



# SPORTS BRA WORKSHOP

LESSON PLAN





### INTRODUCTION

Thank you for taking part in our mission to educate girls and women on the importance of breast health! Your help to spread the word will make all the difference.

This lesson plan is designed to equip your students with the knowledge they need to protect and support their bodies, and practice the right breast health checks as they develop into adulthood.

#### PART 1

- Presentation introducing breast health, importance of bras and sports bras, and how to be breast aware.

#### PART 2

- Educational Documentary Film
- Short Quiz on the documentary film

#### PART 3

- Activities
- Q&A Session/ Discussion



**We've provided materials and resources for each part of the session – all available to you in your downloadable resource pack.**





## PART 1



**Resources required:** Breast Health & Sports Bra Workshop Presentation

This part will involve a presentation – introducing students to the basics of breast anatomy, breast support and finally breast awareness.

### Lesson Aims

- To increase breast knowledge.
- To feel confident around the subject of breasts and breast health.
- To inspire positive changes to breast awareness.

The presentation slides will include information supported by images and illustrations. This information is brief and simple but covers important key points.

Before the workshop, feel free to read through the presentation and familiarise yourself with the topics covered. Be sure to make any notes on discussion points and areas you may wish to expand on. This lesson is designed to build confidence in your students to talk openly.

Some conversation starters might include:

- Does anyone already regularly check their breasts?
- How do they remind themselves to regularly check?
- Does anybody already wear a sports bra to school?
- How does this improve their participation in sports?



## PART 2

**Resources required:** Documentary Video, Quiz Questions, Quiz Answer Sheet

Part 2 involves a short educational documentary film about sports bras and their importance in breast health and support followed by a quiz.

The film features the people behind the APTUS Sports Bra as they talk openly about their experiences with breast health and sport, why they wanted to create a sports bra for school sports, and the research that went into creating the perfect sports bra.

The quiz will test your students on what they've discovered during the workshop so far, and hopefully encourage open and honest discussions around what the workshop has covered.

The quiz can be set out in whatever way suits your lesson structure.

E.g. You could read the questions out, students answer on paper and answers are shown at the end OR You could go through the questions as a class and answer each one as you go along.



## PART 3

**Resources required:** Breast Health Activity Pack

This part summarises the workshop with some fun activities and finally a Q&A discussion session so that students are confident that they have left the workshop with their questions answered.

The activities can be completed during the workshop or taken away and completed at home. This is optional depending on your time frame.

We believe an open discussion and an informal Q&A will help students to feel comfortable in asking questions and talking about their breasts.

Even if questions can't be answered, it is important that students are encouraged to talk and ask any questions they might have in the future too!



If you have any questions about running a workshop or would like more information, please contact us at [marketing@banner.co.uk](mailto:marketing@banner.co.uk)