

Treasure Your Chest



The Case for Breast Health Education in Schools

Treasure Your Chest exists to ensure every girl has access to high-quality breast education, supporting confidence, wellbeing and participation in physical activity.

Every Girl Deserves Access to Breast Health Education

At Treasure Your Chest (TYC), we believe every girl should have access to accurate, age-appropriate breast health education.

Although breast development is a normal part of adolescence for girls, many receive little formal education about breast health, bra support or the impact these issues can have on confidence, wellbeing and participation in physical activity.

For many girls, uncertainty about breast development, discomfort during physical activity, and concerns about appearance can negatively affect confidence and participation in PE and sport. Without access to accurate information and support, these challenges can remain unaddressed during a critical stage of development.

Developed by researchers specialising in breast health, adolescent development and physical activity, TYC provides **free, evidence-based resources** grounded in the latest research and educational best practice.

These resources support girls aged 11-16 better understand their changing bodies, build confidence and participate fully in school life.



Why Breast Health Education Matters

We surveyed over 2,000 girls aged 11 to 17 to better understand their experiences, concerns and educational needs related to breast health.

46%

of girls avoided physical activity because of their breasts

87%

of girls reported at least one concern about their breasts

51%

of girls reported never wearing a sports bra for exercise

87%

of girls wanted to learn more about breast health

These findings highlight a clear opportunity for schools to support girls' health and wellbeing. By incorporating TYC into the curriculum, schools can help **build confidence, address common concerns, and remove barriers to participation in physical activity.**

What Students Learn

TYC provides accurate, age-appropriate education on:



Understanding breast development and normal variation during puberty



How to select and correctly fit a bra



The benefits of breast support for PE and sports participation



Breast awareness and knowing where to seek support



Challenging myths and misconceptions about breasts

What Teachers Get

Everything needed to deliver a high-quality lesson, including:



Ready-to-use resources for flexible delivery



Comprehensive educator guidance



Student activities, worksheets and videos



Staff, parent and carer communication templates



Evaluation tools and forms

Easy to Implement

TYC is designed to fit seamlessly into existing school provision, helping to **minimise staff workload and preparation time.**

- No specialist breast health expertise required
- Flexible delivery: can be delivered as one 60-minute lesson or three 20-minute sessions to suit curriculum and timetabling needs
- Suitable for PSHE/RSHSE, PE, wellbeing days and pastoral provision
- Can be delivered by any member of school staff

Backed by Evidence

TYC is underpinned by peer-reviewed research published in leading international health and education journals, including:

Journal of Adolescent Health

The influence of the breast on sport and exercise participation in schoolgirls in the UK

The Breast Journal

Breast education for schoolgirls: Why, what, when and how?

Journal of Health Education

Breast education improves adolescent girls' breast knowledge, attitudes to breasts and engagement with positive breast habits

Frontiers in Public Health

Development and psychometric properties of a survey to assess breast knowledge and attitudes of adolescent girls

Evidence of Impact

Our evidence-based resources are rigorously tested, inclusive and proven to improve knowledge and body confidence.



400+ resource downloads



40,000+ girls reached

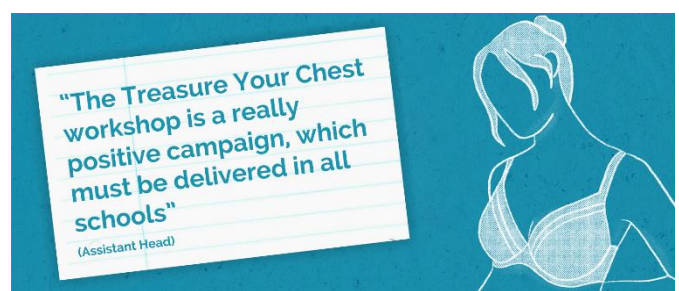
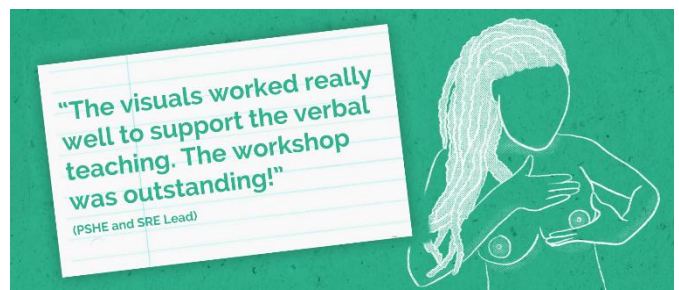


98% improved understanding



78% increase in confidence

These figures demonstrate the significant impact schools can achieve through a simple, low-burden educational intervention.



Helping Schools Deliver Key Priorities

TYC supports a range of established school priorities, helping schools deliver meaningful health education while strengthening student wellbeing, participation and personal development.

Student Wellbeing and Body Confidence

Promotes positive body image, confidence and understanding during adolescence, helping students navigate physical development with greater knowledge and self-assurance.

Participation in PE and Physical Activity

Aligns with updated school uniform guidance and addresses common breast-related barriers to participation in PE, sport and exercise, helping more girls feel comfortable and confident being active.

RSHE and Personal Development Outcomes

Provides evidence-based content that **aligns with current RSHE curriculum guidance** and complements existing teaching on:

- Puberty and physical development
- Health and wellbeing
- Body confidence
- Healthy lifestyles
- Personal development



Equality of Access to Health Education

Ensures all girls have access to reliable, evidence-based health education, information, regardless of background, experience, or prior knowledge.

Getting Started with TYC

Schools can download the Treasure Your Chest education resources and implementation toolkit **free of charge** from our website. The toolkit provides step-by-step guidance on planning, delivery, evaluation and long-term sustainability.



www.treasureyourchest.org

For questions or implementation support, contact:



contact@treasureyourchest.org



Together, we're making breast education universal, not optional.