated efforts at all levels – local, national, regional and global. This category includes resources that reflect how education, policy-making and practice shape cancer-related outcomes across societies. It includes country-level insights, global strategies, education/informative websites, and innovative interventions through digital tools or school based programs, in an effort to foster a healthier future for all.

SUBCATEGORIES:

6a) Global Strategies and Education

Resources include educational/informative websites on cancer, international and European frameworks for collaborative efforts in cancer control and care.

VIDEO

Schools for Health in Europe Network Foundation. (n.d.). [YouTube channel]. YouTube. <https://www.youtube.com/channel/UCc5sz7bnsQVr5xV7o5c-z3Q>

EuroCancerLeagues. (2021, May 26). Prevent Cancer by Following the Code. YouTube. <https://www.youtube.com/watch?v=7hs1FiSJ0dE>

EU Science & Innovation. (2022, September 30). EU Missions – Cancer. YouTube. https://www.youtube.com/watch?v=MK_P3JIYHHc

European Commission. (n.d.). European Code Against Cancer – Fourth edition. <https://www.cancer.eu/cancer-prevention-the-european-code-against-cancer/>

International Agency for Research on Cancer. (2023, May 25). Cancer Prevention Europe multilingual online programme: new languages released! [Video]. YouTube. https://www.youtube.com/watch?v=DdsjA_oADEc

European Commission. (2021, September 29). EU Missions – Cancer [Video]. YouTube. <https://www.youtube.com/watch?v=zghJ5ju9Gy8>

European Commission. (2021, February 3). EU Beating Cancer Plan: Prevention, Diagnosis, and Treatment Innovation [Video]. YouTube. <https://www.youtube.com/watch?v=gQ3A6hAgt9I>

International Agency for Research on Cancer. (2021, April 16). Launch of the Cancer Prevention Europe Learning Centre [Video]. YouTube. https://www.youtube.com/watch?v=3vxmOlGw_-E

European Commission. (2021, February 3). Tackling cancer from all angles: EU unveils innovative Beating Cancer Plan [Video]. YouTube. <https://www.youtube.com/watch?v=qo-vKGZdU1w>

DigitalEU. (2023, March 28). The new European Cancer Imaging Initiative [Video]. YouTube. <https://www.youtube.com/watch?v=xeFj-8inRAw>

EU Science & Innovation. (2023, November 24). EU Missions – Cancer [Video]. YouTube. https://www.youtube.com/watch?v=MK_P3JIYHHc



Pediatric Brain Tumor Foundation. (2018, February 4). Imaginary Friend Society – Finding out you have cancer [Video]. YouTube. <https://www.youtube.com/watch?v=dyt7Q02OQqw>

ACKNOWLEDGMENTS

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