

Know Your Body: Checking my....

pecs

chest

chest

pecs

chest

pecs

What do you call yours?

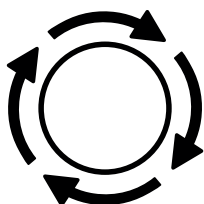


CoppaFeel!
breast cancer awareness

Anyone can get breast cancer



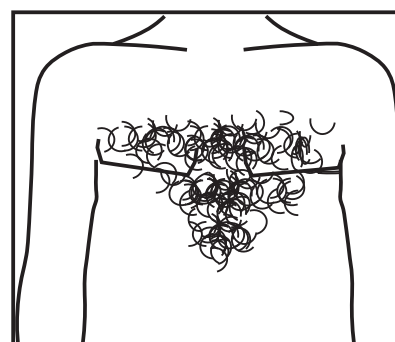
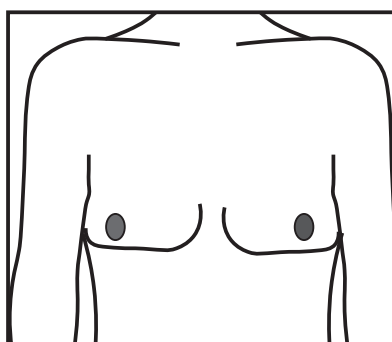
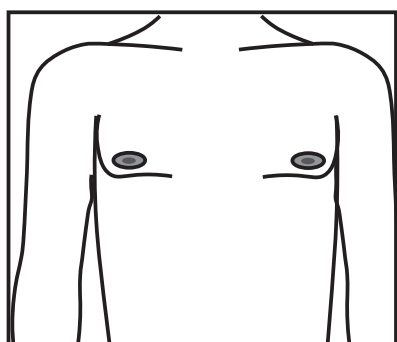
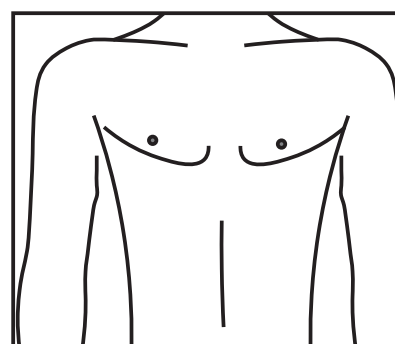
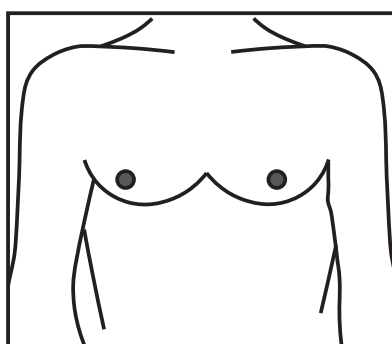
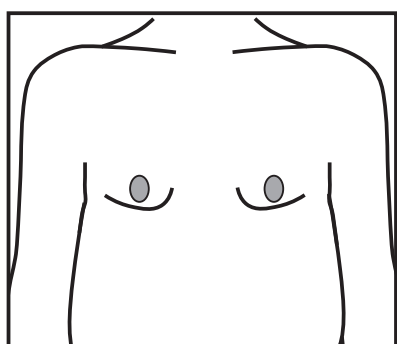
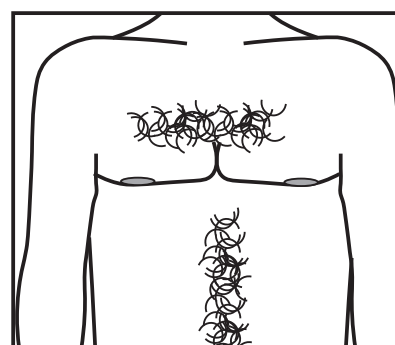
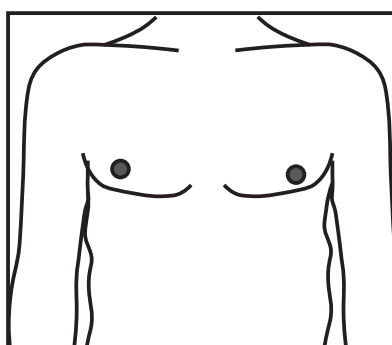
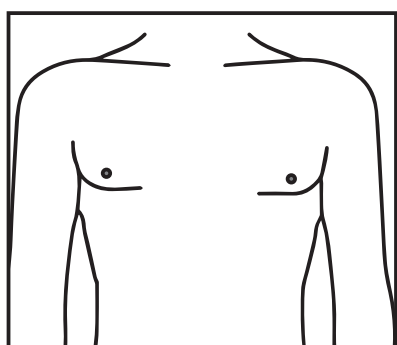
Your name _____

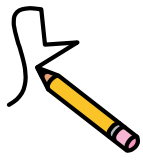


circle

What do your pecs look like?

Circle the picture below that looks most like you.





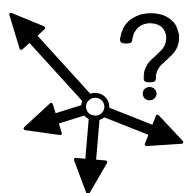
draw



moles

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

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



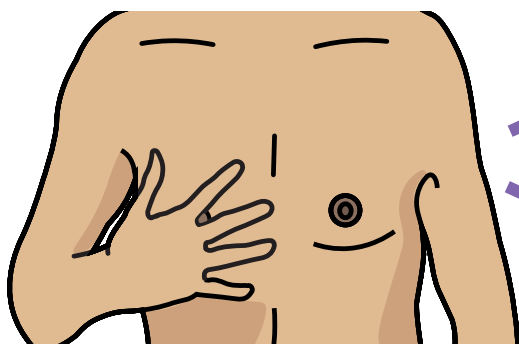
where

How do I check?

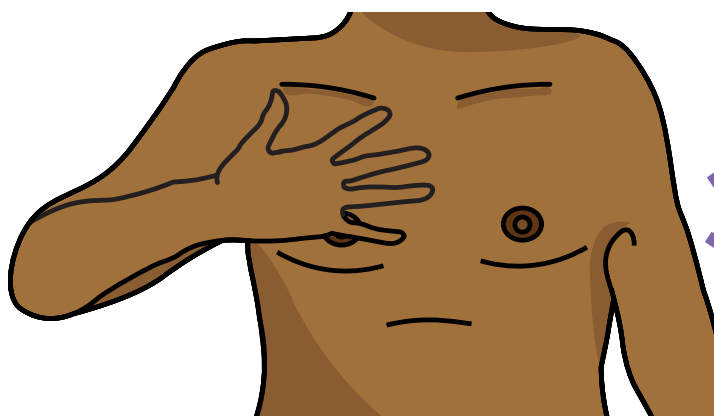
Remember to look **and** feel.

Check your:

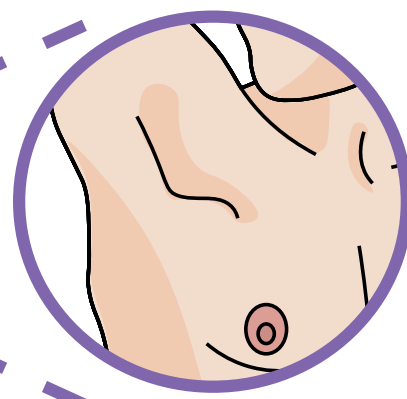
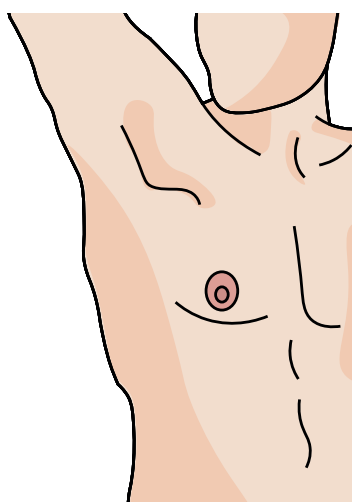
Breast tissue



Area up to your collarbone



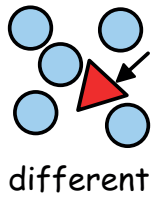
Armpit area



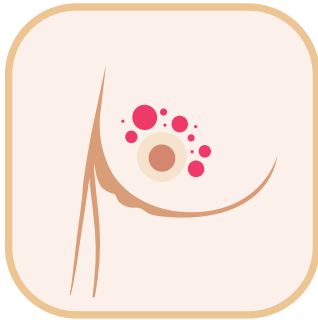


What should I be aware of?

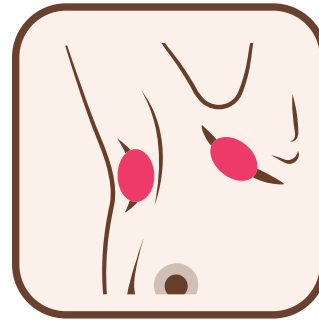
You should look and feel for anything that feels different or not normal for you.



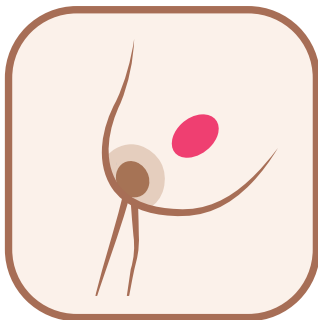
You should contact a doctor if you notice any of these symptoms:



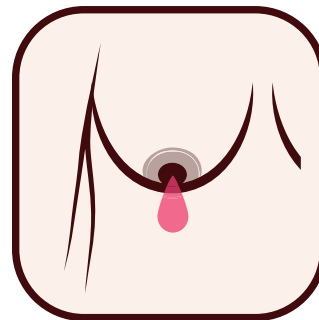
Skin changes such as puckering or dimpling



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



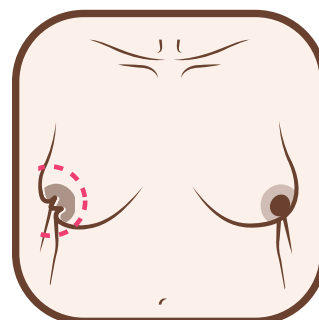
Unusual lumps and thickening



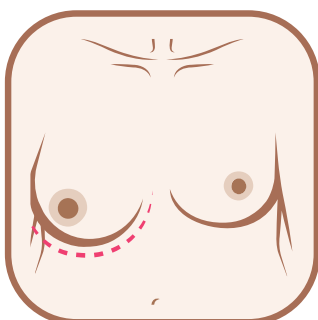
Liquid coming from your nipple



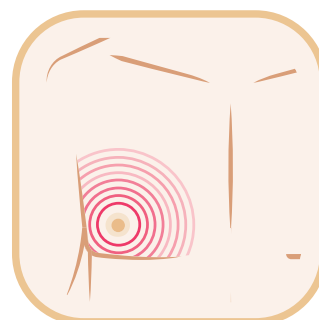
A rash or crusting on or around your nipple



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

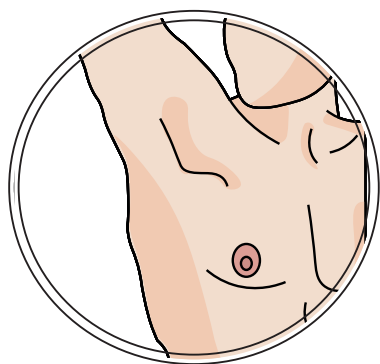


Use the space below to write about or draw how your pecs normally feel

My pecs look and feel like....

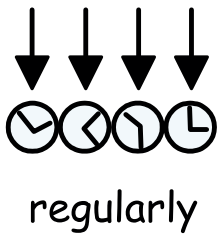


My armpits look and feel like....



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





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

I will check myself every...

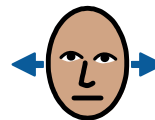


support

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



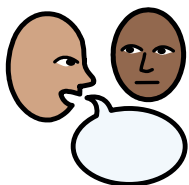
yes

☐

no

☐

(If yes) Their name is...

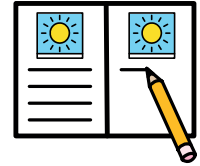


tell

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...

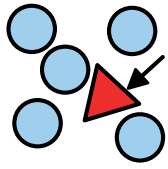
Remember to colour or add your sticker!

Today I checked myself

Today my

felt and looked like...

(fill in the space with what you call yours)

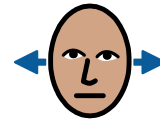


different

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.



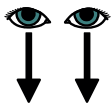
colour

The **colour**

☐

felt

How it **feels**

☐

looked

How it **looks**

☐

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.

Visit **coppafeel.org**
for more information

CoppaFeel!
breast cancer awareness

Ansar Projects is a company limited by guarantee, registered in England, no. 11904307.

CoppaFeel! is a registered charity in England & Wales (1132366) & Scotland (SC045970).

Thera Trust is a Charity registered under number 1090163 and a company limited by guarantee registered in England and Wales under number 3593418.

Version 1, 2025. We updated this information in April 2024. We will look at it again in April 2027.

Widgit Symbols © Widgit Software 2002-2024 www.widgit.com