



© Athletic girls like Ashley are most comfortable in sports bras.

Is This Normal? Wearing a Bra!

twist has the answers to your most personal Q's!

Having to buy and wear a bra for the first time can be so awkward! So **twist** chatted with Elisabeth Dale, author of *Boobs: A Guide to your Girls* and founder of thebreastlife.com, to get the scoop on what you need to know!

Q: I want to start wearing a bra but I'm embarrassed to ask my mom about it. How should I bring it up? — Cate, 12

A: "Sometimes parents don't even realize you're ready, which is why they don't bring it up. But approaching the subject like it's just another piece of clothing that you need will help. If you don't make it into a big deal, they won't either," she says.

Q: It's hard for me to find a good bra because my boobs are not even. What's wrong with me? — Allison, 15

A: "Don't panic — that's just the way boobs are. There are no symmetrical breasts in life, just like there's no symmetry on any two parts on your body. If you take a look at your eyes they're probably a little bit different, too!" Elisabeth says.

Q: I've heard that if you sleep in a bra every night you'll flatten out your chest. Is that true? — Amber, 13

A: "Wearing a bra at night won't harm you — for some it may even be more comfortable since, when you're developing, there can be some growing pain. But bras don't make you perky or saggy — it's all a rumor," Elisabeth explains to **twist**.



Q: Sometimes when I exercise during my period my chest really hurts. Does that mean that something is wrong with me? — Abby, 15

A: "Having breast pain during your period is very normal. Sometimes wearing two sports bras helps, or getting a bra that's a cup size bigger gives you more room and works too," Elisabeth tells **twist**.

Q: I hate wearing a bra to school especially since none of my friends wear one yet. Is it normal I developed so early? — Julia, 12

A: "There are no hard and fast rules about when you should or shouldn't start developing. You may be ahead of your friends now but that doesn't mean you'll be forever. Your full breast growth doesn't even occur 'till your 20s!" Elisabeth tells **twist**.



twist's Bra shopping tips!

Buying bras can be tricky — learn how to find the right one.

1. Know your size

So many girls wear the wrong size bra. Be sure to get yourself fitted — any lingerie store will help you out.

2. Check the fit

When trying on a bra, ask yourself: Does this feel comfortable to me? Test it out by moving around.

3. Love the look

Make sure you feel confident in the bra you buy. Trying it on under your shirt can show you how it'll look.

Why plastic surgery is not a good idea for teens

The truth about why you should wait to get a boob job.

You're still growing

Your breasts aren't fully developed 'till your mid-20s, and altering them before that can lead to health issues — implants disrupt healthy tissue from forming.

It's expensive

Implants are not cheap, which leads many teens to get them done by shoddy surgeons who won't charge a lot. But then you're not getting reliable care.

It's risky

Breast augmentation surgery is a serious procedure — even if it seems like everyone's doing it. Complications are not super common, but there is still a risk.

Best for showing off your shape! A padded underwire bra will enhance your natural curves.
Wixar Everywhere Push-up By PINK, \$19.50, Victoria's Secret.com

Best for off the shoulder styles! You won't worry about bra straps showing with a strapless.
Audrey Convertible Bra \$20.70, AE.com

Most comfortable under clothing! A non-padded T-shirt bra is best for wearing all day.
Total Sweetheart Demi Bra By PINK \$28.50, Victoria's Secret.com

To keep your girls in line! A sports bra will keep your chest steady when exercising.
Aerie Padded Low Impact Sports Bra, \$14.70, AE.com

Find the Best Bra For You!
The **twist** editors choose their faves!

good support!

great for running!