



Get to know your body

Take the lead in your own health care



**You have the
Power!**



This booklet is about getting to know your own body so you can live a long, healthy life.

Looking after your health helps you feel happy and strong and means you are less likely to get ill.

You have the power!



Pictures

In this booklet we show pictures of naked bodies and private parts.

We know this can sometimes make people feel a bit embarrassed or uncomfortable.

It is important to show pictures to help people understand their different body parts.





Sometimes people with a learning disability and autistic people don't get the same good health care as everyone else.



There are lots of things you can do to take the lead in your own health care.



Get to know your own body

We are all different shapes and sizes, with different body parts.



Getting to know our own bodies helps us know what is normal for us.



Then if something changes or feels wrong, we can tell a doctor or nurse.

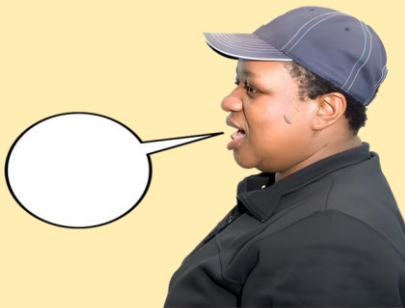


Sometimes when we feel poorly or notice something different, we don't tell anyone.



This can make us worry and think about bad things.

And if we wait too long it might get worse.



Don't shut up – speak up!

If something changes in our body, or we don't feel well, it is good to speak to someone straight away.



Make an appointment with a nurse or doctor.

If we find something that turns out to be serious it is better to find it early.



Getting treatment early gives us a much better chance of getting well again.



Look after the skin you are in

Get to know your own skin and what is normal for you.



Many of us have moles and other marks on our skin which are totally fine and normal for us.



Sometimes we might notice changes on our skin. If you notice something different go and see a doctor. It might be something like:



- A mole that has changed shape, colour or has got bigger
- A sore or spot that won't get better
- New lumps or bumps





- Scaly and itchy patches of skin that might bleed



And don't forget to protect your skin from the sun. It doesn't matter what colour your skin is, the sun can cause damage that can lead to skin cancer.

Things to remember:



- Avoid going in the sun, especially when it is very hot



- Cover your skin with clothing
- Use sunscreen on your skin. The number should say 30 or higher. Apply often throughout the day



- Protect your ears, neck and head with sunscreen too



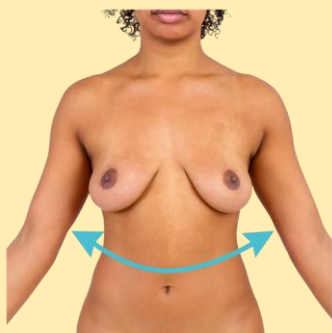
- Wear a hat and sunglasses

Check your chest



Checking your boobs or chest isn't just for women, it is for everyone.

Get to know what is normal for you. Do this once a month.



Start by looking at your chest in the mirror without any clothes on.

Have your arms at your side.



Then put your arms in the air and look at your chest.

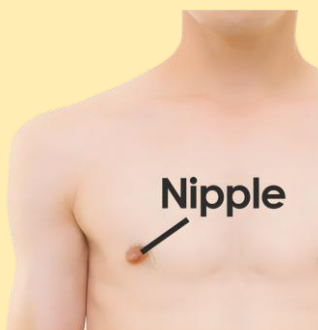
Use your hand to feel your boobs or chest, one side at a time.



Move your hand and fingers around to check the whole area a bit at a time.



Feel it all the way up to bone at the bottom of your neck - this is called the collarbone.



Check the nipple and area all around it.



Check your armpit, too.

Do these checks on both sides.

There is a video link on page 12 to help you.



Some people like to do these checks when they are in the shower, or lying down.

Find what works best for you and make this part of your routine.



If you notice something different or feel any pain, don't panic.



Make an appointment to see a doctor so they can check it for you.

We can get lumps and bumps for different reasons, not just cancer.



It is always good to check them checked as soon as possible.

Check your balls



Some people call testicles 'balls' because they look and feel a bit like balls.



Testicles

They are inside a pouch of skin behind the penis.



We all have different bodies and come in different shapes and sizes.

It is good to check your balls so you know what feels normal for you.



It is best to do this when you are warm and standing up. Some people find the best time is just after a bath or shower.



How to check your balls:

Cup your hand underneath them to feel how heavy they are. They usually feel roughly the same size and weight.



Testicles

Feel each testicle one at a time. Use your thumb and finger to roll them around and feel for any bumps or changes in size.

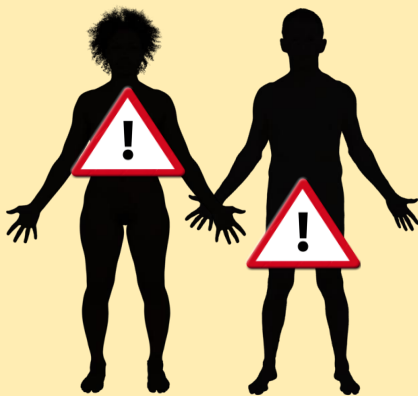


If you notice something different or painful, don't panic. Make an appointment with the doctor.



Things like swelling, lumps and pain should always be checked.

There is a video link on page 12 to help you.



We have talked about checking our skin and some of our private body parts.

You are the best person to check your own body and know what is normal for you.



Make this part of your routine. You could put a monthly reminder on your phone or in your calendar.



You have the power!



Things to Remember

We can all live a healthy lifestyle by:



Eating healthy food and drinking water



Not having too much alcohol



Trying not to smoke or vape



Getting plenty of exercise



Protecting our skin with sunscreen



Checking our own bodies



Going for health checks



Having fun and doing hobbies that make us happy



You have the power to check your own body and live well for longer!



Other information

If you want more information about things we have talked about in this booklet, here are some links to click.



NHS video – [How to check your breasts](#)

CoppaFeel – [know your chest](#)

CoppaFeel - [know your testicles](#)



MacMillan Cancer Support - [Easy Read leaflet for checking your balls \(testicles\)](#)



This booklet was made by a group of autistic people and people with learning disabilities in West Yorkshire in 2025.



We did this with **Inclusion North** and people who work in health care.

West Yorkshire
Health and Care Partnership

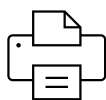


It was supported by **West Yorkshire Health and Care Partnership**.



We have made other booklets and videos that help us take the power and look after our health. Go to this website link:

www.inclusionnorth.org



What helps you?

Print this page to make a list of your **reasonable adjustments**. These are things that help you feel comfortable.

Use this when you have appointments such as doctors, hospitals and dentists.

I need...

☐

To bring someone with me

☐

Easy words

☐

Don't rush me

☐

A quiet waiting room

☐

A longer appointment

☐

A morning appointment

☐

An afternoon appointment

Write your own list here
