



10 Conversation Starters

Talking Through First Bras:
A Gentle Conversation Guide for Grown-Ups



UNABRA



🎯 Who this is for

Parents, teachers, school nurses, and anyone supporting tween girls (ages 7–14) during early puberty and body changes.



Why it matters

First bras are often treated like a shopping item. But they're also a turning point — emotionally, socially, and personally.

A gentle conversation can help a girl feel more in control, more supported, and less alone.



✨ 10 Conversation Starters

(Use them casually — not all at once! At bedtime, on a walk, or when the topic naturally comes up.)

1. "How do you feel about the changes happening in your body lately?"
2. "Have your clothes started to feel any different on your body?"
3. "Do you know what a training bra or first bra is for?"
4. "Would you feel more comfortable with something soft and light to wear under your clothes?"
5. "Have you ever talked about bras with your friends?"

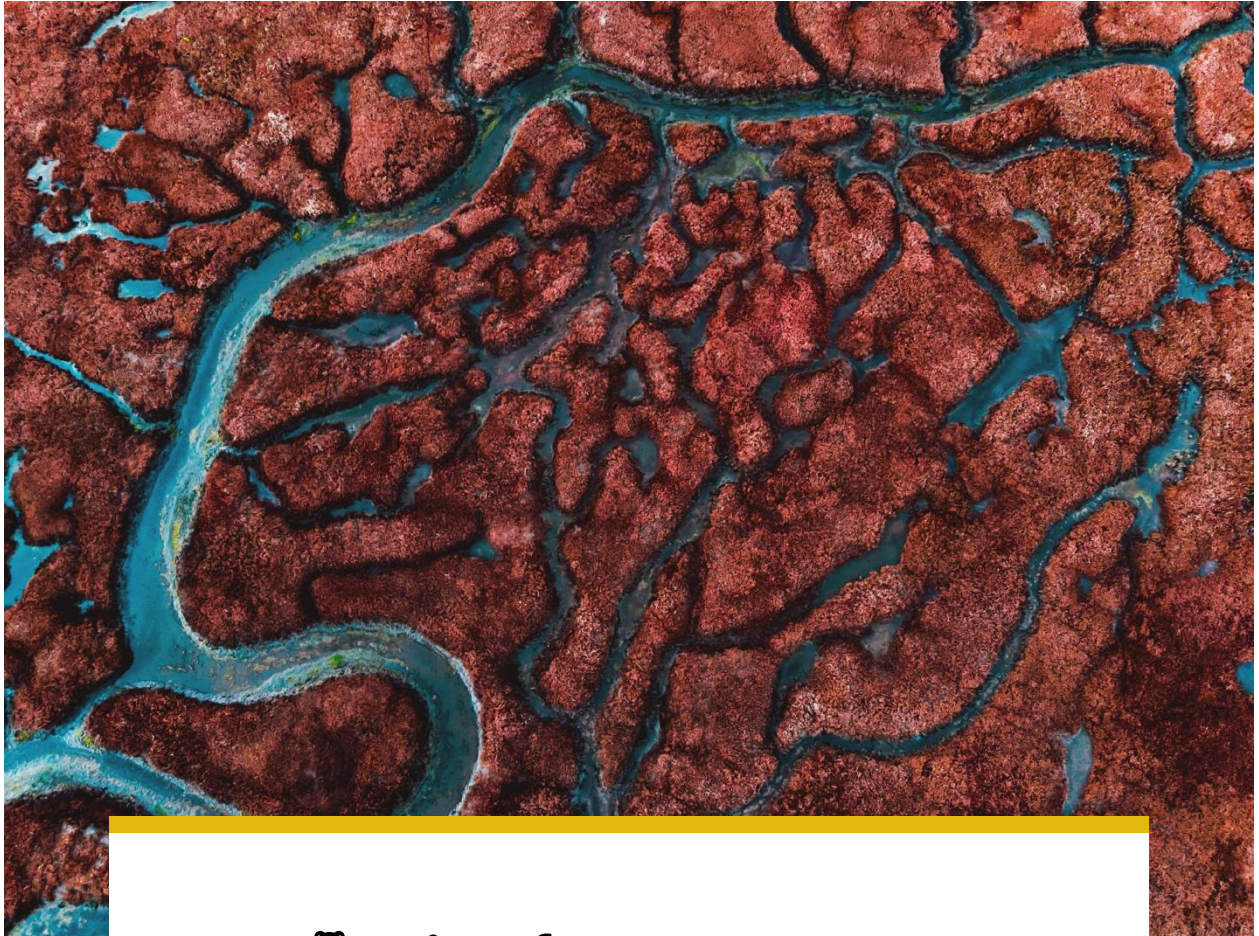
6. “Would you like to pick one out together — or do it on your own?”

7. “Is there anything that feels confusing, embarrassing or weird about all this?”

8. “What would the perfect first bra feel like, if you could design it?”

9. “You don’t have to wear anything until you’re ready — did you know that?”

10. “This is your body, your pace. I’m here to support you either way.”



Tips for Grown-Ups

- Be neutral and open. Avoid words like “you need to” or “finally!”
 - Validate her pace — some girls are eager, some are shy, some don’t care at all. All responses are OK.
 - Make comfort the goal — not shape, coverage, or “growing up.”
 - Let her lead — offer choices, not ultimatums.

Bonus: What makes a great first bra?

UnaBra was designed to be:

- Soft and tag-free
- Flexible sizing with room to grow
- No wires, no pressure

If you're looking for a bra that feels like it's not even there — but supports her emotionally as much as physically — you can explore more at unabra.com