



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.

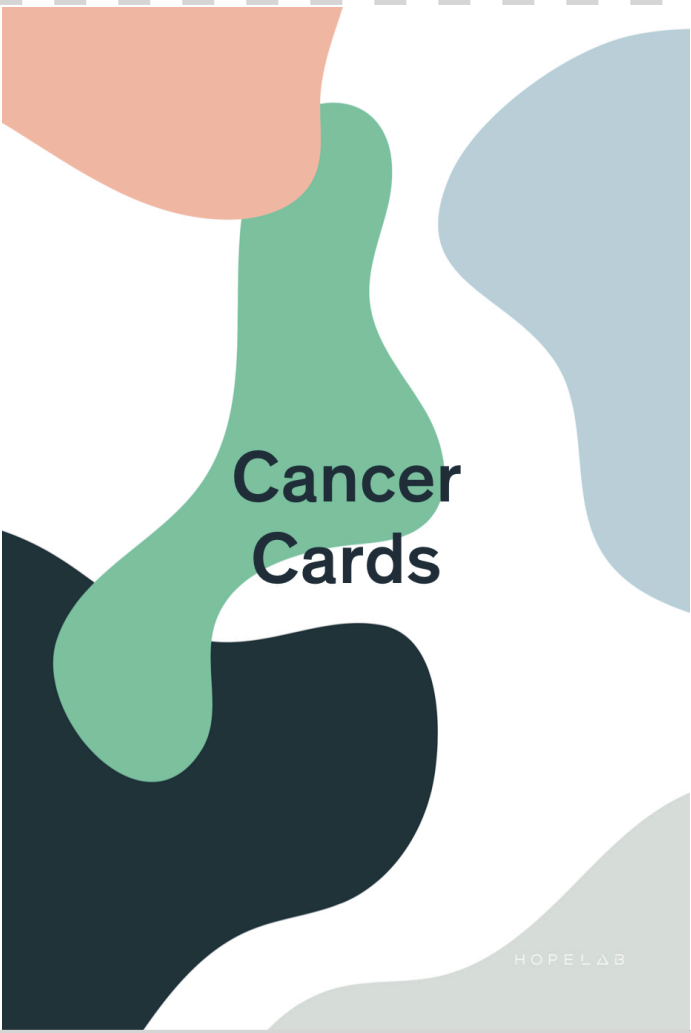
Each card has a thought or question to use as a conversation starter *(except this one, these are instructions)*

Fold along this line

HOPELAB

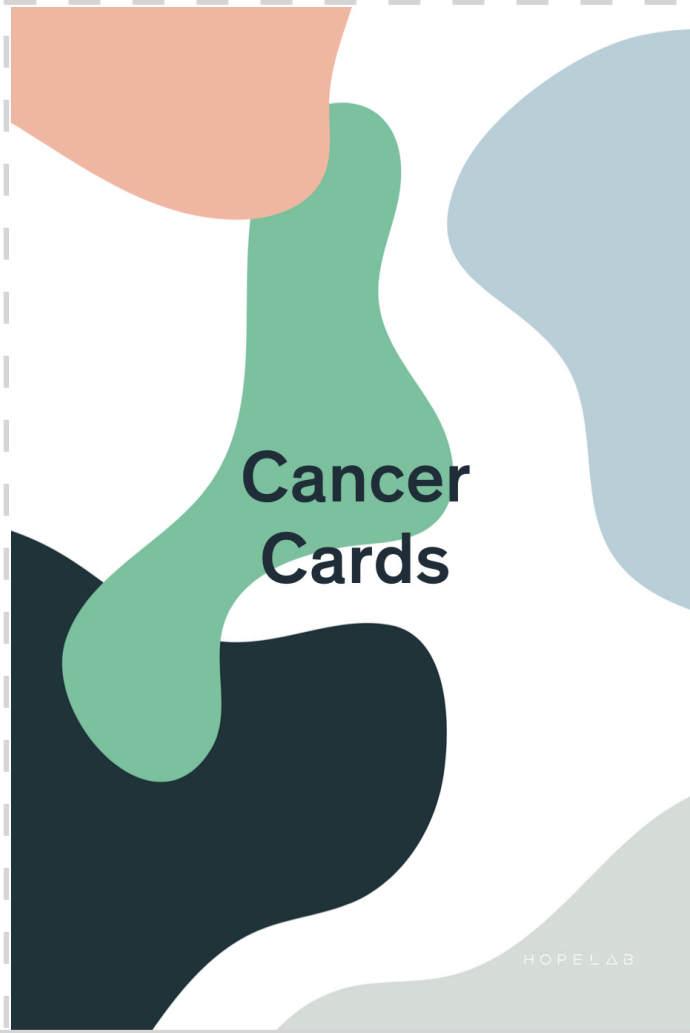


Cut along these lines



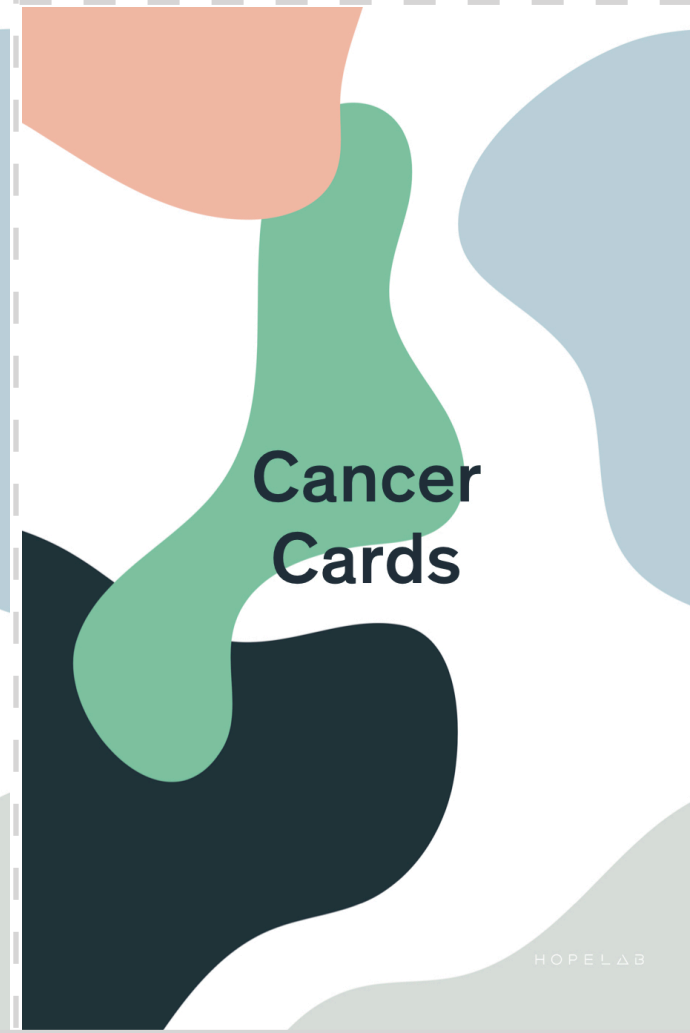
Cancer Cards

HOPE LAB



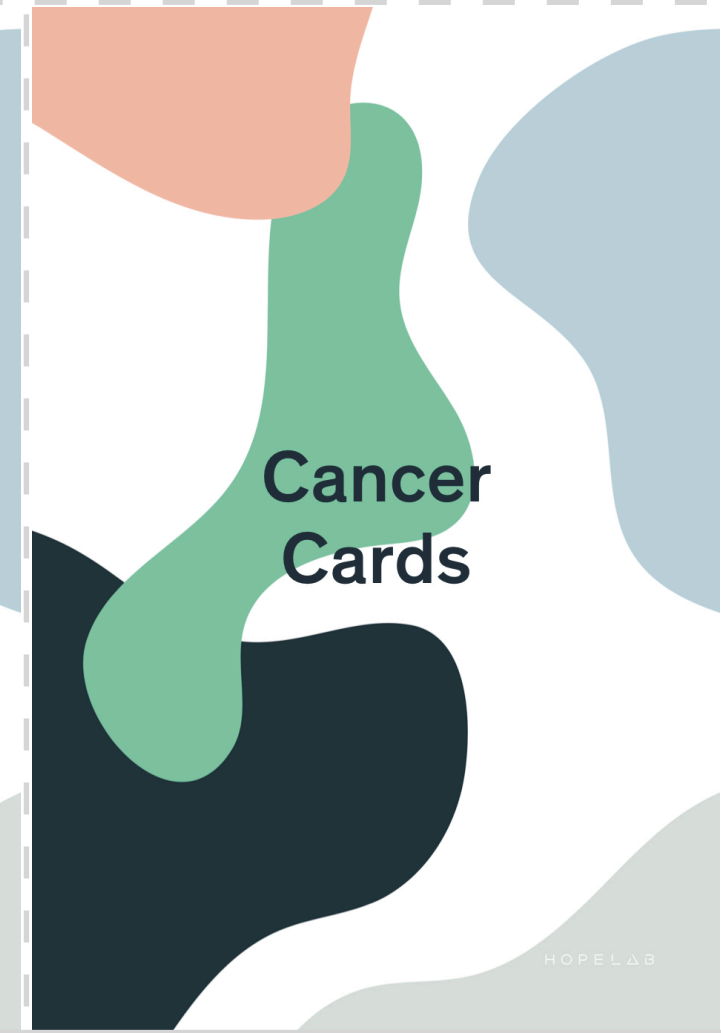
Cancer Cards

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Cancer Cards

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EVERYTHING GOES SO FAST

From diagnosis to treatment, I'm forced to move quickly, even if I haven't fully processed what's happening.


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.

EVERYTHING GOES SO FAST

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



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.



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.


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.

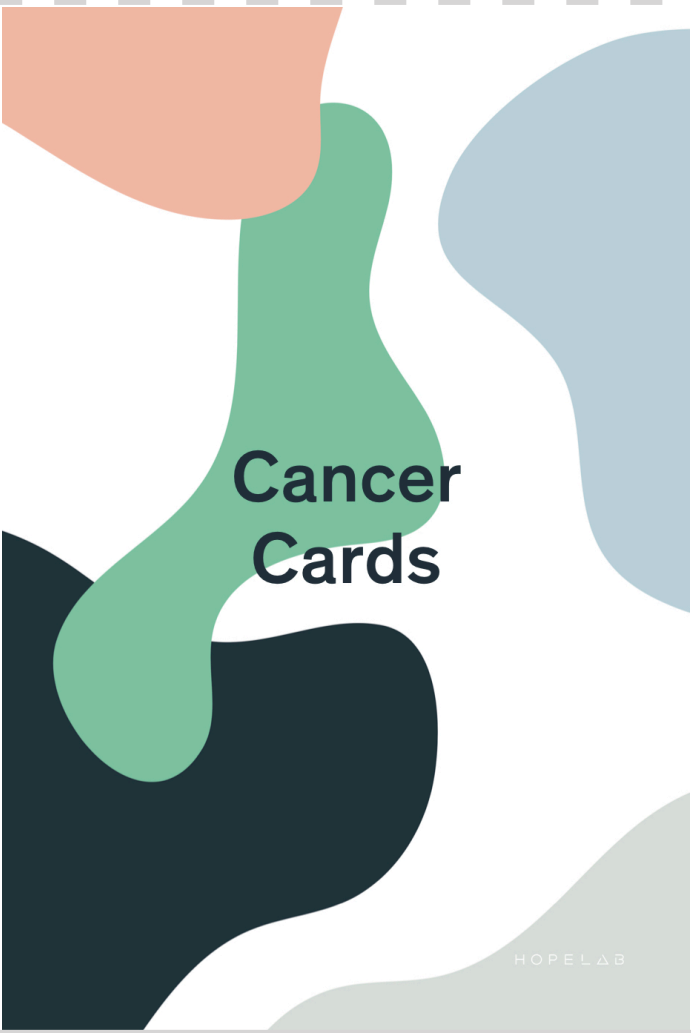



STUCK IN BETWEEN

How might we create relevant care experiences for teens and young adults with cancer?

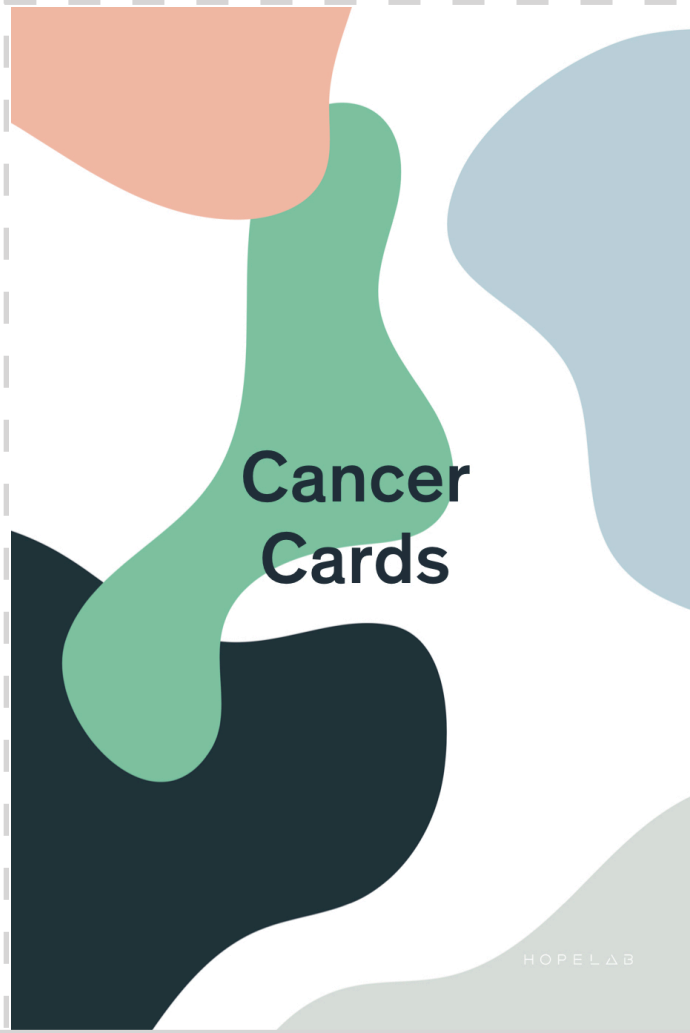
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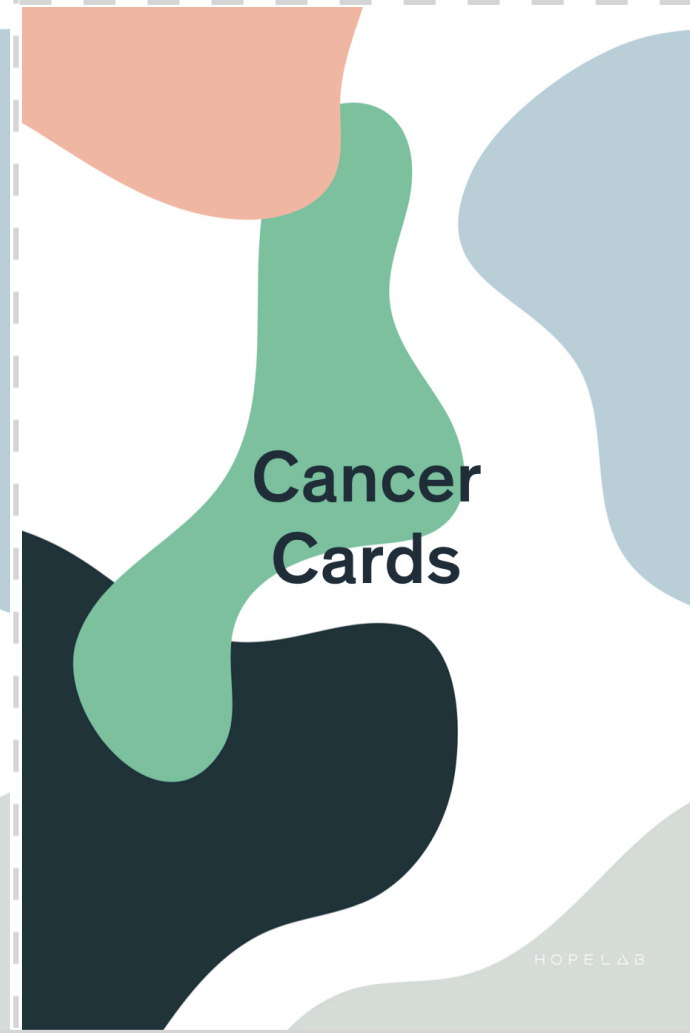
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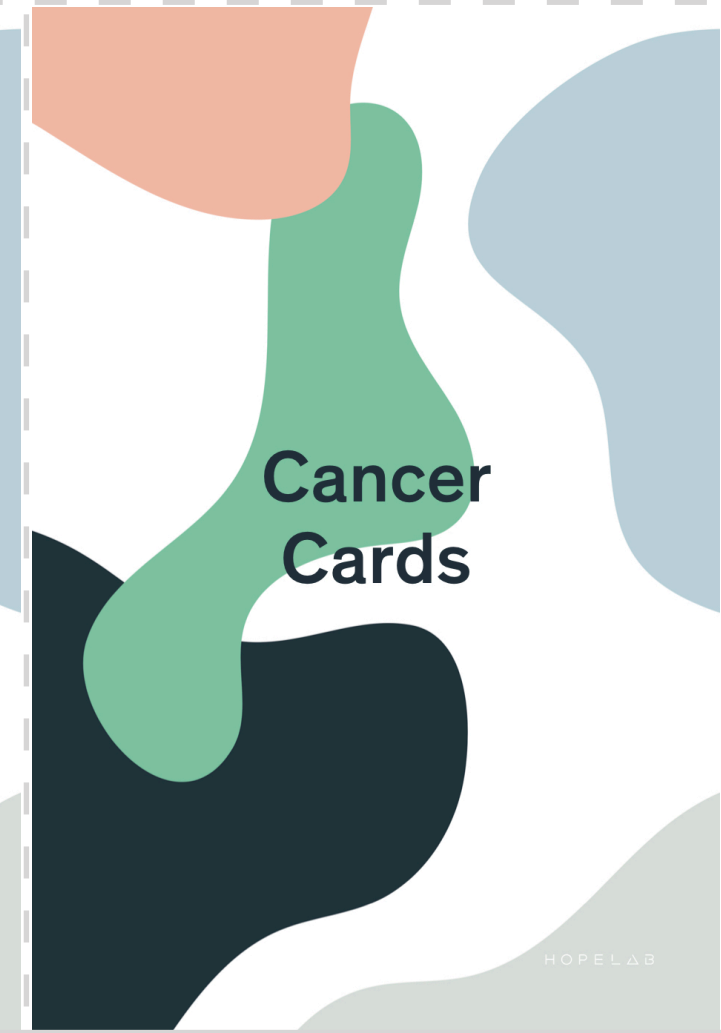
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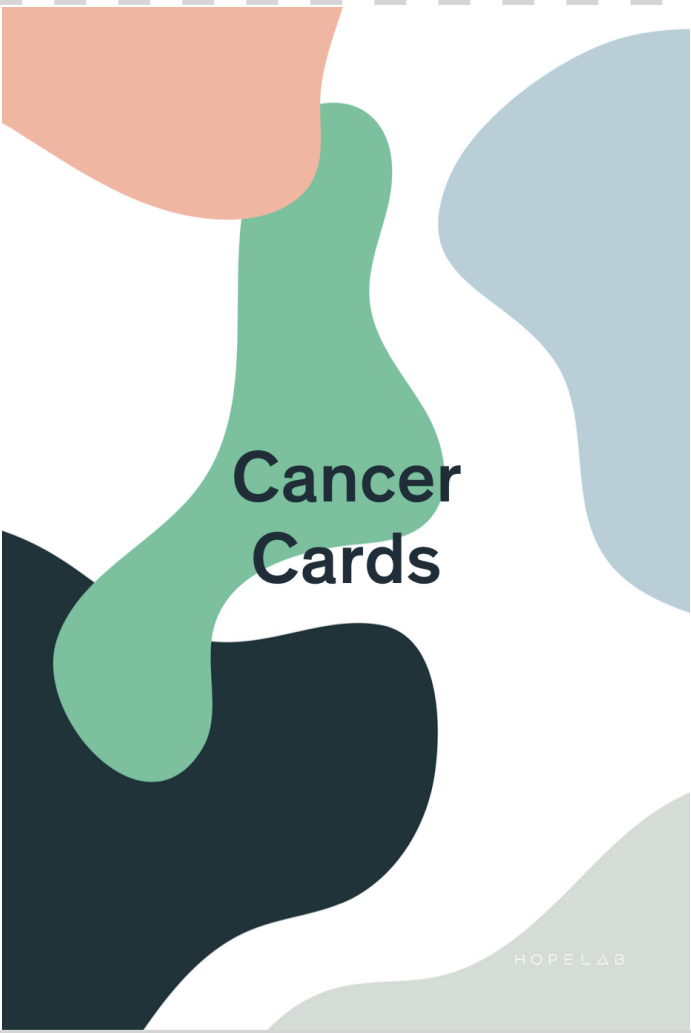



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




THE WHOLE ME


I want someone who cares for me as a whole person—with a life before, during, and beyond cancer.




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

THE WHOLE ME


How might we provide care for the whole person, and not just the diagnosis?




Brainstorm and explore a few possible answers to this question. For inspiration, check out the  card titled THE WHOLE ME to read the insight that sparked this question.

PHYSICAL CHANGE


It's hard for me to accept how different my body looks and feels.




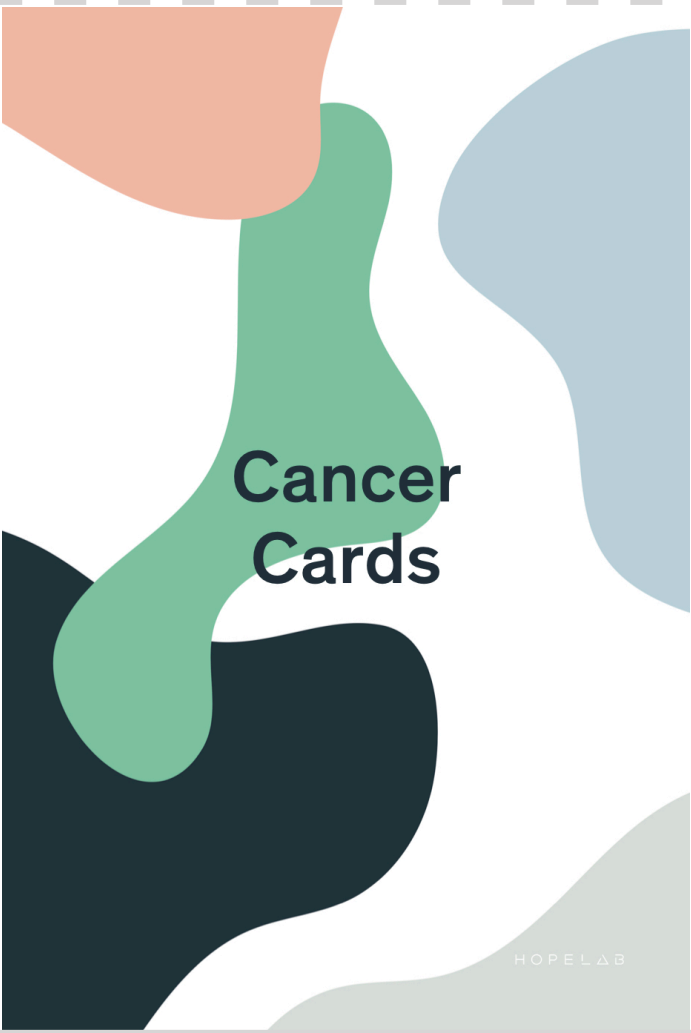
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PHYSICAL CHANGE

How might we help prepare for the physical changes that come with cancer and treatment?

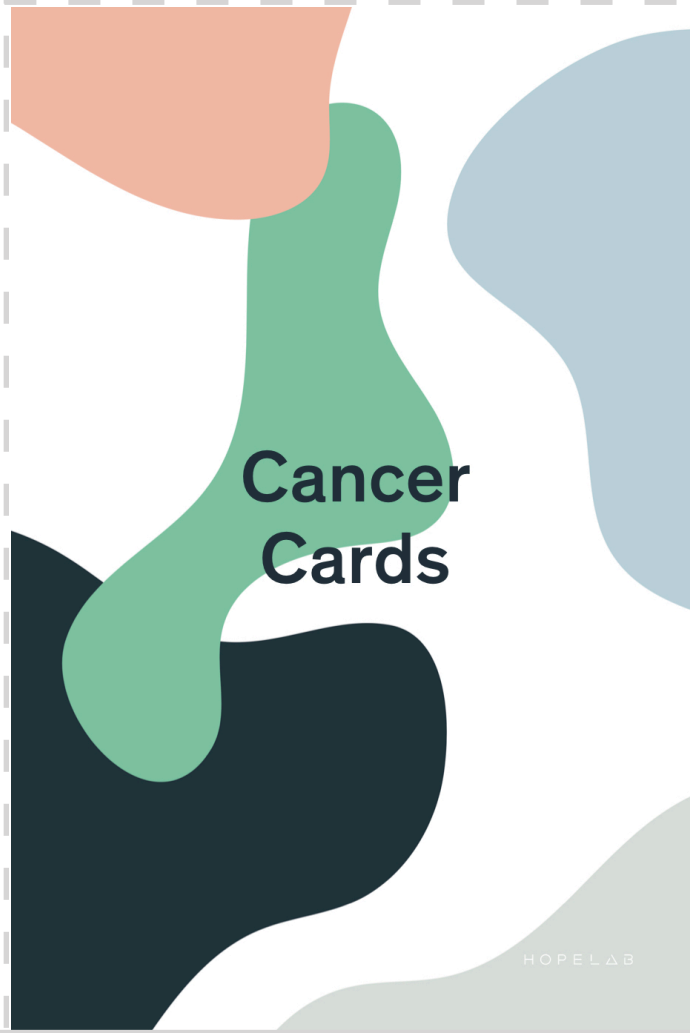


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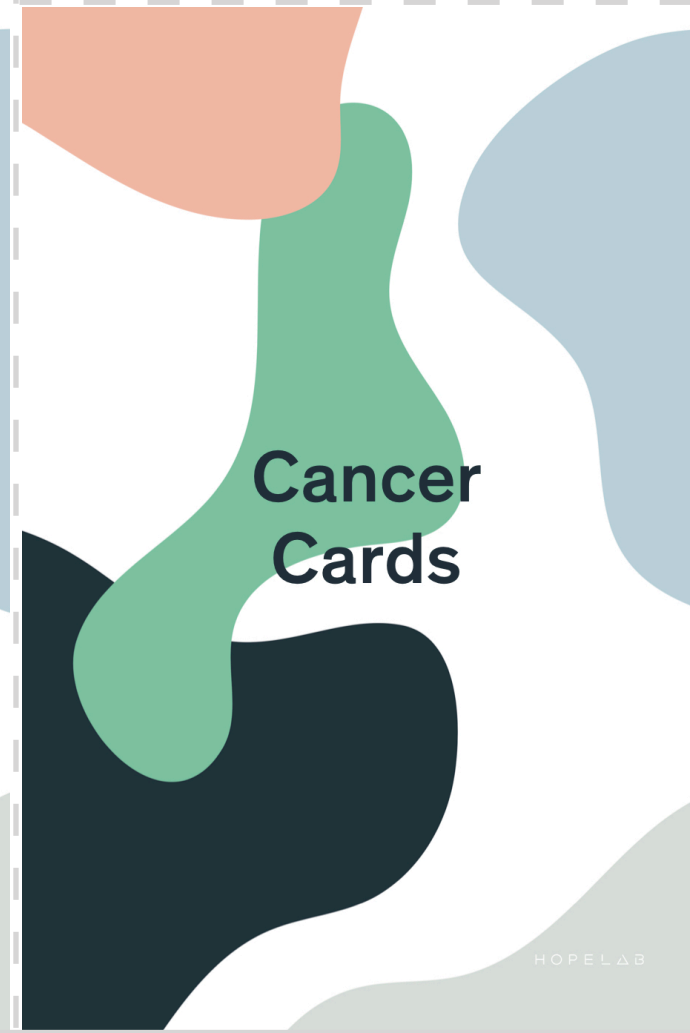
**Cancer
Cards**

HOPE LAB



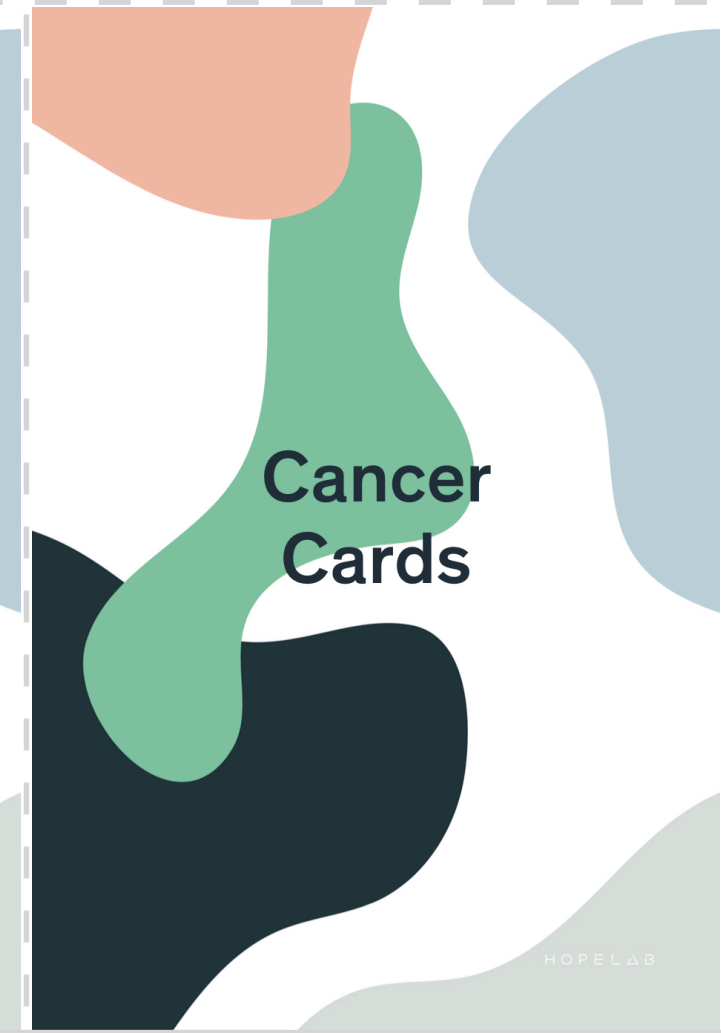
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
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It's hard for me to let others know I have cancer and to fit in socially.


SOCIAL ACCEPTANCE




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

How might we help navigate difficult social situations and create around sharing—or not sharing—the experience of cancer?


SOCIAL ACCEPTANCE




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

I need space to feel all my feelings—positive and negative.


TRUE FEELINGS




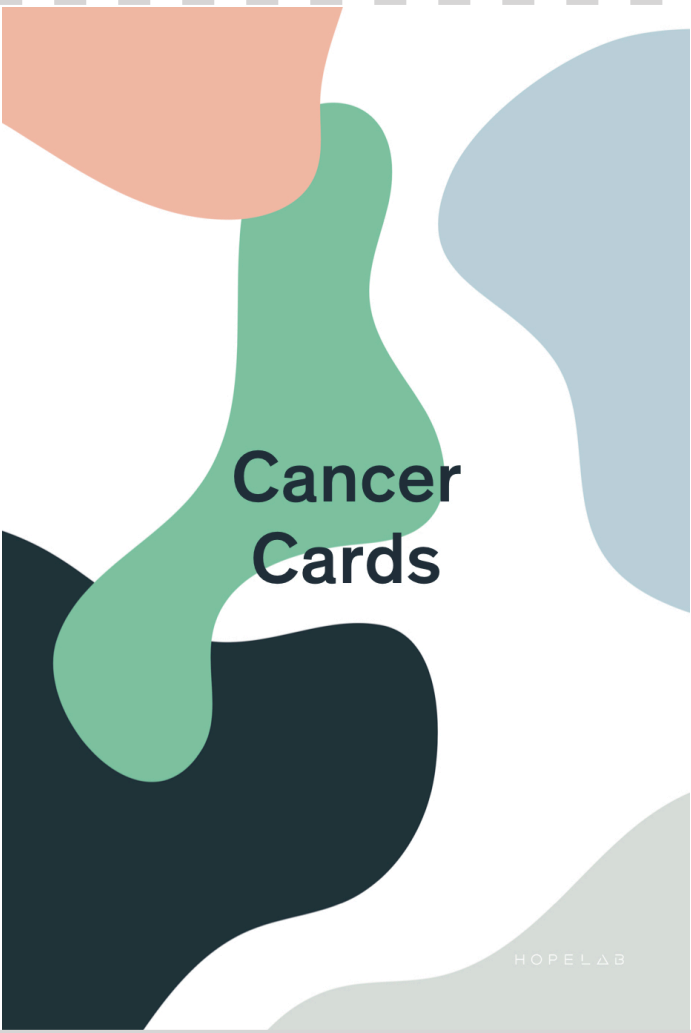
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How might we create space to acknowledge authentic emotions?

TRUE FEELINGS

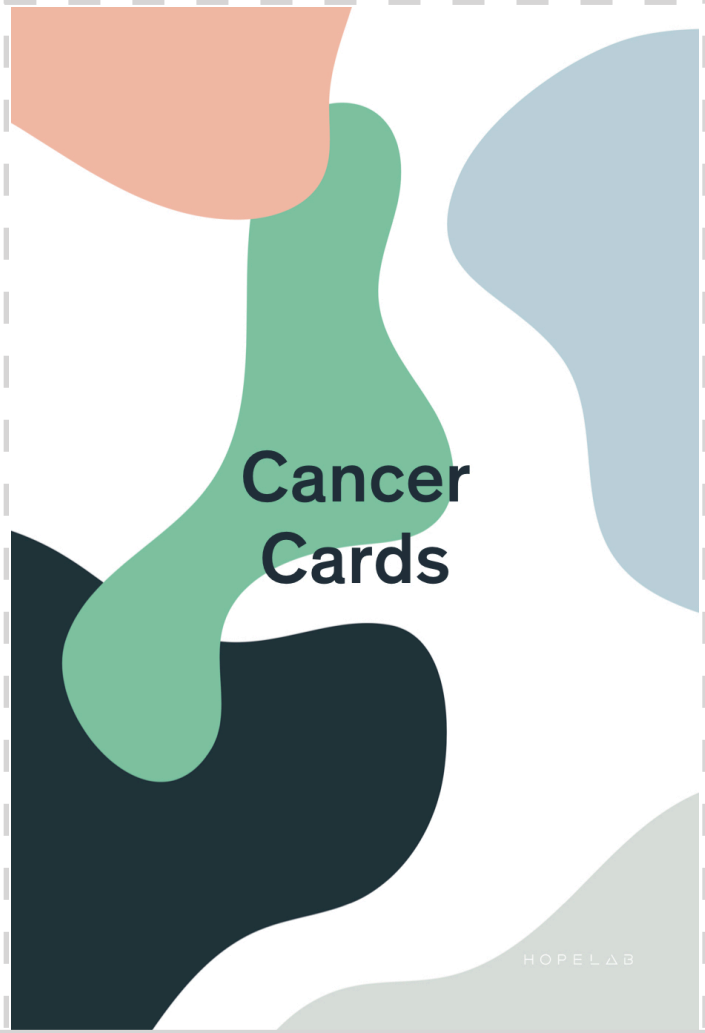


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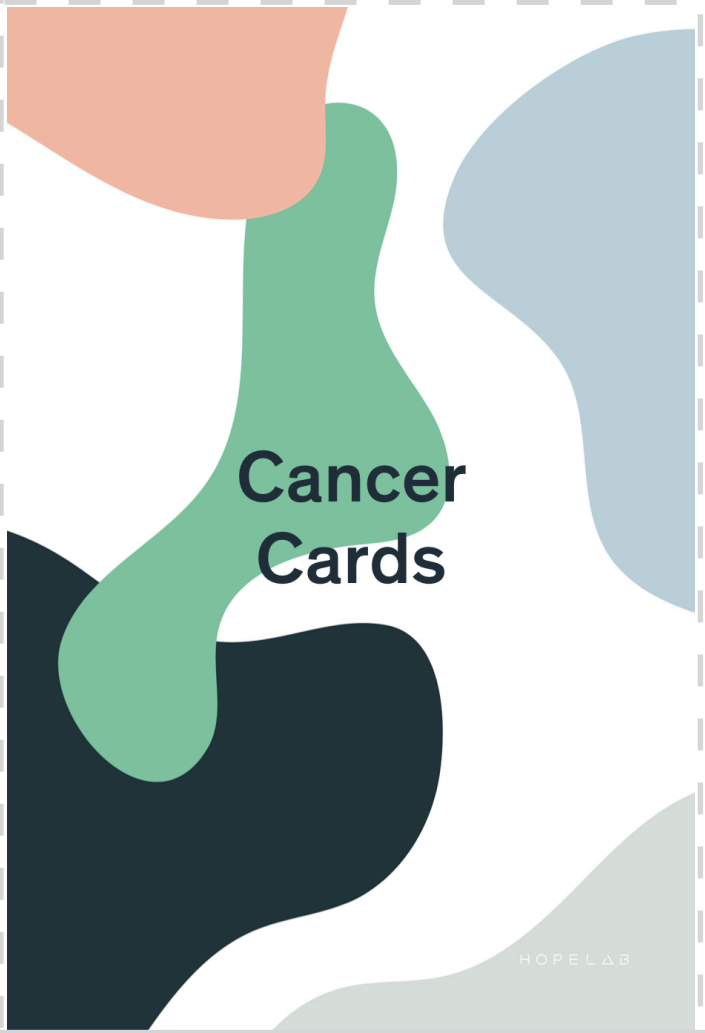
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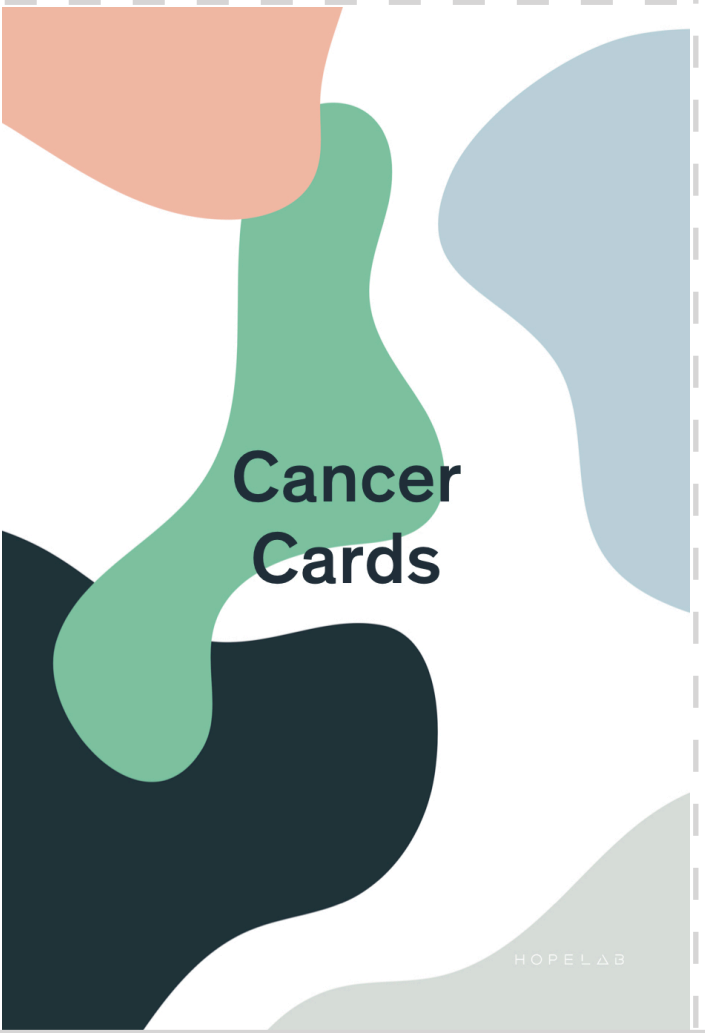
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ADAPTATION

How might we support
adapting emotionally
and physically so we can
do the things we love?

ADAPTATION

I want to do things that
make me feel like I'm
still me— even if I have to
do them differently.

ADAPTATION

Can you relate to this statement? Take a moment to share or
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ADAPTATION to keep exploring this topic.

For inspiration, check out the card titled ADAPTATION to read
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ADAPTATION

Brainstorm and explore a few possible answers to this question.
For inspiration, check out the card titled WHAT I NEED, HOW I
WANT IT to read the insight that sparked this question.

ADAPTATION

Can you relate to this statement? Take a moment to share or
discuss your experience. You can also check out the card titled
WHAT I NEED, HOW I WANT IT to keep exploring this topic.

ADAPTATION

How might we bring
awareness to resources,
without being pushy, so
we can access them on
our terms?

ADAPTATION

I want to know about
resources available to
me now and later so I can
access them on my
terms.

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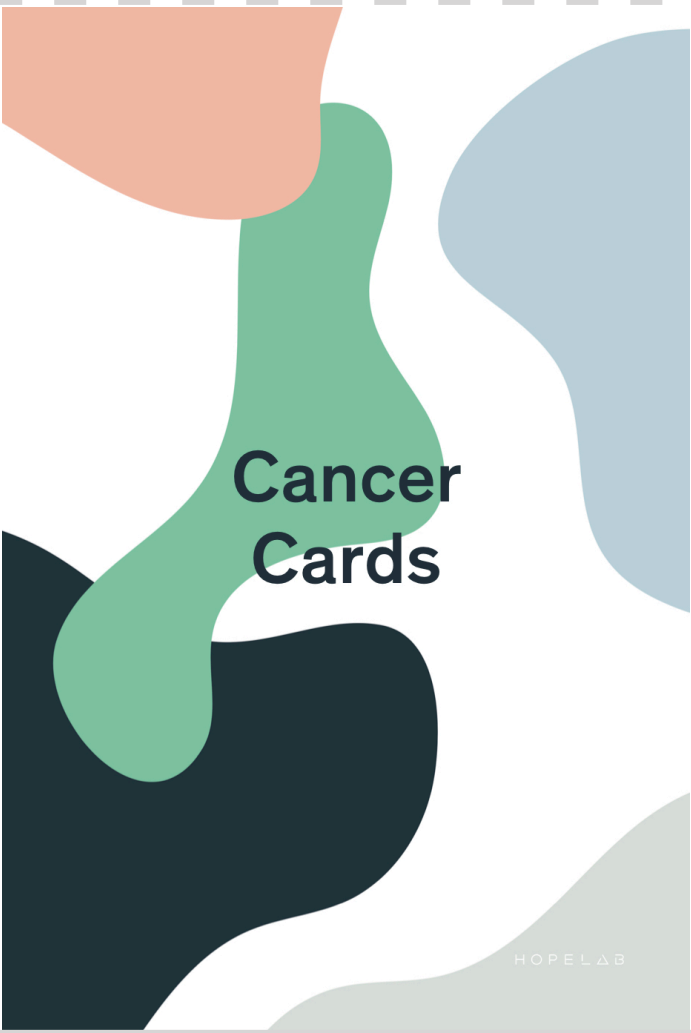
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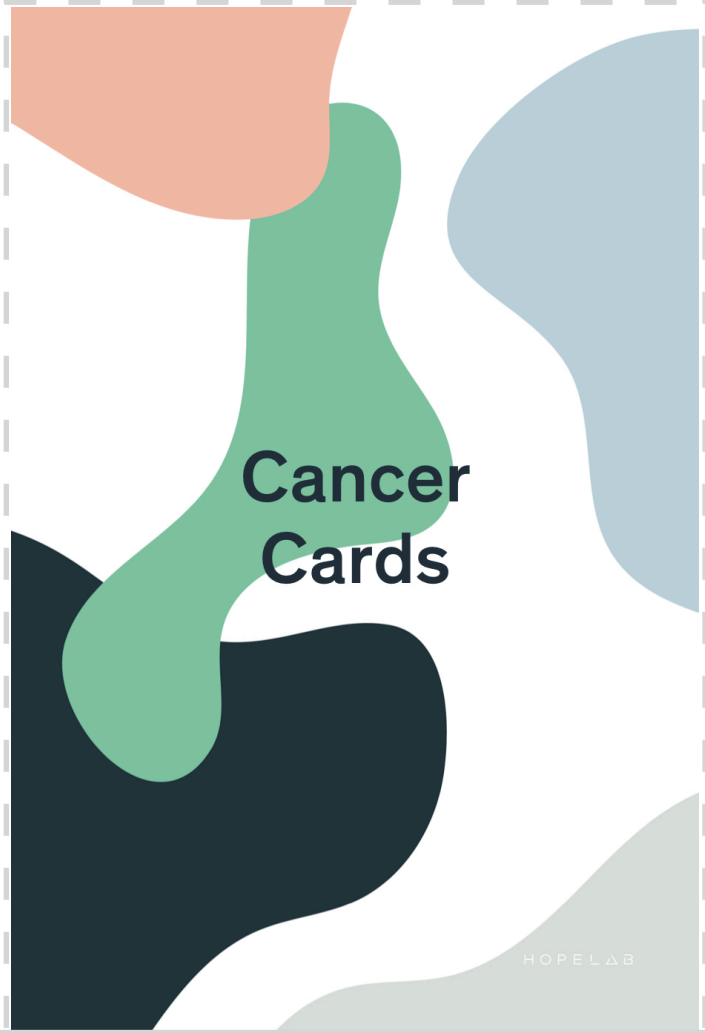
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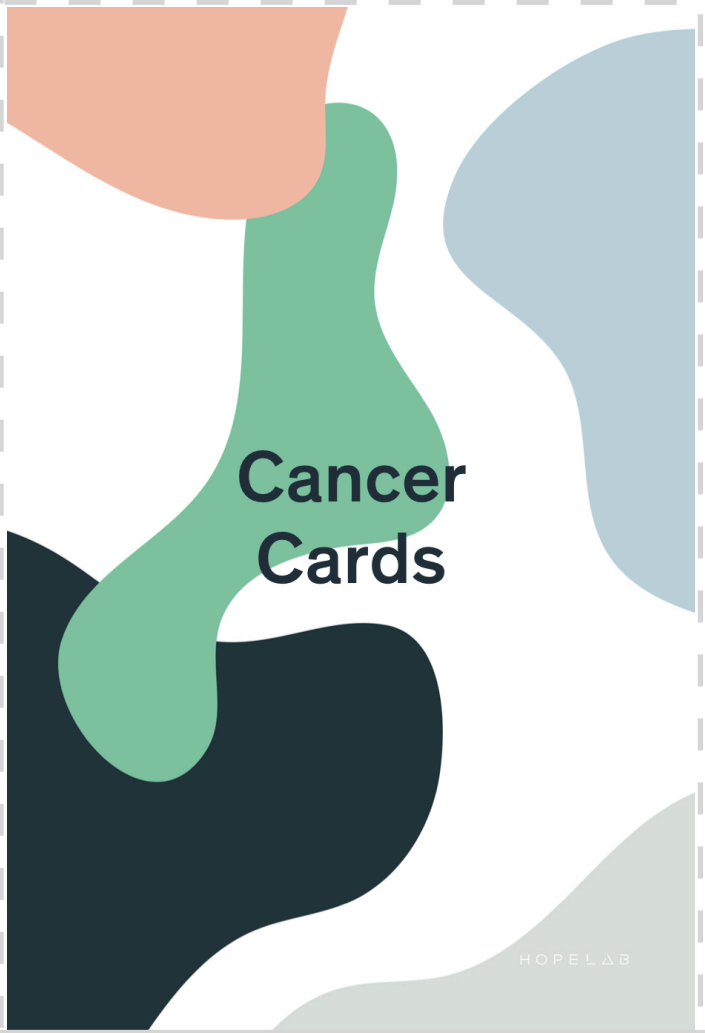
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CANCER DOESN'T END


Even though it's encouraging when treatment shows success, I still worry about cancer returning. I need help coping with the uncertainty.




Can you relate to this statement? Take a moment to share or discuss your experience. You can also check out the  card titled CANCER DOESN'T END to keep exploring this topic.

CANCER DOESN'T END


How might we gain a sense of control as we deal with ongoing uncertainty?




Brainstorm and explore a few possible answers to this question. For inspiration, check out the  card titled CANCER DOESN'T END to read the insight that sparked this question.

BETTER THAN EVER


Cancer changes me—I want my post-treatment life to be even better than my pre-cancer life.




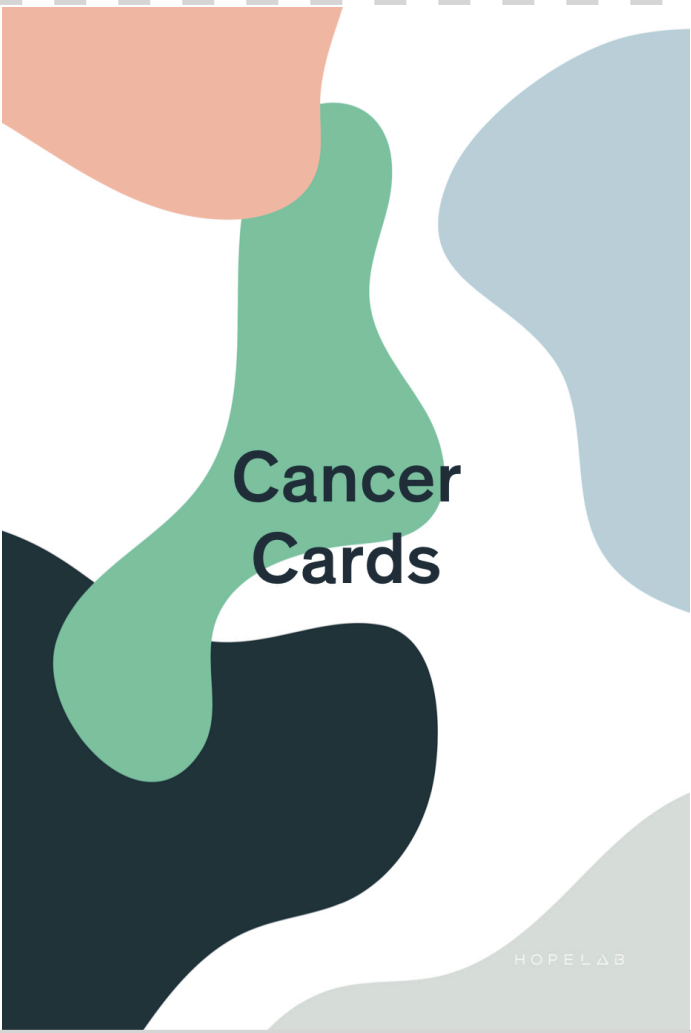
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BETTER THAN EVER

How might we thrive as we move forward?

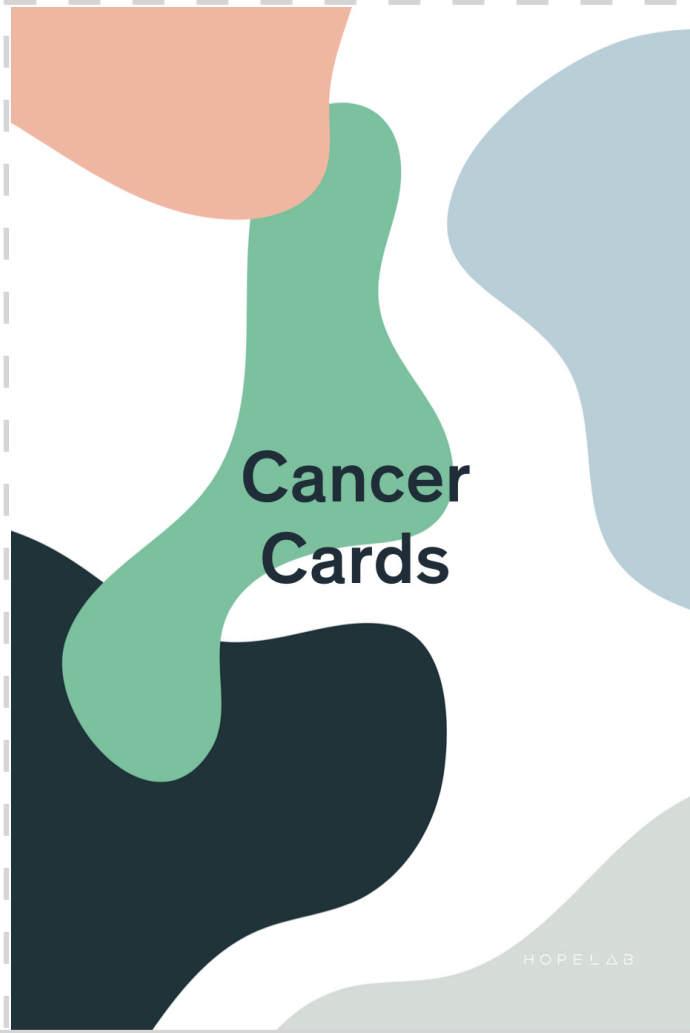


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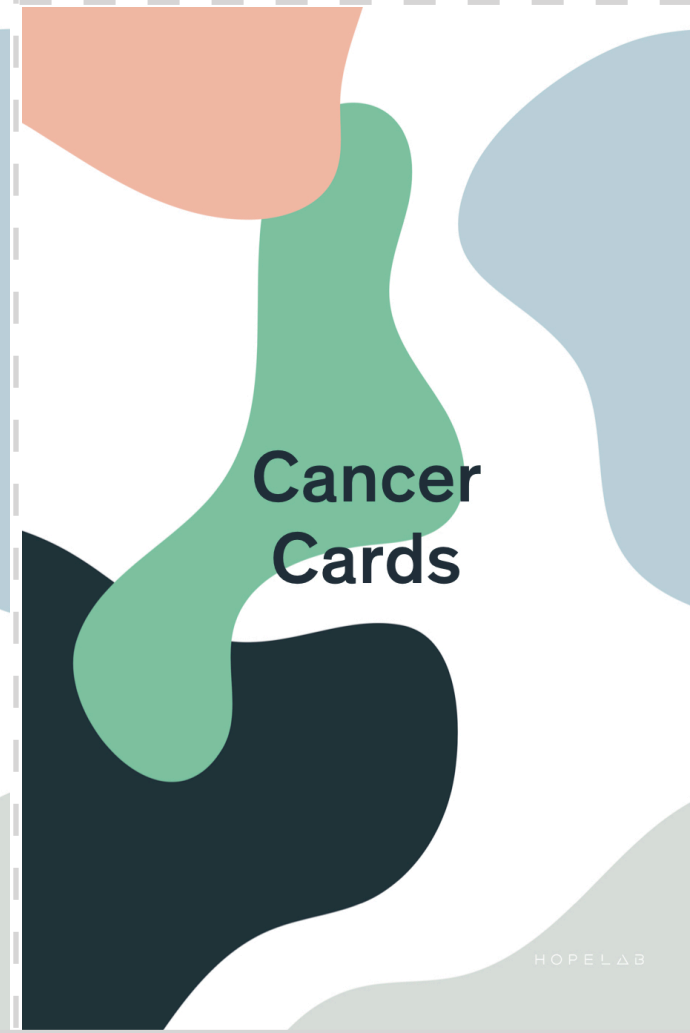
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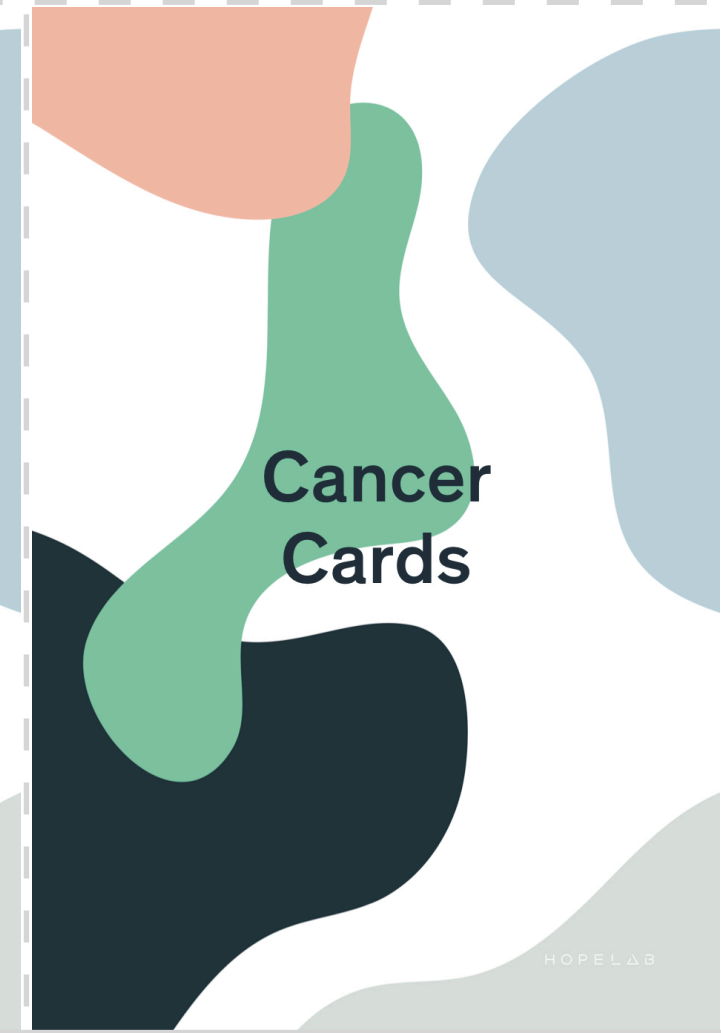
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After going through cancer, I want to give back to the community.


GIVING BACK




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


GIVING BACK



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

I need/want


WILD CARD



What's something you need or want?
Why is this important to you?
What's an example of this in your life?
Use this card to discuss any needs, wants, or ideas that you'd like to share.

How might we

WILD CARD



Come up with your own "How might we..?" opportunity question based on the need or want you identified that might lead to what you wish for.
Use this card to discuss a question, or explore something you're curious about understanding.