

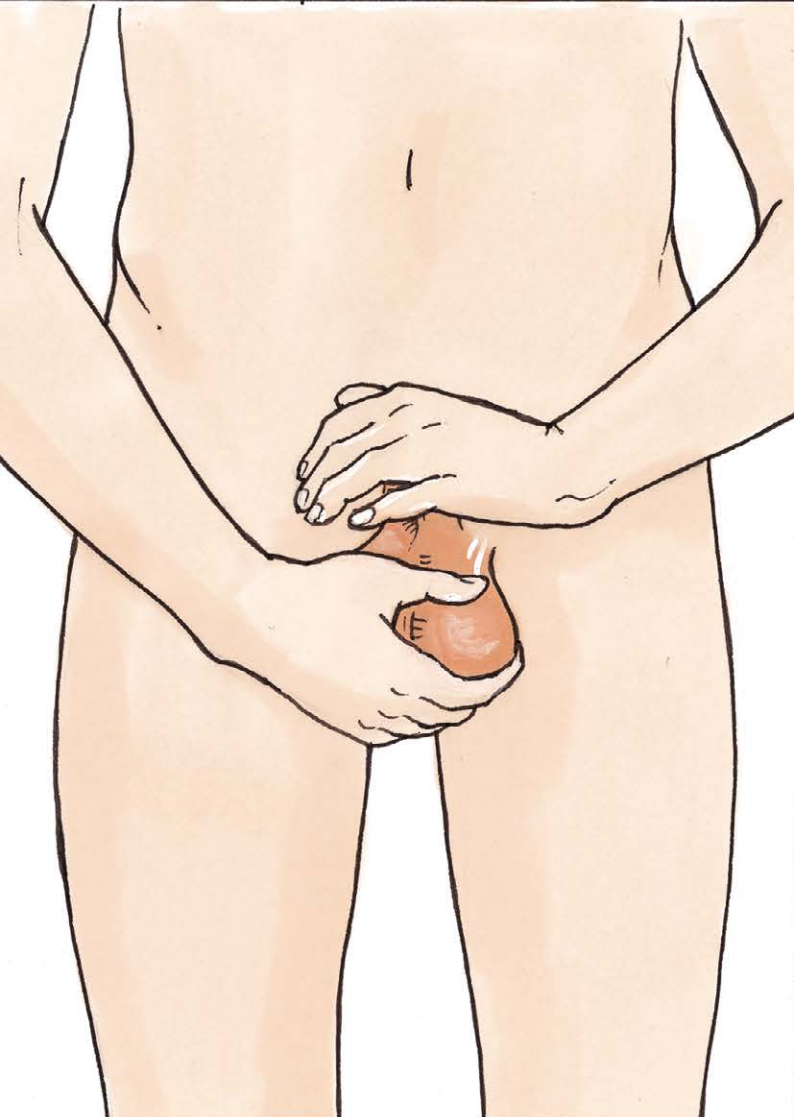
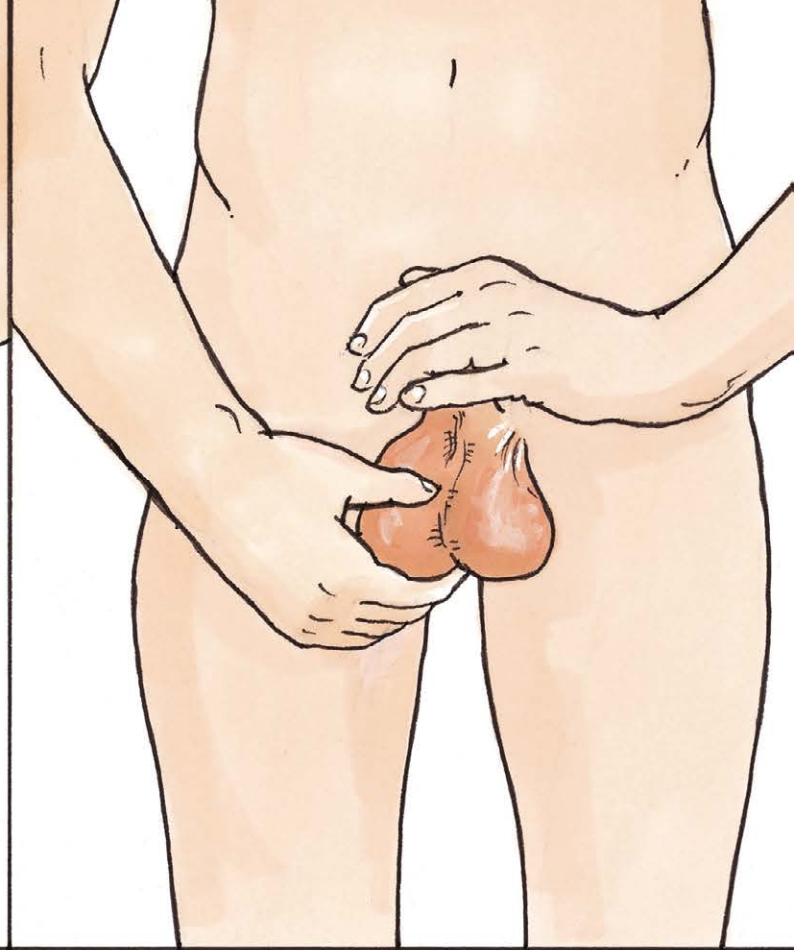
How To Look After My Balls

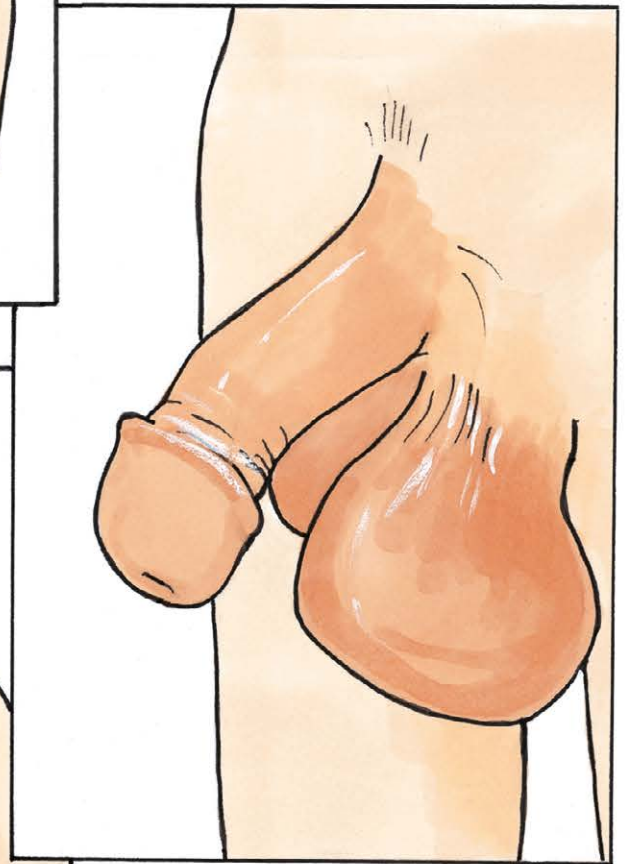
Illustrated by Beth Webb



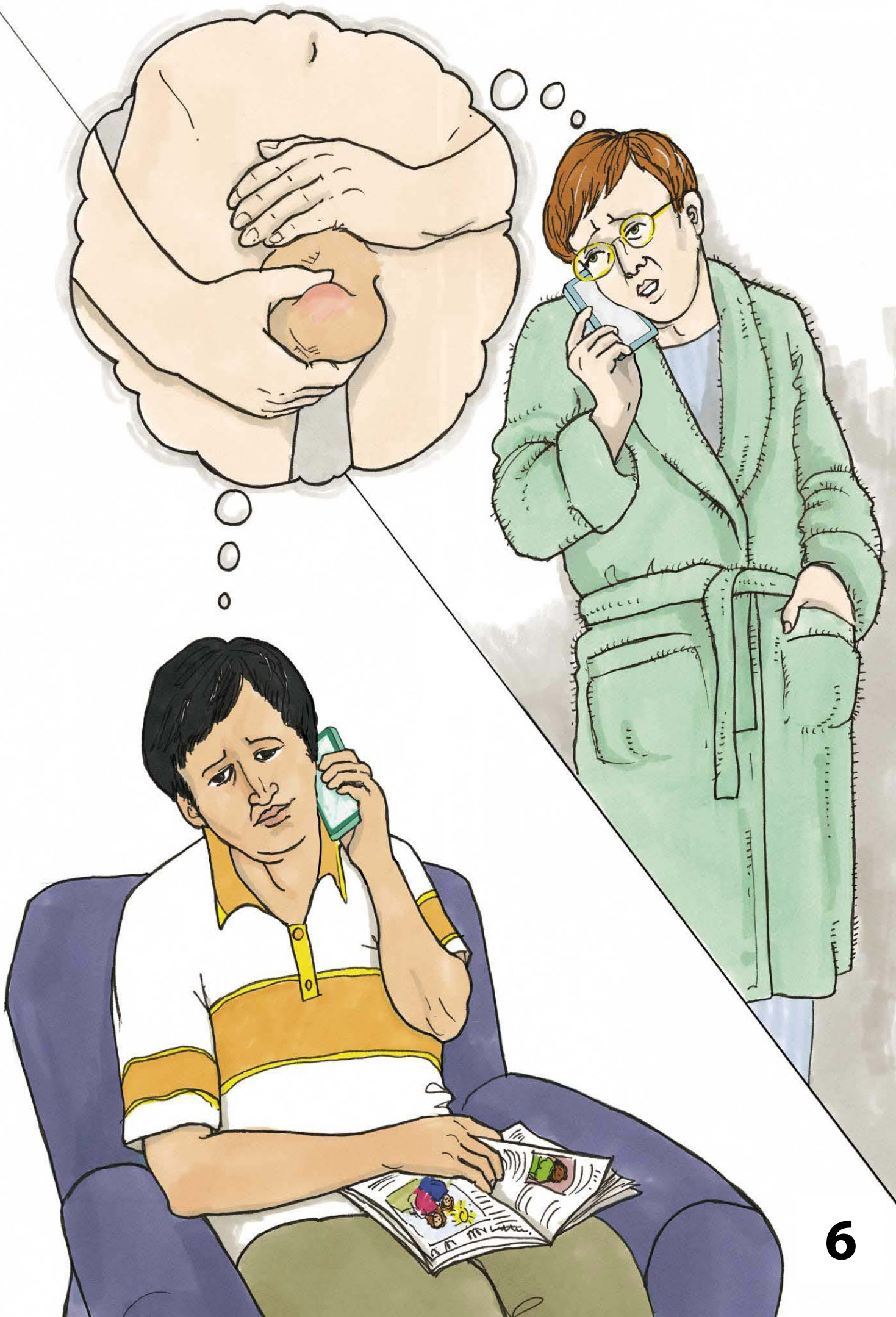








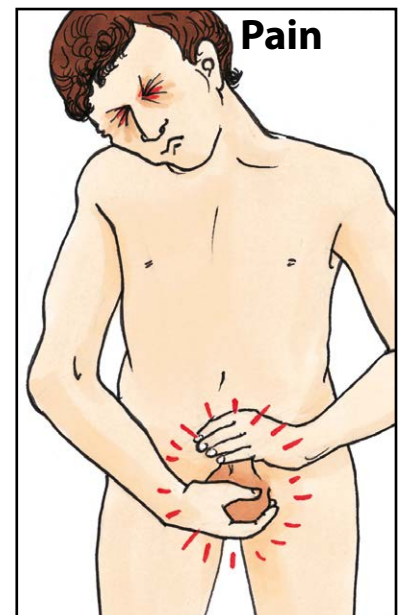
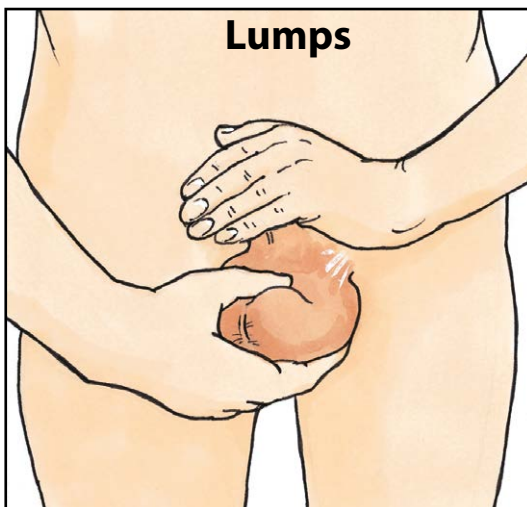






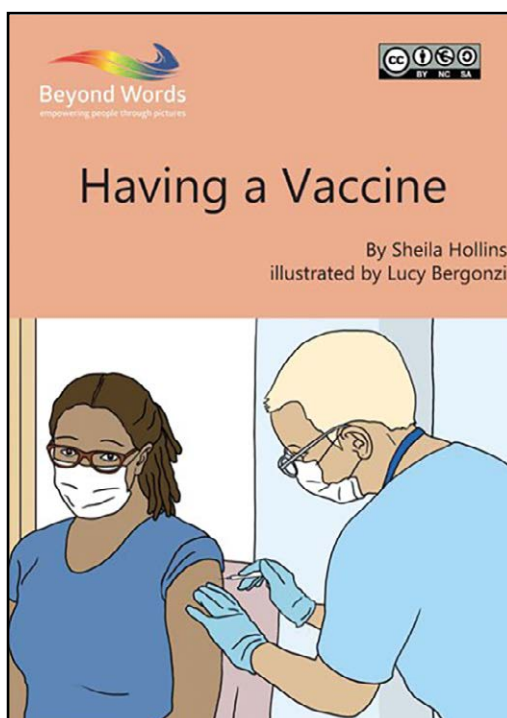
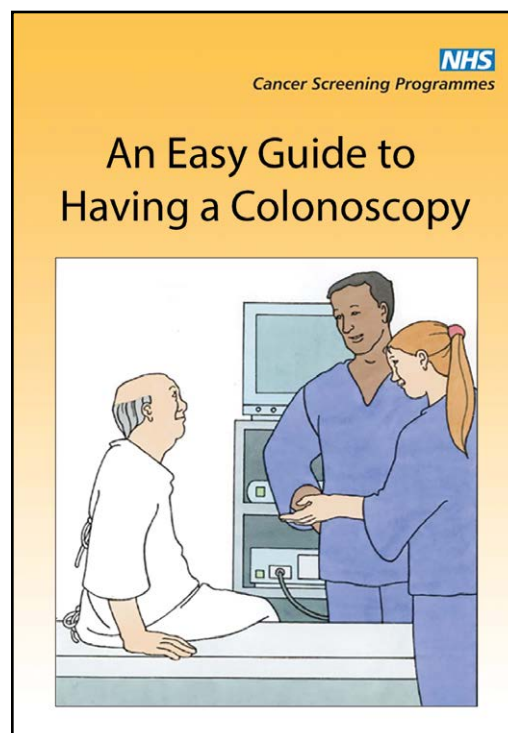
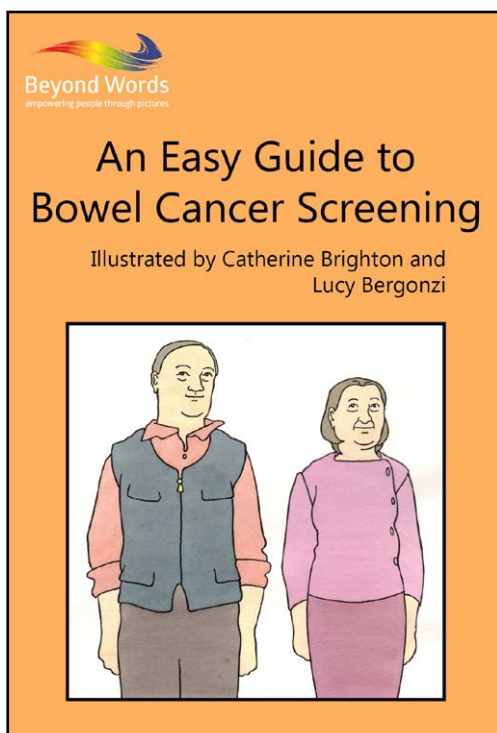
A suggested storyline

1. All men need to look after their balls (testicles), to keep well.
2. This leaflet shows you how to check your balls, to look after your health.
3. Check your balls like in the pictures.
4. Check for lumps, swelling (one ball bigger than the other), or pain and discomfort.



5. You can check while you're in the shower.
6. Ask for help straight away if you find something wrong.
7. Don't wait. Go and see your doctor.

A picture book called **[Looking After My Balls](http://www.booksbeyondwords.co.uk)** gives more information. The book can be ordered from the publisher, Beyond Words: www.booksbeyondwords.co.uk



Find these and other free health resources here:

www.booksbeyondwords.co.uk/resources-dl/#health

How to read this leaflet

You can read this leaflet on your own, with another person or in a group. It is not necessary to be able to read or to speak any words at all.

You don't have to read the whole leaflet – sometimes one picture is enough.

Encourage the reader to turn the pages themselves. They can say what is happening in their own way – with words, signs, or facial expressions. Whether you are reading the leaflet with one person or with a group, encourage each person to say what they see in their own words. You will discover what each person thinks is happening, what they already know, how they feel. Their interpretation tells you about their life experience. If they don't understand what is happening in the pictures, you can use information from the provided storyline if it's helpful.

Some people will read the pictures without any problems. If a picture is more difficult, it can help to prompt with open questions, gradually going deeper into the meaning, for example:

- I wonder who that is?
- I wonder what is happening?
- What are they doing?
- I wonder how they are feeling?
- Have you felt like that?
- Do you check your balls, like in this story?
- Do you know someone who has been to the doctor because of a lump, or pain in their balls?

You don't have to read the whole leaflet straight away. You can read it together more than once, or give it to the person you are reading it with, so they can read it again on their own.



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Books Beyond Words CIO, 43 High Street, Leatherhead KT22 8AE.

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