



TREASURE YOUR CHEST

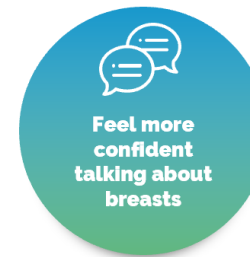
empowering girls to know and love their breasts

Learning Outcomes

ALL will:



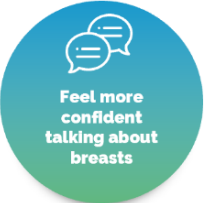
MOST will:





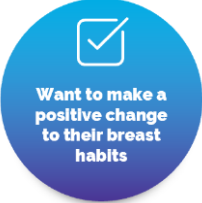
SOME will:



Lesson Plan

Areas of Learning	Practitioner tasks	Resources
<p>Introduction, icebreaker and learning outcomes</p> <p>MOST will:</p> 	<p>Slide 2: Breasts.</p> <ul style="list-style-type: none"> • Today we are going to talk about breasts and breasts health • This workshop has been put together by the world leaders in breasts and bras, so they know what they are talking about. • This workshop is based on information provided by girls of your age who told us what they wanted to know about breasts. • The aim of this workshop is to help you understand more about breasts, to show you how important it is to know about breasts, to reduce your concerns about breasts and overcome the breast as a barrier to exercise. • As you can see breasts come in all kinds of shapes and sizes. • There is no such thing as a normal breast. <p>Slide 3: Learning outcomes.</p> <p>Introduce learning outcomes for the lesson.</p> <ul style="list-style-type: none"> • <u>Press enter:</u> To increase breast knowledge • <u>Press enter:</u> To feel more confident talking about breasts • <u>Press enter:</u> To want to make a positive change to breast habits <p>QUESTION:</p> <p>How much do you think you know about breasts? [thumbs down for poor knowledge, thumbs level for average knowledge, thumbs up for good knowledge]</p> <p>Slide 4: Names for breasts.</p> <ul style="list-style-type: none"> • Let's get the embarrassment out of the way. <p>TASK - In groups of 4 ask students to list the different names that are used for breasts. The diagram on slide 4 will help you if pupils are not able to generate responses. If pupils are embarrassed, you can lead with suggestions from slide 4.</p>	<p>Slides 2 - 4</p> <p>Post it notes</p>

<p>Breast anatomy</p> <p>ALL will:</p> 	<p>Slides 5-6: What is a breast made of?</p> <ul style="list-style-type: none"> Here is the side view of the inside of a breast. <p>QUESTION: Do you think there are muscles in the breast? ANSWER (press enter): There are no muscles in the breast.</p> <ul style="list-style-type: none"> The muscles in the chest sit underneath the breast, but are not part of the breast. This picture shows the chest wall (not the breast) - everyone has this part, boys as well as girls. <u>Press enter</u>- The female breast is mostly made up of fat (the yellow part). <u>Press enter</u>- The glandular tissue is where milk is produced and stored (see the milk reservoirs on the diagram). <u>Press enter</u>- There are only two things that hold the breast in place: <ul style="list-style-type: none"> The skin and the ligaments - they are not strong enough to keep the breast in position, so when you move your breasts move. This is often known as breast bounce. 	<p>Slides 5 - 6</p>
<p>Breasts shapes and sizes, and breast bounce</p> <p>ALL will:</p> 	<p>Slide 7: Breasts might be...</p> <ul style="list-style-type: none"> Breasts come in all different shapes and sizes (which you can see in the images). No-one will have breasts quite like yours! Breasts develop at different rates to, so do not worry if you have smaller or bigger breasts than your friends. Breasts might change size and shape during your menstrual cycle and may become bigger and lumpier during pregnancy. This is not anything to worry about. <u>Press enter: MYTH</u> - The left and right breasts are always the same size <ul style="list-style-type: none"> 97% of women have one breast bigger than the other. This difference is usually less than one cup size, but for some the difference in the size of their left and right breast can be much bigger. <u>Press enter: MYTH</u> - You can do exercises to make your breasts bigger. <ul style="list-style-type: none"> Breast size is determined by genes, hormones, body frame and weight. <p>Slide 8: Nipples might be...</p> <ul style="list-style-type: none"> Nipples also come in different shapes, sizes and colours (which you can see in the images). <u>Press enter: MYTH</u> - All nipples should point outwards. <ul style="list-style-type: none"> Some might point outwards, be flat, or point inwards. <p>Slide 9: Breasts can bounce.</p> <p>SHOW VIDEOS</p> <p>Video 1 - <u>Press enter</u> to start video: Video showing breast movement during running in an everyday bra.</p> <p>Video 2 - <u>Press enter</u> to start video: Video showing breast movement during running in a sports bra.</p> <p>QUESTION - IN PAIRS: How much do you think breasts bounce? ANSWER: 15 cm</p> <ul style="list-style-type: none"> Because there are no muscles to hold the breast in place, when you move, they move! So, it is really important to wear a good bra! 	<p>Slides 7 - 11</p> <p>Video required (no audio)</p>

	<p>Slide 10: The problem with breast bounce.</p> <ul style="list-style-type: none"> • Because only the skin and the ligaments support the breast and hold it in place, breast bounce may lead to embarrassment, breast pain and breast sag. • <u>Press enter:</u> MYTH - Only girls with large breasts get breast pain <ul style="list-style-type: none"> ◦ Girls with small breasts and girls with large breasts can get breast pain. <p>Slide 11: How to prevent breast bounce.</p> <ul style="list-style-type: none"> • There is a simple way to reduce breast bounce - wearing a good, well-fitting bra. 	
<p>Bras and bra fit</p> <p>SOME will:</p>  <p>Want to make a positive change to their breast habits</p>	<p>Slide 12: What is a good bra?</p> <ul style="list-style-type: none"> • There are different bras for different occasions. • There is no such thing as the ultimate bra. • Breasts come in all shapes and sizes and so do bras, so what works for you might not work for your friend. • Whatever bra you choose a key aspect is that the bra fits you well. <p>Slide 13: A good bra should fit correctly.</p> <ul style="list-style-type: none"> • There are some key points to watch out for to make sure your bra fits well. <p><u>QUESTION - Do you have any concerns about correctly fitting your bra?</u></p> <p><u>SHOW VIDEO</u></p> <ul style="list-style-type: none"> • Discuss/recap on the five steps to perfect bra fit. <p>Slide 14: Sports bras.</p> <ul style="list-style-type: none"> • There are three basic designs of sports bras that we are going to discuss: compression, encapsulation and combination. • <u>Press enter:</u> The compression sports bra works by flattening/squashing the breasts against the body. This means the breasts move as one unit. • <u>Press enter:</u> The encapsulation bra works by supporting each breast separately, separate cups mean the left and right breasts can move separately, like an everyday bra. • <u>Press enter:</u> Combination bras do both things: compressing the breasts against the body and supporting each breast separately. • It is up to you what you feel most comfortable and supported in. • <u>Press enter:</u> MYTH - Sports bras are only for elite athletes <ul style="list-style-type: none"> ◦ Whether you are an elite athlete or exercising/doing sport for fun, wearing a well fitted sports bra is important. • <u>Press enter:</u> MYTH - Only girls with large breasts need to wear sports bras. <ul style="list-style-type: none"> ◦ Whatever size breasts you have wearing a well fitted sports bra is important. <p>Slide 15: Changing your bra.</p> <p>If you need to change your bra size it is important to understand how bra sizes work.</p> <ul style="list-style-type: none"> • <u>Press enter:</u> MYTH - Your bra size never changes. <ul style="list-style-type: none"> ◦ Your bra size can change regularly as you grow, and as you go through different life stages (puberty, pregnancy, menopause) 	<p>Slides 12 - 16</p> <p>Video and audio required</p>

- Press enter: **MYTH** - Wearing a bra that is too small will stop your breasts growing
 - Wearing a bra will not stop your breasts growing.
- Press enter: **MYTH** - You have to take your bra off in front of someone to have a bra fit.
 - Bra fits can take place without having to take your bra off. You can also check the fit yourself by following our 5 key steps.

Slide 16: How bra sizes work.

- Cup size does not equal breast size.

QUESTION - which of these is a C cup?

ANSWER: they are all C cup size!

- Press enter: This is because a 32D has the same bra cup size as a 34C.
- Press enter: and the same underband as 32C.
- As the cup goes up in size, the band goes down in size.
- Press enter: It is important to try on a bra before buying it.

SHOW/REPEAT ANIMATION

Breast awareness

SOME will:



Slide 17: Breast awareness - being breast aware.

- As well as a good bra, another important aspect of breast health is breast awareness.
- All women can get breast cancer, but being breast aware can help to detect cancer early, which can increase the chance of survival. Being breast aware is about:
 - Press enter - Knowing how your breasts normally look and feel.
 - Press enter - Regularly looking and feeling for any changes.
 - Press enter - Telling someone if you notice anything different (e.g. a parent/school nurse/doctor).

Slide 18: Breast awareness - regularly check.

- Press enter: Whether your breasts are small or large, it is important to regularly check
 - The breasts, under the breasts, under the armpits and up to the collarbones.
- Some examples of when you could check your breasts are when you are in bed, in the shower, or when getting changed in front of the mirror. There is no right or wrong way to check your breasts. Do what is comfortable for you and suits you best.
- At a young age while breasts are developing, it is likely that breasts will change from time to time - this is perfectly normal.
- Press enter: **MYTH** - Only women get breast cancer.
 - Some men also get breast cancer, although this is a very small amount
- Press enter: **MYTH** - Breast lumps always mean cancer.
 - Not all lumps mean cancer! Lumps often appear when breasts are developing and often disappear on their own.

Slide 19 and 20: Changes to look and feel for.

QUESTION: What signs and symptoms of breast cancer do you know?

- There are some key changes that females need to look/feel for.
- Press enter: A new lump that feels different from normal - IMPORTANT NOTE: As above, breast lumps do not always mean breast cancer. Lumps often appear when breasts are developing and often disappear on their own.
- Press enter: A rash on the skin or around the nipple - this might sometimes look a bit like eczema.

Slides
17 - 22

	<ul style="list-style-type: none"> • <u>Press enter:</u> Discharge (liquid) from one or both of your nipples - you might sometimes see a crusting on the nipple or a staining on the inside of your bra. • <u>Press enter:</u> Skin texture changing - puckering or dimpling, a bit like orange peel. • <u>Press enter:</u> A swelling in your armpit or around your collarbone. • <u>Press enter:</u> A sudden change in size or shape. • <u>Press enter:</u> Constant unusual pain in your breast or your armpit - females often get pain in their breasts during their menstrual cycle but if there is a constant pain that you have not had before it might be worth getting this checked out. • <u>Press enter:</u> Your nipple suddenly becoming inverted (pulled in) or changing direction - if you have always had an inverted nipple this is normal for you, but if this changes suddenly then this would be worth getting checked out. <p>Slide 21: Things that won't give you breast cancer.</p> <ul style="list-style-type: none"> • <u>Press enter:</u> <ul style="list-style-type: none"> ○ Injuring the breast, breast implants, wearing an underwired bra, using deodorant. • There is no evidence that any of these things give you breast cancer. <p>Slide 22: What you can do to prevent breast cancer.</p> <ul style="list-style-type: none"> • There are some things that you can do to prevent breast cancer: <ul style="list-style-type: none"> ○ <u>Press enter:</u> Maintain a healthy weight. ○ <u>Press enter:</u> Keep physically active. ○ <u>Press enter:</u> Eat a healthy balanced diet. ○ <u>Press enter:</u> Limit alcohol intake. ○ <u>Press enter:</u> Be breast aware. • <u>Press enter:</u> Be breast aware (know how your breasts normally look and feel, rregularly look and feel for changes, tell someone if you notice anything different) 	
<p>Review and plenary</p>	<p>Slide 23: It's good to talk.</p> <ul style="list-style-type: none"> • Check who students can contact within your school (student services/student welfare etc, if you do not have a nurse). <p>Slide 24: Summary.</p> <ul style="list-style-type: none"> • Summarise content covered. <p>Slide 25: Lesson aims (revisited)</p> <p>QUESTIONS</p> <ol style="list-style-type: none"> 1. How much do you think you know about breasts now? [could use thumbs down for poor knowledge, thumbs level for average knowledge, thumbs up for good knowledge] Compare outcome to the beginning of the lesson. 2. Hands up if you feel more confident talking about breasts now, compared to before today's lesson 3. Hands up if you want to do something different after today's lesson, like check your bra fit, talk to your mum about bras, and perhaps check for healthy breasts? <p>Slide 26: Treasure Your Chest contact details.</p>	<p>Slides 23 - 26</p> <p>School contact details</p>

