Print out the following pages, single-sided and on 8.5” x 11” paper.

**HEY THERE!**
This deck of cards was created by and for teens and young adults who have been impacted by cancer. We* hope these will be helpful conversation or idea starters for you and others to explore your experience.

* We’re Hopelab – a social innovation lab focused on designing science-based technologies to improve the health and well-being of teens and young adults like you. You can find more about us and our work at www.hopelab.org.

Cut along these lines.

Fold along this line.

Each card has a thought or question to use as a conversation starter (except this one, these are instructions).
Cancer Cards

**EVERYTHING GOES SO FAST**

So fast to read the month that passed, this summer
down your experience, I can begin to get my head
together with this card. I can bring this�ing goes
Sometimes and always is a possible answer to this question.
STUCK IN BETWEEN
How might we create relevant care experiences for teens and young adults with cancer?

STUCK IN BETWEEN
I either get care in pediatric or adult oncology, but I don’t really fit in either. I need care tailored for me.

EVERYTHING GOES SO FAST
How might we make it easier to process information and gain a sense of control moving forward?

EVERYTHING GOES SO FAST
From diagnosis to treatment, I’m forced to move quickly, even if I haven’t fully processed what’s happening.

Brainstorm and explore a few possible answers to this question. For inspiration, check out the card titled STUCK IN BETWEEN to read the insight that sparked this question.

Can you relate to this statement? Take a moment to share or discuss your experience. You can also check out the card titled STUCK IN BETWEEN to keep exploring this topic.

Brainstorm and explore a few possible answers to this question. For inspiration, check out the card titled EVERYTHING GOES SO FAST to read the insight that sparked this question.

Can you relate to this statement? Take a moment to share or discuss your experience. You can also check out the card titled EVERYTHING GOES SO FAST to keep exploring this topic.
Cancer Cards

Beyond cancer: before, during, and after the diagnosis

I want someone who cares for the whole person, and not just the disease.

How might we provide care for the whole person?

Physical Change

Prepare for the physical changes that come with cancer and treatment.

How might we help looks and feels.

How might we help accept it’s hard for me to accept.

THE WHOLE ME

THE WHOLE ME

THE WHOLE ME

THE WHOLE ME
Cancer Cards

SOCIAL ACCEPTANCE is key to coping with this topic. How do you feel about discussing cancer with others? How do you handle the experience—sharing or not—and how do your interactions with others help you navigate difficult social situations?

Sharing—It’s hard for me to let cancer go. Socially accepted.

SHARING AVOIDANCE is key to coping with this topic. How do you handle having cancer?

Sharing—It’s hard for me. Socially accepted.

How do you handle the experience—sharing or not—and how do your interactions with others help you navigate difficult social situations?

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Cancer Cards

Giving Back to the Community.

After going through cancer, I want to give back to the community.

How might we create meaningful ways to give back to the community?

Wild Cards

| need/want

What's something you've always wanted to do that you'd like to do for yourself or someone else?

What's something you're passionate about that you'd like to share with others?

How might we support you in your goals?

Come up with your own answer or discuss it with a friend.