For maximum effectiveness, make a necklace ahead of time and wear it at the event. At the event, pass the necklace around for participants to touch, feel the differences in sizes, and for discussions.

**Ingredients:**

- String or necklace cording
- Beads:
  - 1-bead, the size of the 50 cent coin
  - 2-beads, the size of a quarter
  - 2-beads, the size of a nickel
  - 2-beads-the size of a dime
  - 2-beads-the size of a pea
- Buttons (different sizes), tubular beads, and tiny beads
- Scissors

**Preparation:**

Step 1: Determine necklace design before you start. Have fun!!!!!!
Step 2: Cut string long enough to pull necklace off and on your head and tie together (after constructing the necklace)
Step 3: String the smallest beads first followed by a button or tubular beads (if desired)
Step 4: Next, string the Pea size bead followed by a button
Step 5: Next, string the Dime size bead and button
Step 6: Next, string the Nickel size bead and button
Step 7: Next, string the Quarter size bead and button
Step 8: String the 50 Cent size bead and button. This is one side of the necklace.
Step 9: Now, work backwards stringing beads
Step 10: Tie off

Be creative in designing your necklace beads. Use stripes, different colors, and logo colors.
**Sharing the Results:**

Each bead on this necklace represents the size of a lump that might be found during a self-breast exam or mammogram. Since breast lumps represented by the smallest bead can only be detected by routine mammography, the message is clear: get a mammogram regularly.

**Tips:**

- Bring a sample necklace made by a breast cancer survivor or other native women screened through your clinic to share with the group.
- Make your own beads. Craft stores sell ready-made baking clay.

**Found by a Woman Who Rarely Examines Her Breast/By Accident**

- 50 Cents

**Average-size lump found by women doing regular Breast Self Exam (BSE)**

- Quarter

**By a Doctor or Nurse During an Clinical Breast Exam (CBE)**

- Nickel

**Average-size lump found by first mammogram**

- Dime

**Average-size lump found by yearly mammogram when past films can be compared**

- Pea