

GET IN TOUCH GIRLS' PROGRAM

DISCUSSION *Questions*

- 1 Have you performed a breast self-exam before today? If so, who taught you? How old were you?
- 2 Who are some people you can talk to if you have questions about your breast health?
- 3 Why is it so important to know what your changing body looks and feels like?
- 4 What should you look for when performing a breast self-exam?
- 5 What should you do if you feel/see a change with your breasts or other parts of your body?
- 6 Will you perform breast self-exams after today? Why or why not? How often?
- 7 Why do you think it is important for EVERYONE to know about the importance of breast health?
- 8 What are some ways you can stay healthy?
- 9 What do you like about the Daisy Wheel?
- 10 Were you familiar with The Get In Touch Girls' Program and Daisy Wheel before today?



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