

Know Your Body: ●
Checking my....

breasts

chest

pecs

pecs

boobs

chest

What do you call yours?



Anyone can get breast cancer

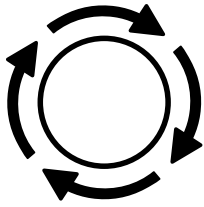


Version 2: Information was correct as of 28 October 2024.

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

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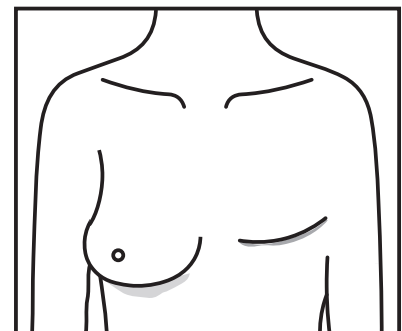
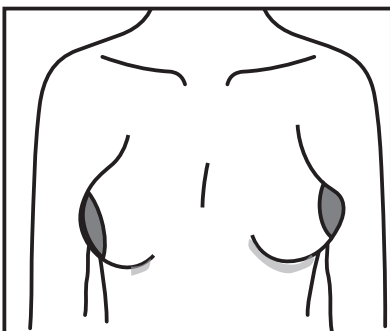
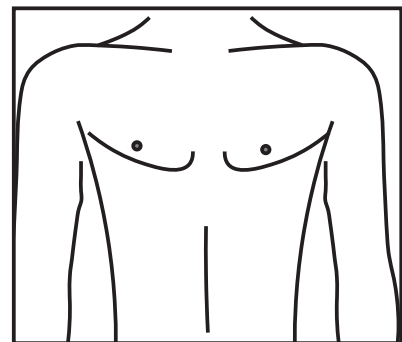
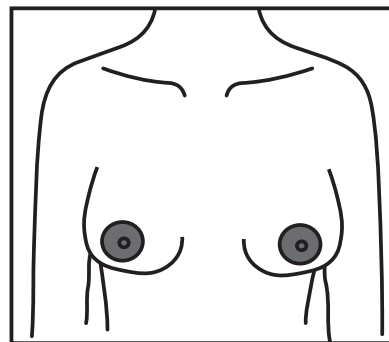
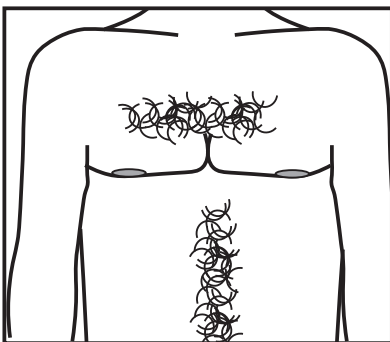
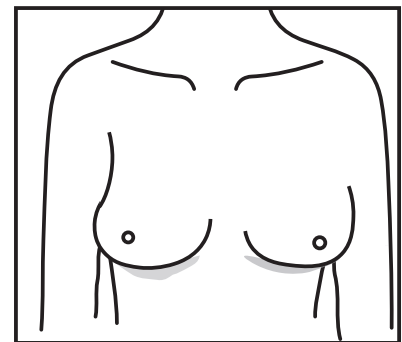
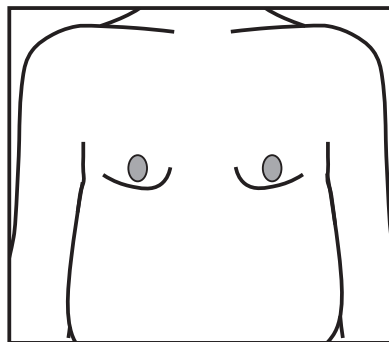
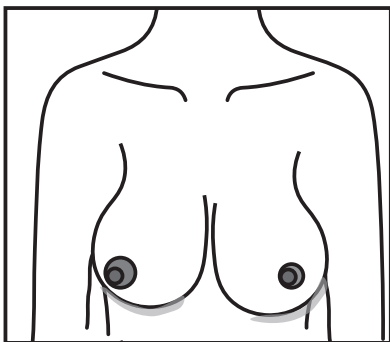
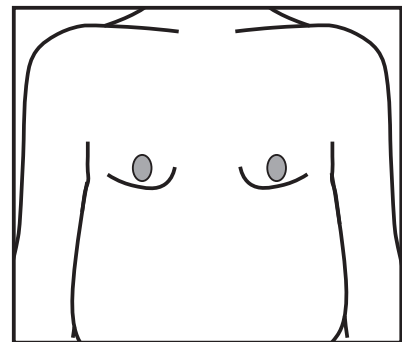
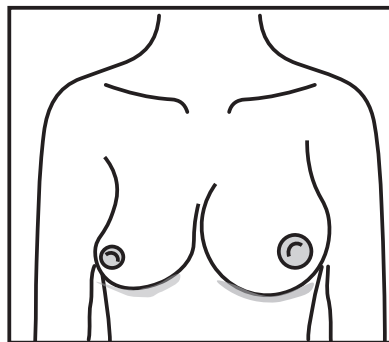
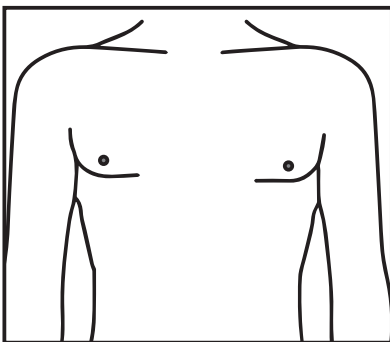
Your name _____

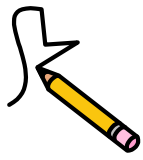


circle

What does your chest look like?

Circle the picture below that looks most like you.





draw

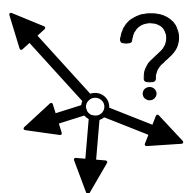


moles

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.



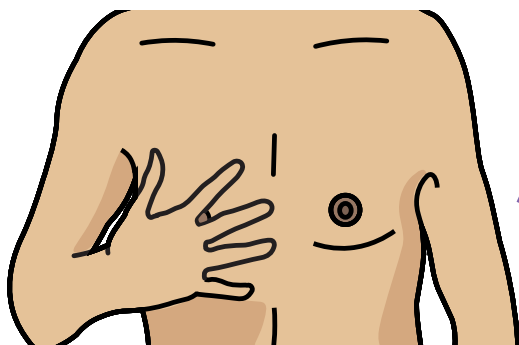
where

How do I check?

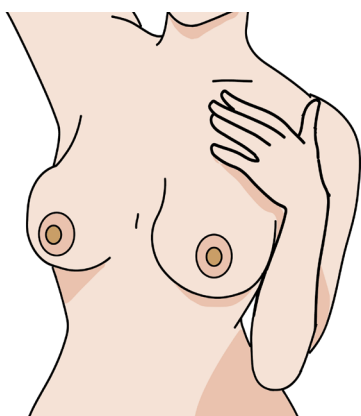
Remember to look **and** feel.

Check your:

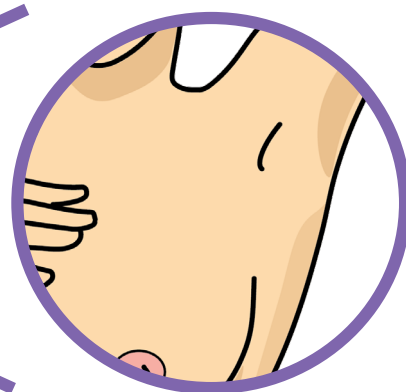
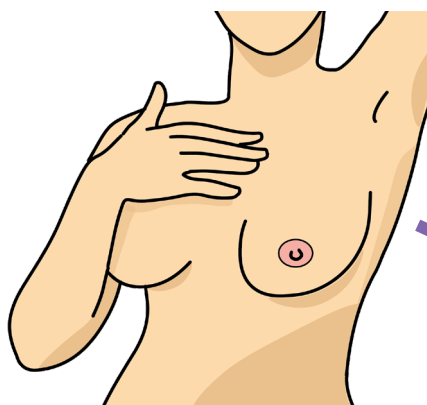
Breast tissue



Area up to your collarbone



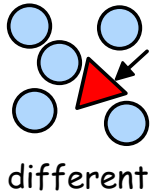
Armpit area





What should I be aware of?

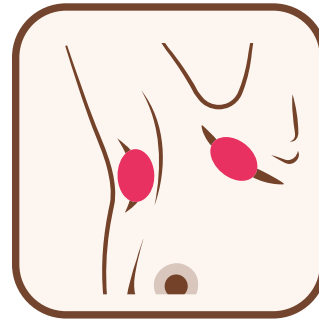
You should look and feel for anything that feels different or not normal for you.



You should contact a doctor if you notice any of these symptoms:



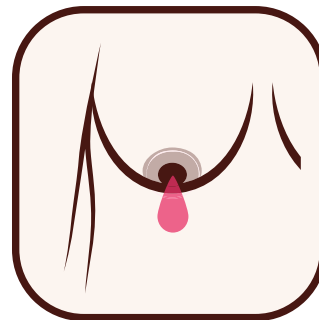
Skin changes such as puckering or dimpling



Unusual lump or swelling in your armpit, or around your collarbone



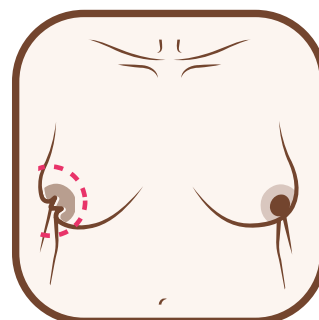
Unusual lumps and thickening



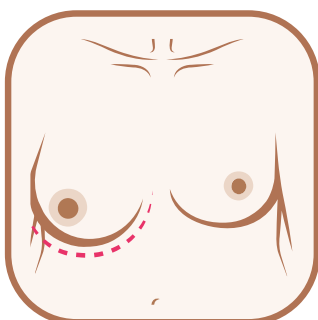
Liquid coming from your nipple



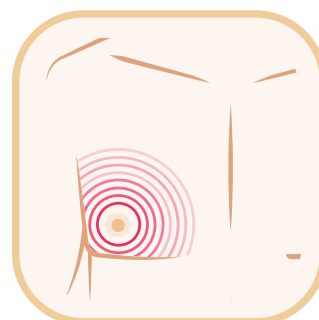
A rash or crusting on or around your nipple



Nipple is pulled inwards or changes direction



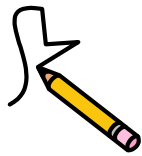
A sudden, unusual change in size or shape



Constant, unusual pain in your breast or pec, or armpit



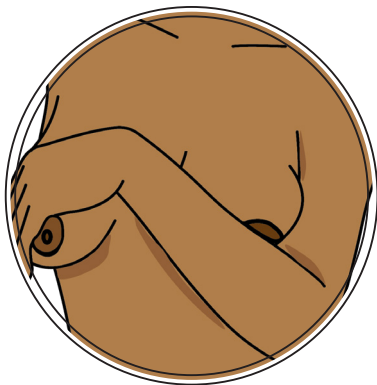
write



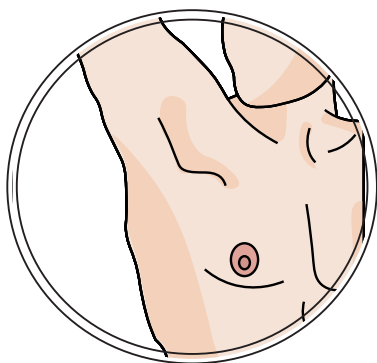
draw

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

My chest looks and feels like....

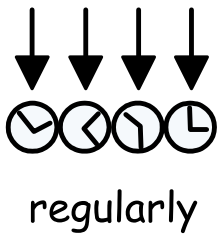


My armpits look and feel like....



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



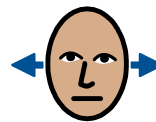


We suggest you check your chest once a month. Write below how often you will check yourself.

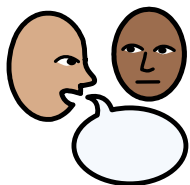
I will check myself every...



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

☐☐

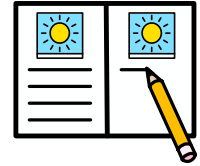
(If yes) Their name is...



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...

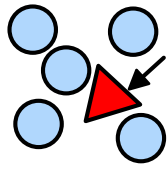
Remember to colour or add your sticker!

Today I
checked
myself

Today my

felt and looked like...

(fill in the space with what you call yours)

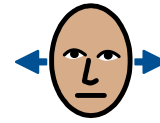


different

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.



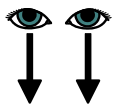
colour

The **colour**

☐

felt

How it **feels**

☐

looked

How it **looks**

☐

If you have periods, it is normal to feel some pain in your chest around the time of your 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.