

Know Your Body:  
Checking my....

breasts

chest

boobs

boobs

breasts

chest

What do you call yours?



# Anyone can get breast cancer

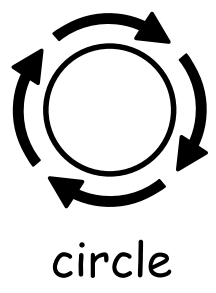


Version 2: Information was correct as of 28 October 2024.

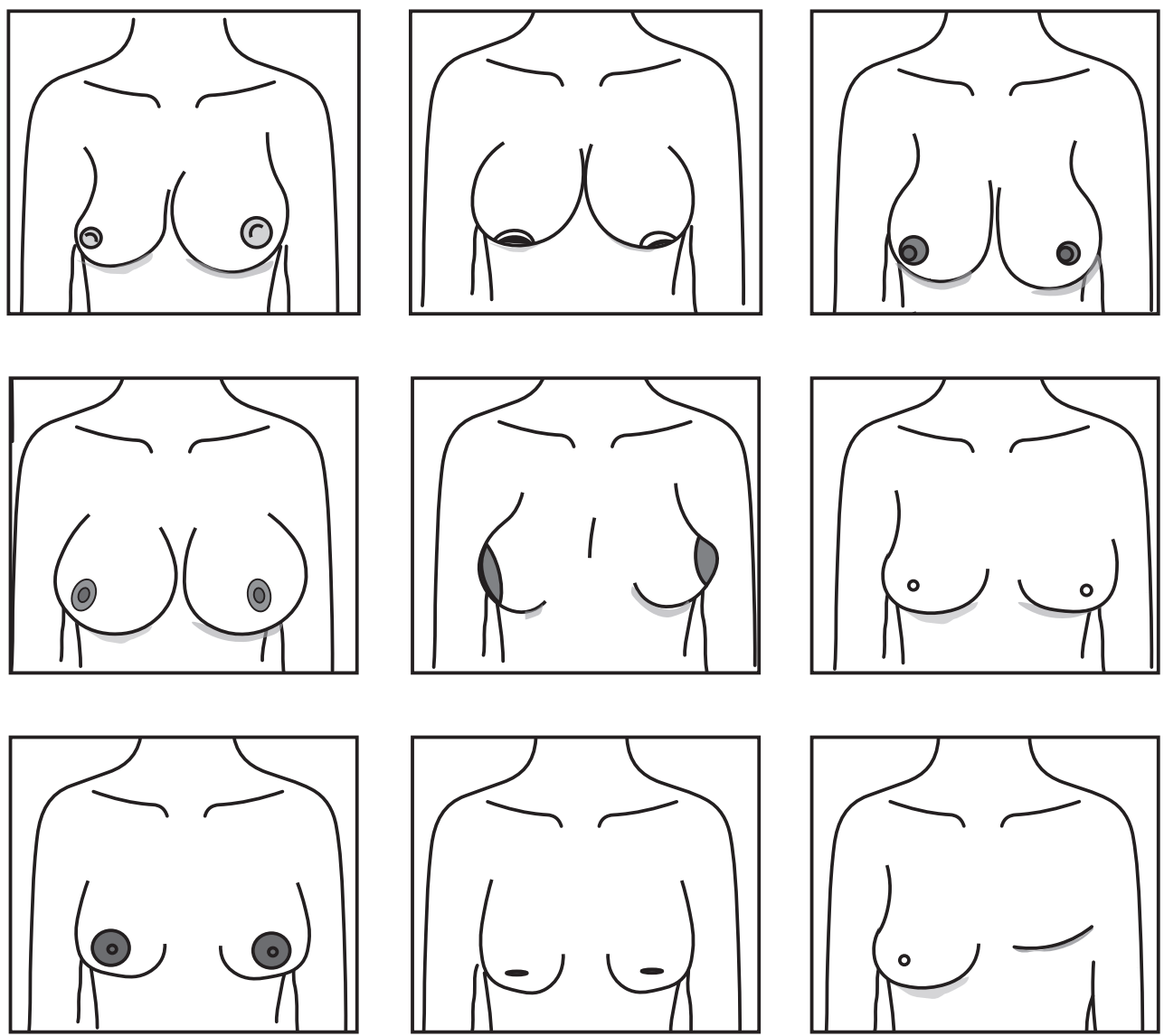
Health information in these materials are provided by **CoppaFeel!** with oversight from their Medical Advisory Group.

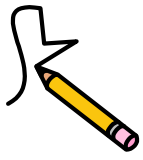
Widgit Symbols © Widgit Software 2002-2024 [www.widgit.com](http://www.widgit.com)

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



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





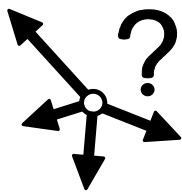
draw



moles

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

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



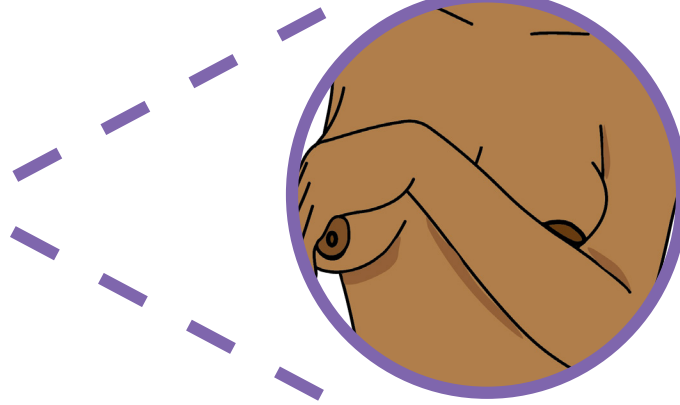
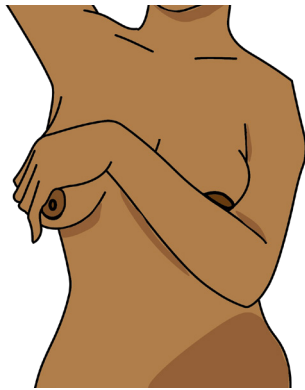
# How do I check?

Remember to look **and** feel.

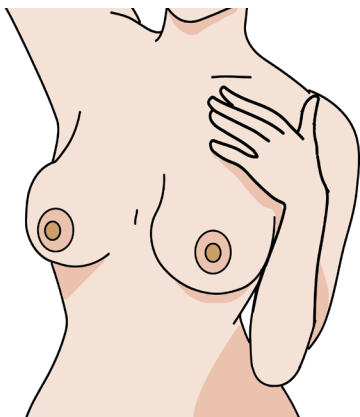
where

**Check your:**

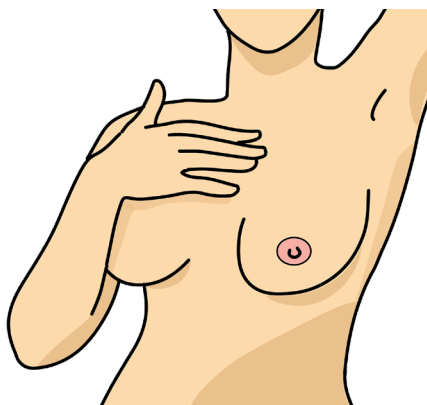
## Breast tissue



## Area up to your collarbone



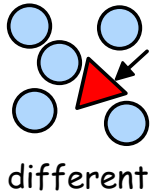
## Armpit area



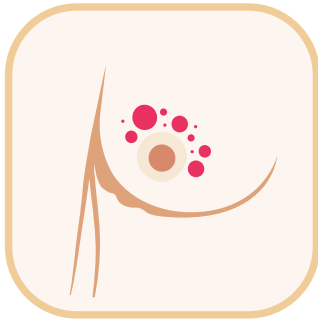


# What should I be aware of?

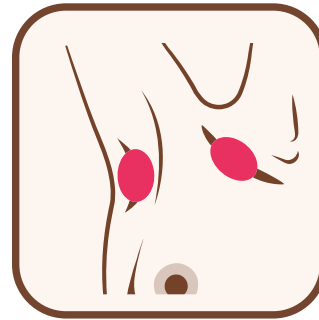
You should look and feel for anything that feels different or not normal for you.



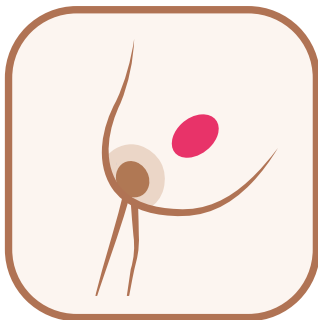
You should contact a doctor if you notice any of these symptoms:



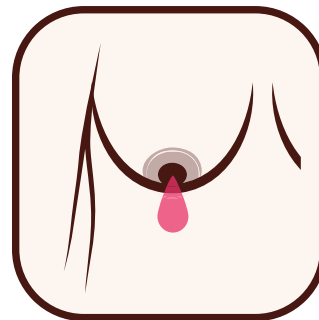
**Skin changes such as puckering or dimpling**



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



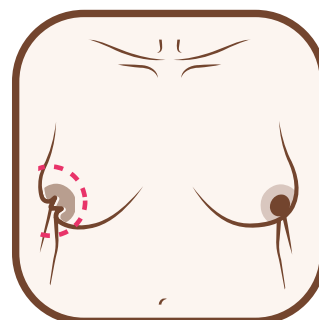
**Unusual lumps and thickening**



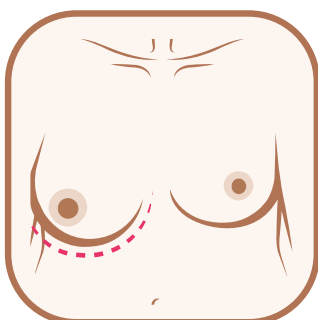
**Liquid coming from your nipple**



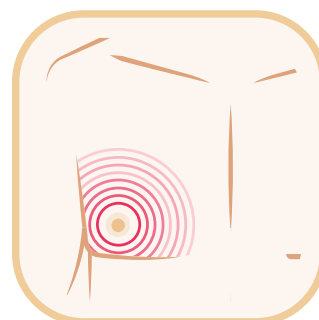
**A rash or crusting on or around your nipple**



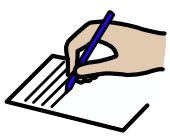
**Nipple is pulled inwards or changes direction**



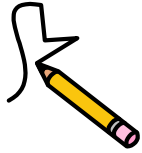
**A sudden, unusual change in size or shape**



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



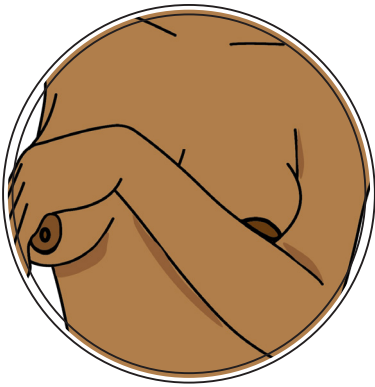
write



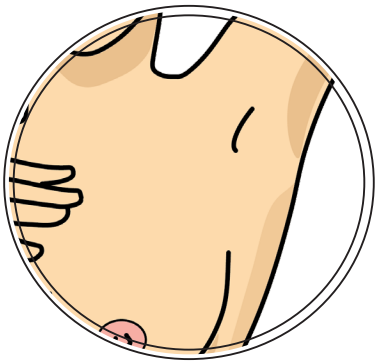
draw

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

My breasts look and feels like....

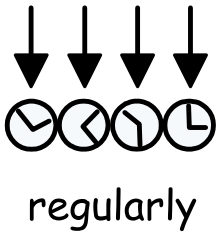


My armpits look and feel like....



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





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

I will check myself every...

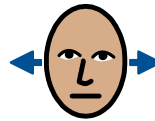


support

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

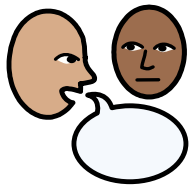


yes



no

(If yes) Their name is...



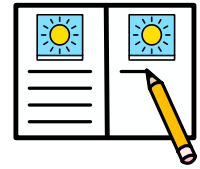
tell

**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!

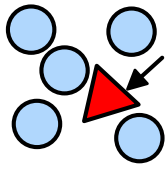
A circular sticker with a dashed border containing the text "Today I checked myself".

Today my

felt and looked like...

(fill in the space with what you call yours)

Large empty rectangular box for writing.

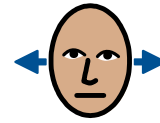


different

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.



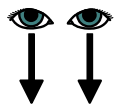
colour

The **colour**



felt

How it **feels**



looked

How it **looks**



**If you have periods, it is normal to feel some pain in your breasts 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.