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Boob Basics

A handy guide for guys gals & non-binary pals.

Whatever your age, getting to know your boobs or pecs could save your life! Here's how it's done.

1 Check regularly

This will help you get to know what's normal for you. You can use any method you're comfortable with, such as lying down in bed, standing in front of a mirror or when you're showering.

2 Look & Feel

Remembering to check all parts of your boob or pec, including your armpits, up to your collarbones and your nipples.

3 If in doubt get it checked out.

Early detection is the best form of defence, so if you notice anything unusual for you, get it checked out by your doctor.

For more info visit coppafeel.org or @coppafeelpeople

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*standard network rates apply for the text you send to sign up. But everything we send you is free.

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Ball Skills

Do you know what's normal for your balls?

Testicular cancer can affect men of any age, but it's most common between the ages of 15-45, so you're never too young to get to know your nuts.

1 ### Check regularly

You might want to check when you're having a bath or shower (as your testicles will be warm and relaxed).
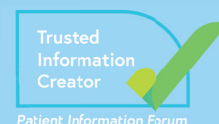
2 ### Have a Feel

Rest your balls in the palm of your hand and gently use your thumb and fingers to feel them, being aware of the small tube which lies behind each testicle. Don't worry if one's bigger or hangs lower - it's normal!

3 ### If in doubt, get it checked out.

Most changes to your balls won't be cancer, but see your doctor if you notice a lump, bump or anything unusual for you.

For more info visit yourprivates.org.uk

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Balls ✓
Boobs ✓
Pecs ✓

They ALL need a check.

Knowing your body could save your life, so get hands on & get to know what's normal for you.

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