

Dear Parent/Carer,

As part of our commitment to supporting student well-being and health education, your child will be included in a Breast Cancer Awareness lesson during the week commencing Monday 13th October 2025.

It will be delivered by their form tutor using resources provided by CoppaFeel! who are the UK's first breast cancer awareness charity.

Although breast cancer is a serious topic, CoppaFeel! approaches it in an age-appropriate way. They aim to encourage young people to check monthly, educate them to know the signs of breast cancer and empower them to contact their GP if they notice any unusual changes to their chest.

When breast cancer is diagnosed early, treatments are more effective and survival rates are higher.

The lesson will include the following (but has been adapted for KS3 and KS4 students to ensure it remains age appropriate):

- Breast Cancer facts and statistics
- Changed genes
- CoppaFeel!'s mission
- How to check your chest
- Signs of breast cancer
- CoppaFeel!'s reminders to check

We hope the lesson will encourage healthy chest-checking conversations and help to break down any stigma or fear surrounding the topic of breast cancer awareness.

While staff were available to answer student questions during the lesson, your child may wish to continue the conversation at home or may have further questions.

We've attached some free CoppaFeel! resources that may support you in continuing these discussions with your child. You don't need to be an expert, and we encourage you to explore CoppaFeel!'s website at coppafeel.org for further information and guidance.

If you have any feedback about the lesson or would like to discuss it further, please don't hesitate to contact us.

For any specific queries about CoppaFeel!'s education resources, you can also reach out directly to their Education Team at education@coppafeel.org.

We hope that this will be a valuable resource for our community, but are aware that this topic might be a difficult for some individuals. If you feel that your child would struggle to participate in this session, then please inform the relevant year team in advance of the session so that alternative provision can be implemented.

Kind regards,

Miss K Webster

Resources

<https://coppafeel.org/breast-cancer-info-and-advice/materials-resources/>

We have a range of free digital and physical resources such as shower resources, checking cards, leaflets, stickers, badges, posters and easy-read resources.

The Self-Checkout

<https://self-checkout.coppafeel.org/>

The Self-Checkout is our online checking tool designed to guide people through the process in 3 steps; look, feel and notice. You can also choose your preferred term: boobs, pecs, chest, breasts and sign up to text, email and calendar reminders. The Self-Checkout is not a diagnostic tool, but instead provides practical support to help build your confidence and knowledge when you're checking.

Health Information

<https://coppafeel.org/breast-cancer-info-and-advice/>

Here you will find all our information about breast cancer and our guidance on being breast aware.

Monthly reminders

<https://coppafeel.org/get-a-reminder/>

We recommend checking monthly, to help make it part of your routine. We run an SMS service, where we send you a free text reminder every month, reminding you to check. You can sign up by texting **CHECK** to **82228**. We can also send email or calendar reminders.

Our Social Media

You can follow CoppaFeel! on social media at @coppafeel.