**Breast Mates: Know and Love Your Breasts**

**Your Breasts**
- Your breasts will usually start to develop around age 9 to 11, but it's quite normal for them to start earlier or later than this.
- Everyone's breasts develop at different rates, so don't worry if your friends' breasts are bigger or smaller than yours.
- Breasts are usually fully developed by the time you are about 17.
- Your breasts will change at different times of your life — when you have your period, if you have a baby, and when you get older and your periods stop.

**Size and Shape**
- Breasts come in many different shapes and sizes — no one else will have breasts quite like yours.
- Nipples can point up or down, be dark or pale, big or small — and can look different on each breast.
- There's nothing you can do to make your breasts bigger or smaller — creams, pills, massage, exercise or sleeping on your front won't make any difference.

**Don't Worry**
All these things are normal, and are nothing to worry about!
- One breast bigger than the other.
- One or both nipples turning inwards (inverted).
- Breasts feeling lumpy, smooth, soft or firm.
- Hair growing around the nipple.
- Bumps on the areola (the darker area around the nipple).
- Tender, sore or lumpy breasts just before your period.
- Stretch marks as your breasts develop.

**All about Bras**
- Wearing a bra supports your breasts, which don't have any muscle.
- You'll need to try on lots of different bras to find the best one for you.
- Sporty, lacy, padded, underwired — what you wear and when is up to you.
- Most people don’t, but it’s fine to sleep in a bra if you want to — just make sure it’s comfortable.
- When you exercise, wear a sports bra that gives your breasts good support.
- Check now and then to make sure your bra still fits and feels comfortable.
- If your bra is showing signs of wear and tear, it's time for a new one.

**Take it Back!**
A well-fitting bra should feel comfortable, make you feel confident and look good.
Your bra doesn’t fit properly if:
- you have marks or lines on your shoulders, sides, back or breasts when you take it off.
- your breasts bulge out the top, sides or bottom.
- the back strap rides up above your shoulder blades.
- the centre of the bra sits away from your body.
- the underwiring digs in your armpits.
- the underwiring sits away from your body.
- your bra cups look wrinkly.
- your bra straps keep slipping down your shoulders.

**Don’t Believe It!**
None of these things will give you breast cancer:
- using a deodorant
- wearing an underwired bra
- injuring your breast
- using a mobile phone
- having your nipple pierced.

**Who Can Help?**
If you have any questions or worries about your breasts, talk to someone. It could be a person in your family, your teacher, school nurse or local doctor.

You can also call our Helpline free on 0800 800 6000 (Text Relay 18001) or email our Ask the Nurse service via our website at breastcancercare.org.uk/breastmates

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