

**Know Your Body:**  
**Checking my....**

testicles

bits

balls

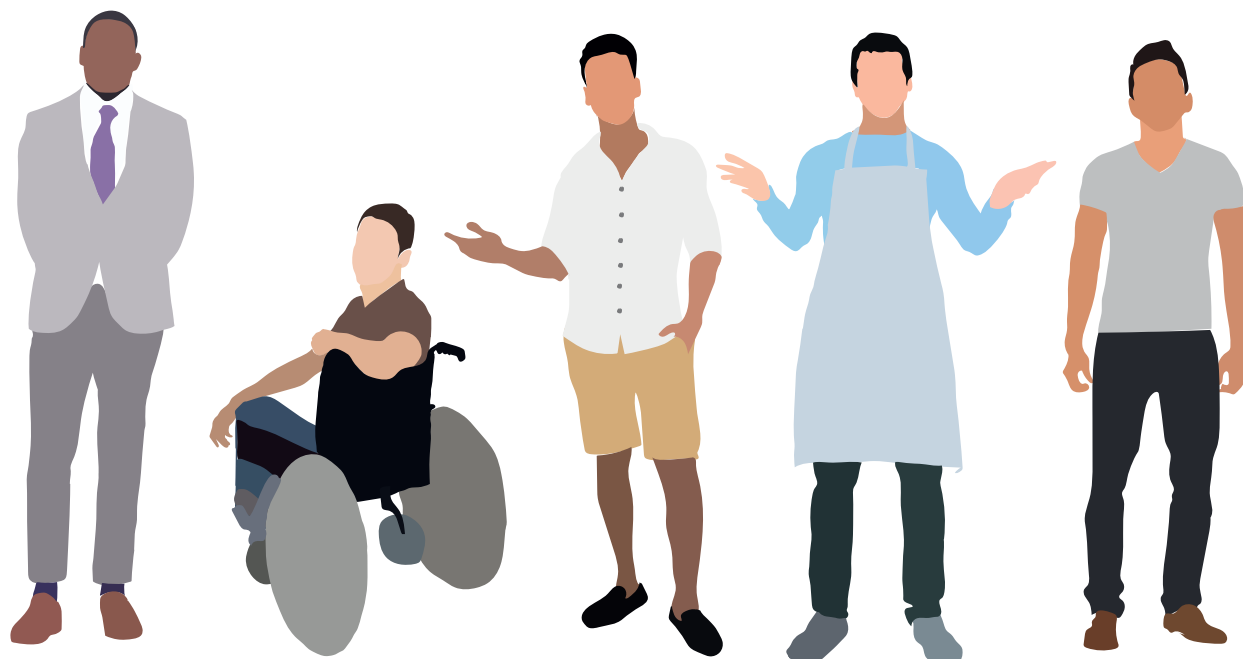
Scrotum

nuts

cobblers

**What do you call yours?**





Version 2: Information was correct as of 2 December 2024

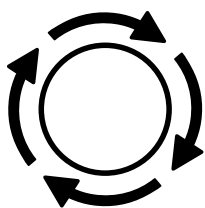
The health information in these materials relating to testicular cancer awareness is provided by **Orchid**.

References available on request.

Widgit Symbols © Widgit Software 2002-2024 [www.widgit.com](http://www.widgit.com)

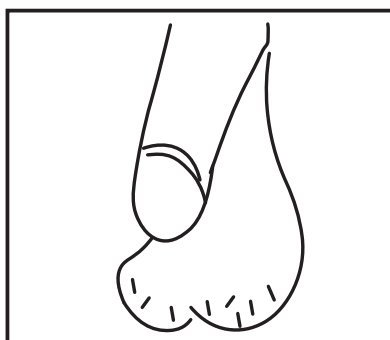
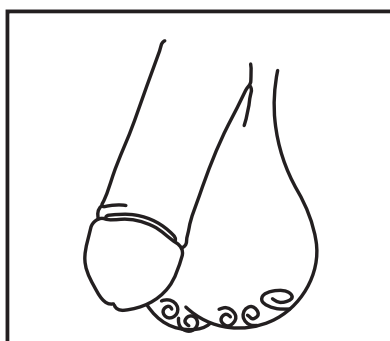
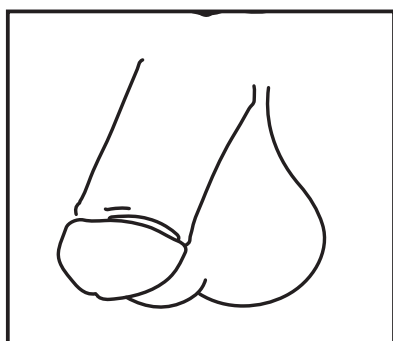
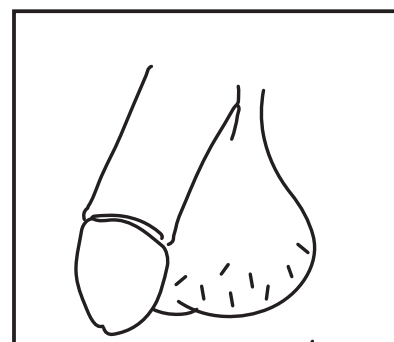
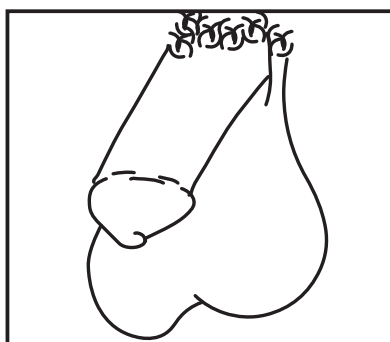
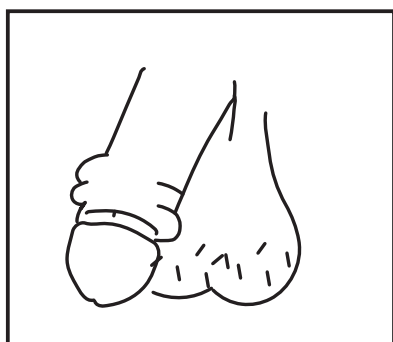


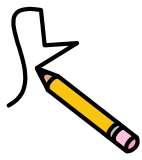
Your name \_\_\_\_\_



circle

What do your testicles look like?  
**Circle** the picture below that looks most like you.





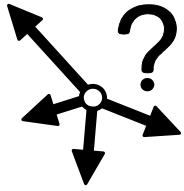
draw

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



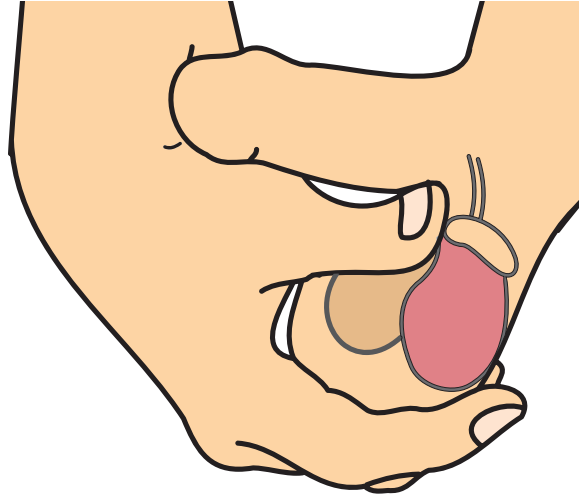
moles

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

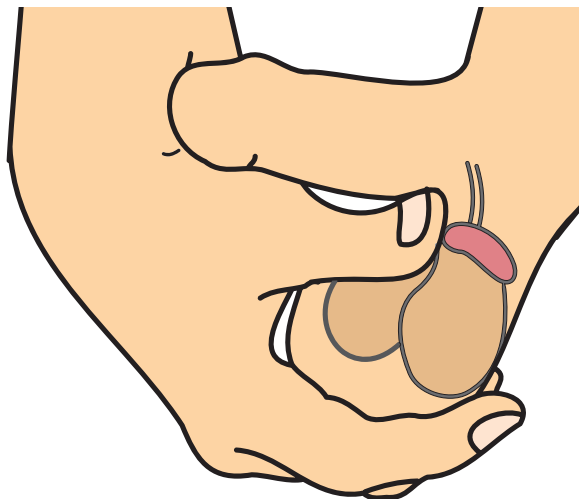


where

## Where should I be checking?



Hold your scrotum in the palm of your hand.  
Gently use your thumb and fingers to feel all  
around your testicles.

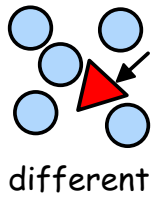


Remember there is a soft tube which runs behind  
each testicle and is normal.

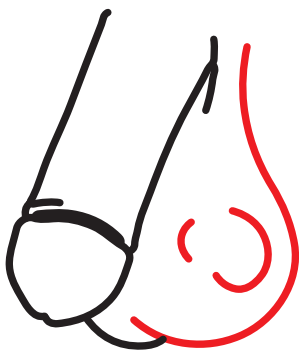


## What should I be aware of?

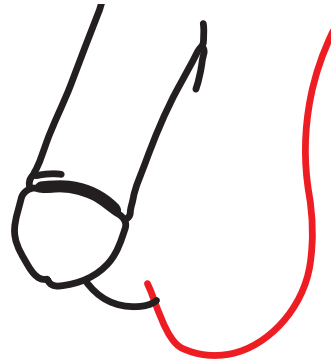
You should look and feel for anything that feels different or not normal for you.



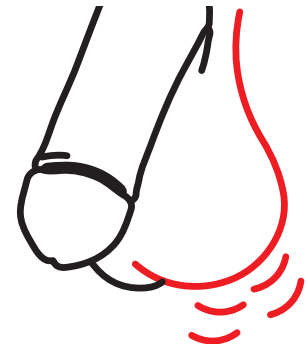
You should contact a doctor if you notice any of these symptoms:



**Swelling or a lump in testicles**



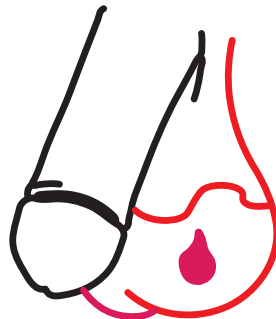
**Any change in shape**



**Your scrotum feels different**



**Your testicles feel firm (less soft)**



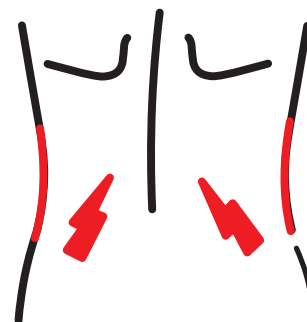
**More fluid in your testicles**



**Pain in your testicles**



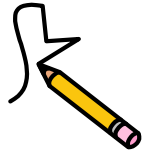
**Pain in lower stomach or groin**



**Lower back pain**



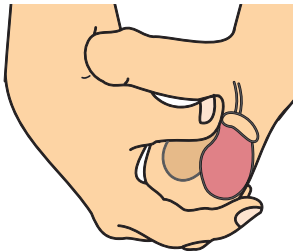
write

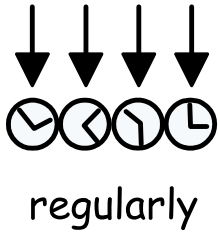


draw

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

My testicles look and feel like....



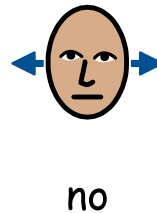


**We suggest you check your testicles once a month. Write below how often you will check yourself.**

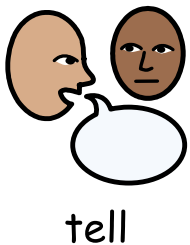
I will check myself every...



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

☐☐

(If yes) Their name is...

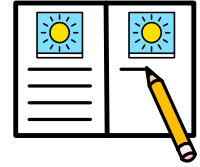


**Who will you tell if you notice any changes? (support worker, family member or doctor)**

I will tell....



# My body diary



Date \_\_\_\_\_

diary

Today I checked my...

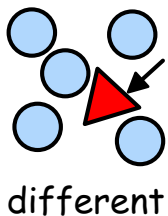
Remember to colour or add your sticker!

Today I  
checked  
myself

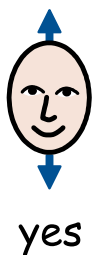
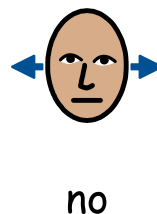
Today my

felt like...

(fill in the space with what you call yours)



I felt like something was different (tick one)

☐☐

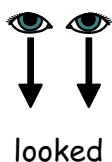
If yes, what was different. **Write below** or **put a tick** in the boxes that apply.



The **colour**

☐

How it **feels**

☐

How it **looks**

☐

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.