

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

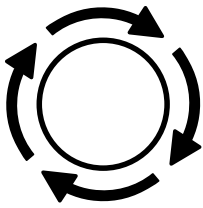
The health information in these materials relating to testicular cancer awareness is provided by **Orchid**.

References available on request.

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

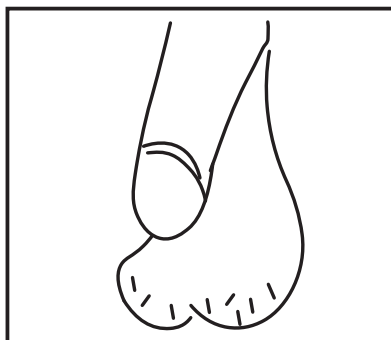
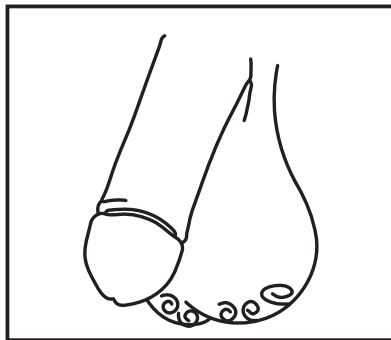
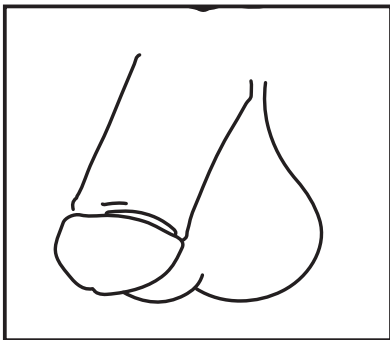
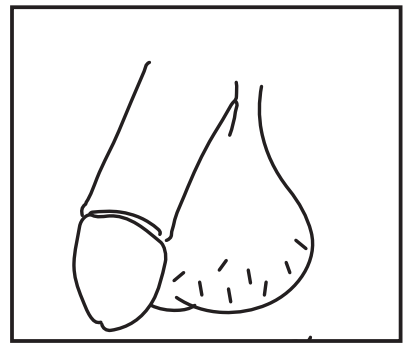
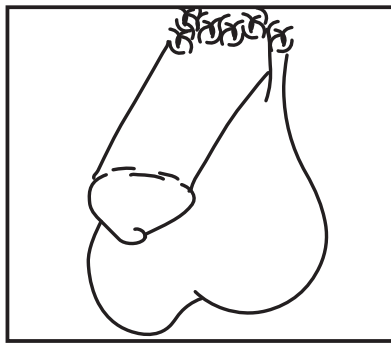
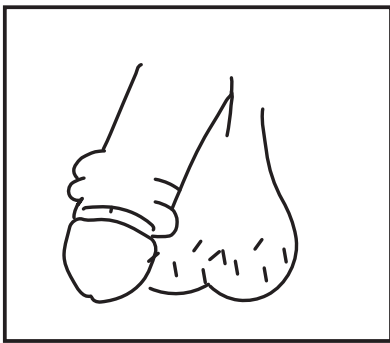


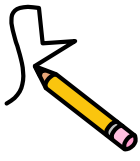
Your name \_\_\_\_\_



circle

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





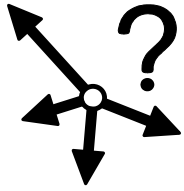
draw

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



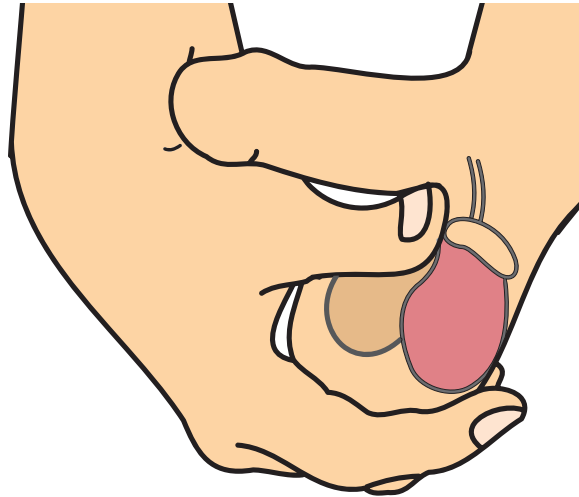
moles

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

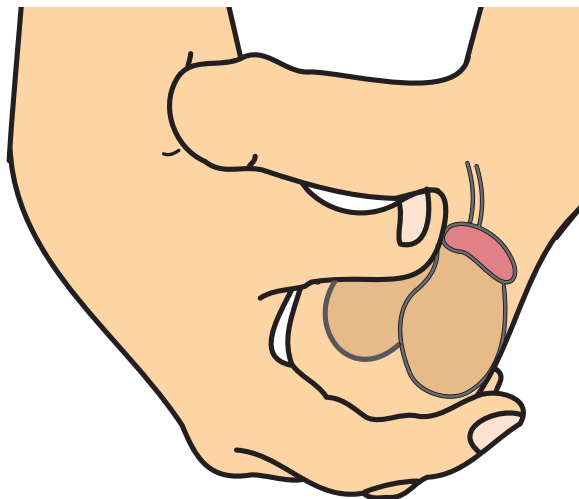


where

## 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.



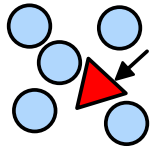
Remember there is a soft tube which runs behind each testicle and is normal.



what

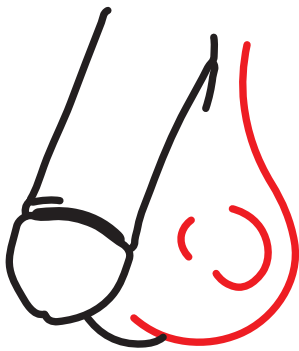
# What should I be aware of?

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

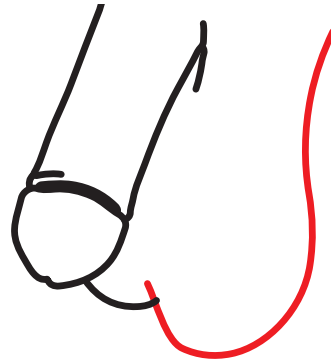


different

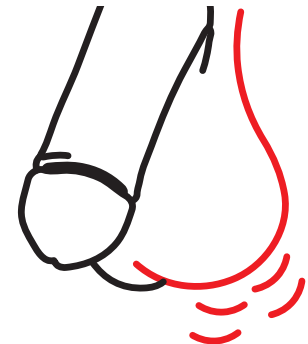
You should contact a doctor if you notice any of these symptoms:



**Swelling or a lump in testicles**



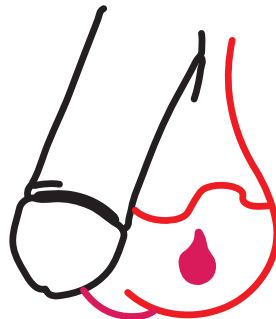
**Any change in shape**



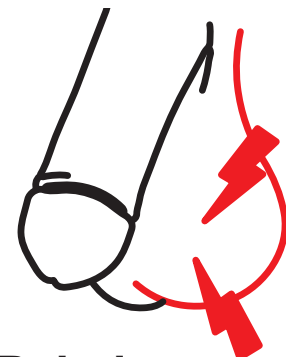
**Your scrotum feels different**



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



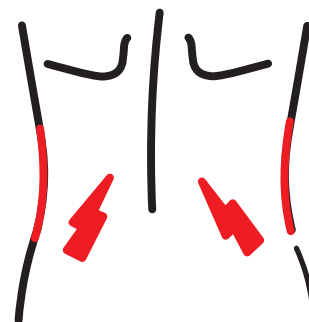
**More fluid in your testicles**



**Pain in your testicles**



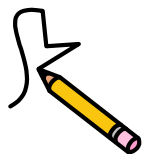
**Pain in lower stomach or groin**



**Lower back pain**



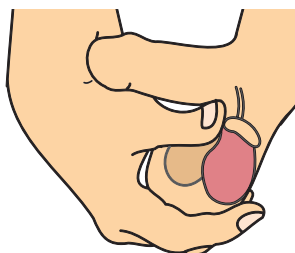
write

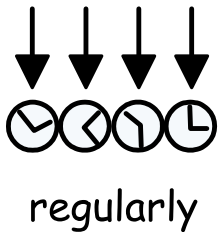


draw

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...

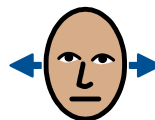


support

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

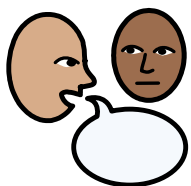


yes



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!

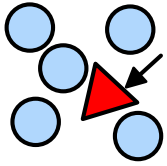
A circular sticker with a dashed border containing the text "Today I checked myself".

Today my

felt like...

(fill in the space with what you call yours)

Large empty rectangular box for writing.

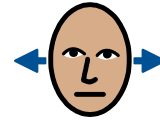


different

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.



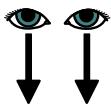
colour

The **colour**



felt

How it **feels**



looked

How it **looks**



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.