

Know Your Body:
Checking my....

breasts

chest

boobs

pecs

baps

knockers

What do you call yours?



Anyone can get breast cancer

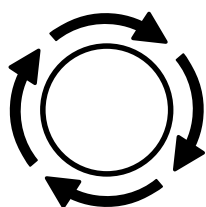


Version 1: Information was correct as of 30 September 2022.

Health information in these materials are provided by **CoppaFeel!** with oversight from their Medical Advisory Group.

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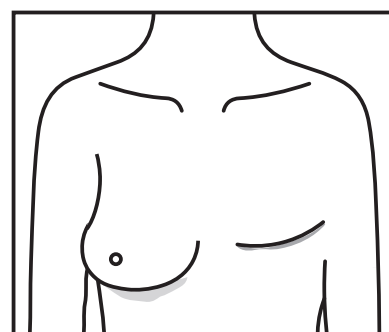
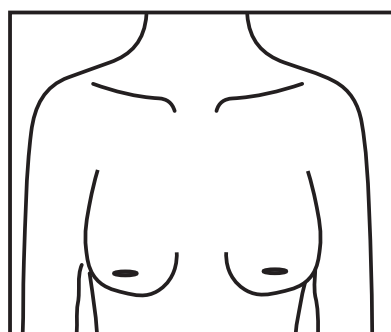
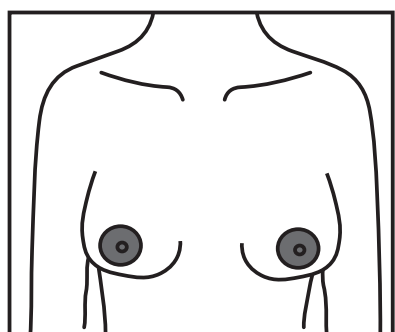
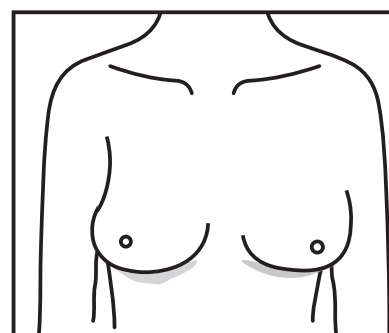
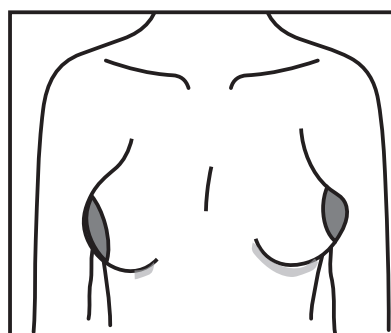
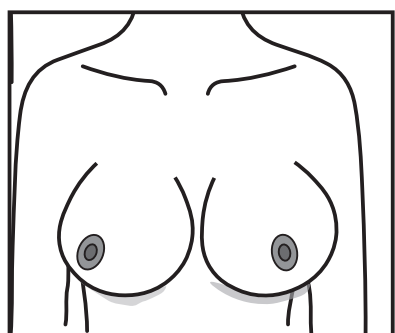
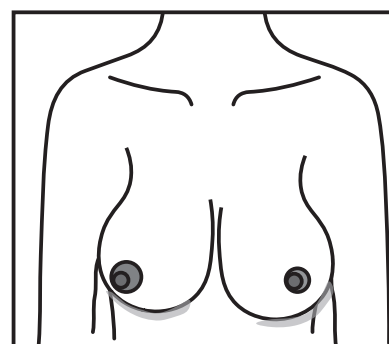
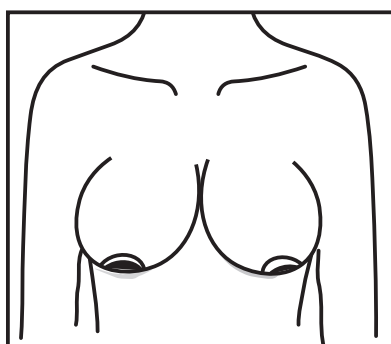
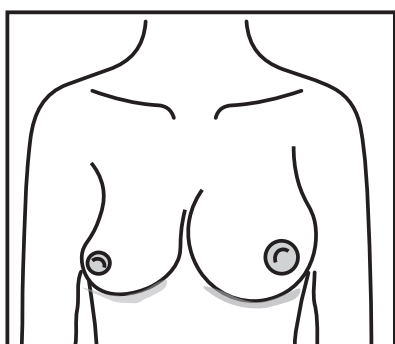
Your name _____

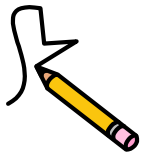


circle

What does your chest look like?

Circle the picture below that looks most like you.





draw

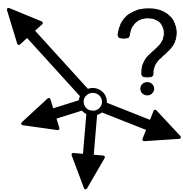


moles

Or you can **draw** your chest in the space below.

Think about what your nipples look like. Remember to add any moles, freckles or marks that you have.

A large, empty rectangular box with a black border, intended for drawing a chest.

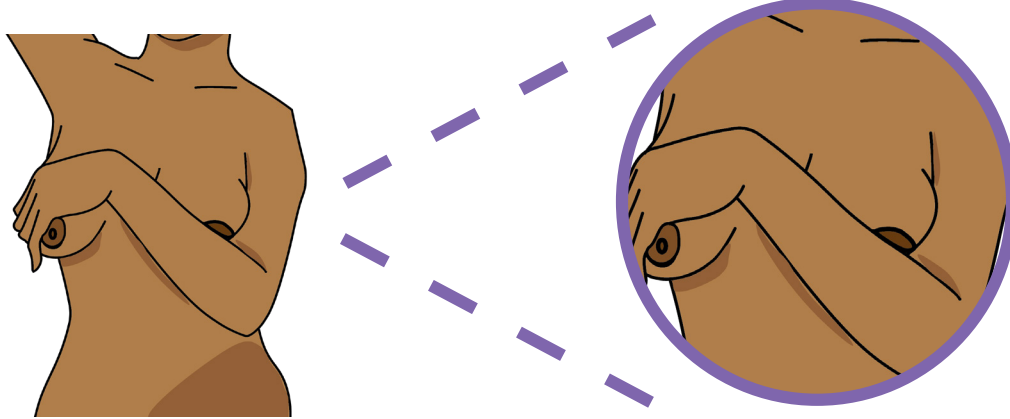


where

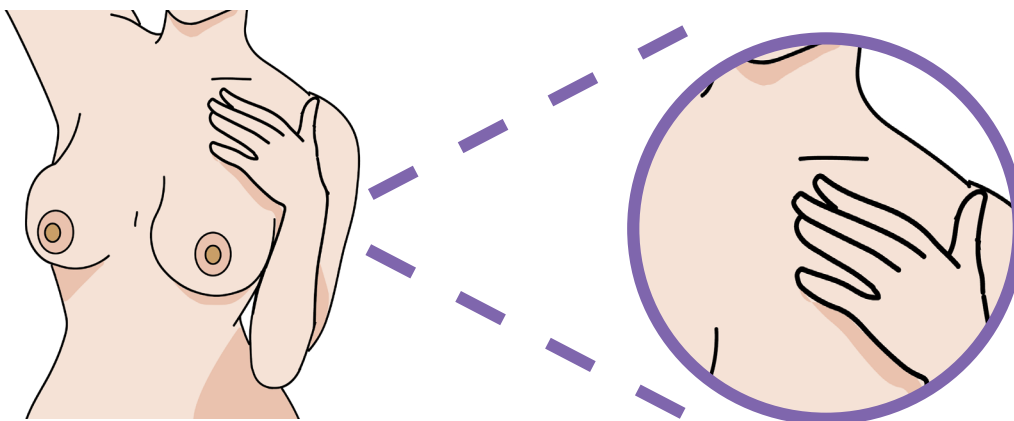
Where should I be checking?

You should feel and look at....

Your breast tissue



The area up to your collarbone



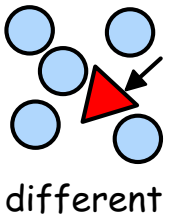
Your armpits



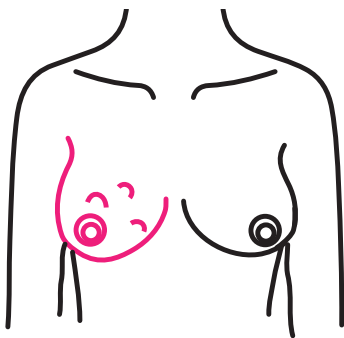


What should I be aware of?

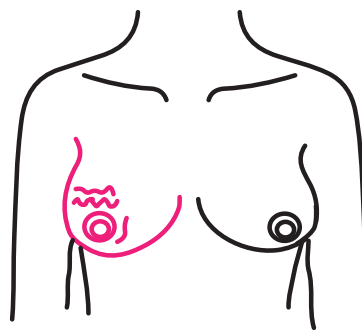
You should feel and look for anything that feels different or not normal for you.



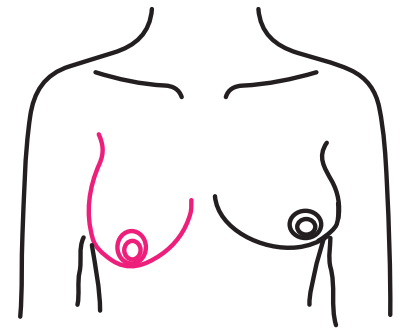
You should contact a doctor if you notice any of the below symptoms.



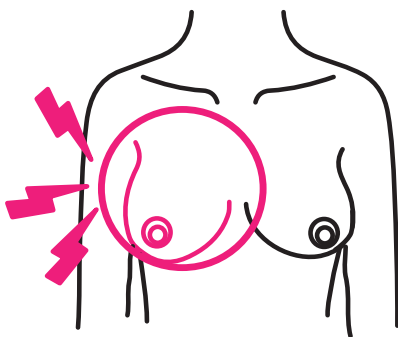
Lumps or your skin feels thicker



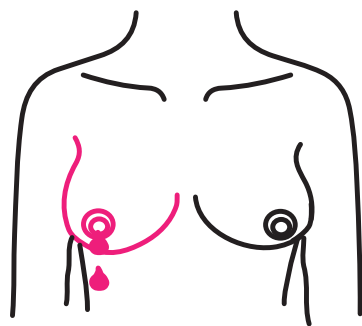
Changes in how your skin feels



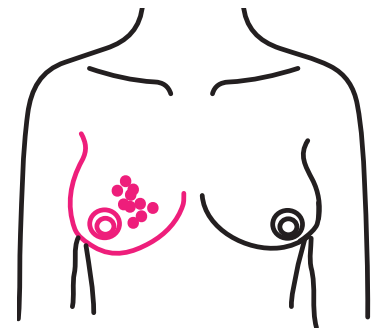
Change in breast shape or size



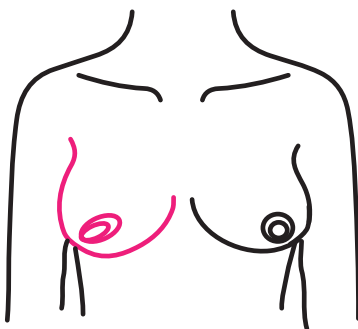
Pain in breast or armpit



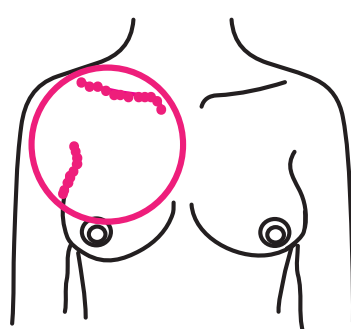
Liquid coming out of nipple



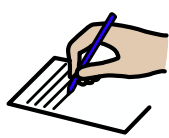
Rash or soreness around nipple



Nipple looks different



Swelling in armpit or around collarbone



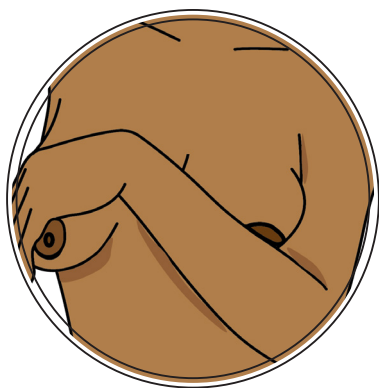
write



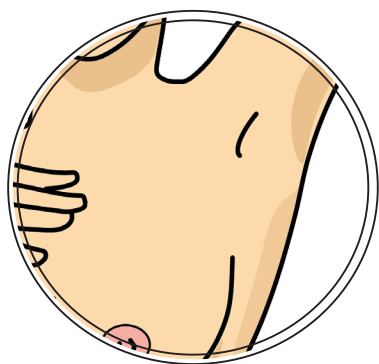
draw

Use the space below to write about or draw how your chest normally feels

My chest looks and feels like....

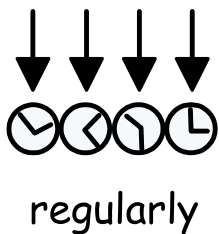


My armpits look and feel like....



The area up to my collarbone looks and feels like...



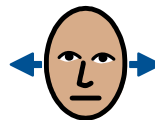


You should be checking your chest area on a regular basis. Write below how often you will check yourself (for example “every month”).

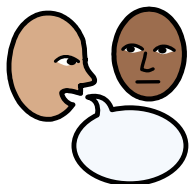
I will check myself every...



Will someone support you to complete your body diary? Please tick one.

☐☐

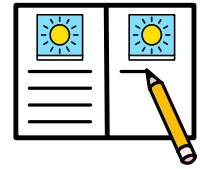
(If yes) Their name is...



Who will you tell if you notice any changes? (support worker, family member, or doctor)

I will tell....

My body diary



Date _____

diary

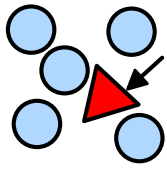
Today I checked my...

Remember to colour or add your sticker!

Today I checked myself

Today my _____ felt and looked like...

(fill in the space with what you call yours)

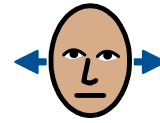


different

I felt like something was different (tick one)



yes

☐

no

☐

what

If yes, what was different. **Write below** or **put a tick** in the boxes that apply.



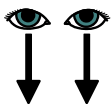
colour

The **colour**

☐

felt

How it **feels**

☐

looked

How it **looks**

☐

It's normal to feel some pain in your breasts around the time of your menstrual period.



doctor

If you have noticed a change, you may need to see a doctor. Did you write down who you would tell if you noticed any changes? You should let them know.