

Anyone born with ovaries is at risk for ovarian cancer. Sharing ovarian cancer risks, signs, and symptoms helps others identify their risk and take action. Looking to talk with friends and family but don't know where to start? Check out the below tips on how to empower others with education.

- **Prepare ahead of time** - The best way to start a conversation is to come prepared with fact-based information and resources. Think back to when you were first learning about ovarian cancer. What questions did you have that you wanted answered? A great place to start is with our Ovarian Cancer Awareness Kit, which has all the basic information you need to start your conversation.
- **Get curious about what they know** - If you want to have the most impactful conversation you can, ask the person what they already know about ovarian cancer. Getting a baseline will help you prepare what to say to support additional learning. Take the time to ask strategic questions like “What have you heard about ovarian cancer?” and give them time to respond to that question. Listen to what words they use to communicate their answer(s) and use similar words, phrases, and conversation styles to show that you are listening to them.
- **Lead with empathy** - Chatting about chronic health issues can seem scary and overwhelming for some people. Think about the group or person you plan on having a conversation with, identify what inspires them, and present your information in that way. Is your best friend someone who gets inspired by real-life stories? Approach ovarian cancer awareness by sharing a survivor or advocate story. Got an uncle who is all about the facts? Let him know that an increased risk for hereditary cancers like ovarian can be passed down through both sides of the family. Knowing your audience will help you frame the conversation in a way that connects with them best.