



HAVE the CHAT

With Your Daughter About Breast Health

Younger women can get breast cancer too. When it happens, life changes – for the young woman and those she loves. It's important to have the chat about how it affects her life at every stage and how it affects those around her.



Have the Chat is focused on igniting conversations with young women about breast health and wellness. When you “Have the Chat” early and often, you empower those you love to know the facts, own their bodies and take charge of their health. Information is ammunition!

We also aim to share the perspectives of how breast cancer affects those it touches the teenager, the young survivor, the young woman living with metastatic breast cancer, a patient with hereditary breast cancer, the caregiver, healthcare provider and more.

Our videos, tips and advice make it less awkward to broach the topic of breast cancer and its impact – with your daughters and loved ones. Join our movement to #havethechat and change the conversation from “What I wish I knew” to “I’m glad I know.”

HAVE THE CHAT!

OUR MISSION

To encourage conversation about breast health early and often; and to highlight the issues surrounding the young woman diagnosed and those who love her.

Young women get breast cancer too; and when breast cancer is diagnosed at a young age, it’s more likely to be aggressive. Yet, many young women ignore early warning signs – like skin redness or nipple pain– thinking they’re too young to be at risk. And some doctors dismiss breast lumps in young women as cysts and opt to “wait and see.”

Early detection and prompt treatment can lead to more

positive outcomes, and a better quality of life. In fact, more than 90 percent of women whose breast cancer is found in an early stage will survive. At the same time, young women need to be vigilant even if they are diagnosed at an early stage.

In addition, young survivors and those they love face challenges. Educating young women empowers them to know what to watch for and do, cope with confidence, and live healthy and fearlessly; and when we talk about how breast cancer affects the community, it empowers all affected to better support each other.

Your daughter looks up to you starting at a young age: from how to speak to how to speak up, what to wear and how to be in the world.

Give her a gift that could save her life. Start having the conversation - early - about her breast health. Having the chat early on helps your daughter understand her body. It empowers her with education. Share your knowledge and your experiences - as your daughter turns to you for guidance. Give her tools that can empower her with information that can change how she views, understands, honors, and speaks up about her body.



WHAT TO KNOW

- ✂ Talk to your daughter about her breast health.
- ✂ Share your family history, help her understand what is considered to be normal for her and her body during the different stages of puberty and adulthood.
- ✂ Educate her on the importance of her nutrition, exercise, and a healthy lifestyle.
- ✂ Share the steps to perform breast self-examinations. Help your daughter understand the difference between normal and abnormal symptoms.
- ✂ Work together to reduce her risk.
- ✂ If you have had breast cancer, talking about your experience not only educates your daughter, but will empower her to be vigilant and proactive, and provide a safe space for her to share feelings she may not have shared before.



WHAT TO SAY

- ✂ Tell her you want to chat because you love her.
- ✂ Use language that's easy to understand.
- ✂ Explain why it's important to be comfortable with her body.
- ✂ Remind her you went through the stages of being a young girl too.
- ✂ Assure her you understand how she's feeling in this moment.
- ✂ Tell her that knowledge is power, and being empowered about her body is one of the most important ways she can be her best advocate and live her best life.
- ✂ Tell her that you're proud of her, and that one day she'll pass the chat on to her daughter too.



WHERE TO HAVE THE CHAT

- ✂ Take your daughter out for a smoothie from your local shop.
- ✂ Grab a bite to eat at her favorite restaurant.
- ✂ Go out for a fun day at the mall, or an activity.
- ✂ Wherever you have the chat, make sure she's comfortable with her environment.



WHEN TO HAVE THE CHAT

- ✂ Start the conversation when she approaches you with questions about her body, or bring it up when you're shopping or in conversation about how she's growing up. The tween and teenage years are optimal times to chat to build your daughter's confidence and empower her.
- ✂ As you notice your daughter maturing, make the conversation about her becoming a woman and this being a rite of passage.
- ✂ Whenever you see there is an opportunity, bring it up. If you can, find ways to incentivize her to remember and practice what she's learned. Soon, it will be a lifestyle habit for her.
- ✂ Take it slow and make sure you're listening and watching her cues as you talk to her.
- ✂ Have the chat at a time that's convenient for both of you. She trusts you and your judgment.

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Meet Noelle.

My name is Noelle. I'm 16 years old. My mother got breast cancer at 32 years old. I was three years old. She wouldn't have known to check if her mother hadn't talked to her at 13 years old about her body. My mom went to see a doctor, they told her that she was too young to have breast cancer because she was under 40. If she had not been her own best advocate, she may not be here today. I'm glad that her mother talked to her, and that my mother talked to me.



Talking to your daughter could save her life.

Educate and Inspire. Share a picture or video of why you had the chat on social media and tag 10 friends, nominating them to #HaveTheChat.

Empower. Follow Tigerlily Foundation on social media and tag us in the picture. We'll share on our social media pages!

Take the Pledge, Raise Funds & Start a Movement. Start a fundraiser (click the link on [our website](#) or our [Facebook page](#)) to help us raise funds to educate more young women and families on the importance of having conversations about young women's breast health, mental health (anxiety and depression during treatment), the importance of caring for the caregiver, having a strong relationship with your healthcare provider, knowing your genetic and hereditary history, metastatic breast cancer and survivorship. Inspire change and save lives.

Additional Resources: [Tigerlily Foundation - Breast Health- for Girls](#)

