You can only use *break* and *continue* statements inside for loop and while loop.

The *continue* statement will continue to the next value of the *for* loop’s counter, as if the program execution had reached the end of the loop and returned to the start. In fact, you can use *continue* and *break* statements only inside *while* and *for* loops. If you try to use these statements elsewhere, Python will give you an error.

*The break statement allows you to exit a loop from any point within its body, bypassing its normal termination expression. When the break statement is encountered inside a loop, the loop is immediately terminated, and program control resumes at the next statement following the loop.*