

GET IN TOUCH GIRLS' PROGRAM

Fun Quiz

- 1 Why was The Get In Touch Girls' Program created?

- 2 Think of your breast as what type of flower? _____
- 3 How many tips are there on the Daisy Wheel? _____
- 4 When you put your hands on your (circle one): Neck | Shoulders | Hips, the position of your breasts change.
- 5 Which parts of your fingers are used when performing a breast self-exam? (circle one): All of them | Finger pads | Index and middle fingers
- 6 When you perform a breast self-exam, it should never _____.
- 7 List in order the three types of pressure to use when performing a breast self-exam.

- 8 You should move your fingers in a _____ motion when doing a breast self-exam.
- 9 If you notice something different during a breast self-exam, what should you do?

- 10 Where will you do your breast self-exam? _____

NAME _____

DATE _____



THE *GET in* TOUCH[®]
FOUNDATION

GET IN TOUCH GIRLS' PROGRAM

Fun Quiz

- 1 Why was The Get In Touch Girls' Program created?
To teach girls the importance of and how to do a breast self exam- for life!
- 2 Think of your breast as what type of flower? **Daisy**
- 3 How many tips are there on the Daisy Wheel? **Eight (8)**
- 4 When you put your hands on your (circle one): Neck | Shoulders | **Hips**, the position of your breast changes.
- 5 Which parts of your fingers are used when performing a breast self-exam?
(circle one): All of them | **Finger pads** | Index and middle fingers
- 6 When you perform a breast self-exam, it should never **hurt**.
- 7 List in order the three types of pressure to use when performing a breast self-exam.
Light, Medium, Firm
- 8 You should move your fingers in a **circular** motion when doing a breast self-exam.
- 9 If you notice something different during a breast self-exam, what should you do?
Tell a trusted adult.
- 10 Where will you do your breast self-exam? **Accept all reasonable answers.**

NAME _____

DATE _____

