

Story About How to Change My Pad

This is how I will change my sanitary pad.



I will go to the bathroom for privacy.



I can keep clean pads and underwear in a bag so I can bring the supplies to the bathroom with me.



When I go to the bathroom, I will pull down my pants and my underwear. I will sit on the toilet.



I will take the dirty pad out of my underwear.



I will fold it in half so I do NOT see the blood. Then I will wrap it in toilet paper.



I will throw the pad and toilet paper in the garbage can.



I will NOT throw it into the toilet.



I will make sure there is no blood on my underwear. If there is, I will need to put on clean underwear.



I will get a new, clean sanitary pad out of my bag.



I will open the wrapper and take the pad out.



I will remove the paper so I can see the sticky tape.



I will put the clean pad in my underwear with the sticky side touching my underwear.



I will make sure the pad sticks to my underwear.



I can throw the paper away in the garbage can.



I should also use the toilet and wipe to make sure I am clean.



I will pull up my underwear and pants.



I will take my bag of supplies with me when I leave the bathroom.



I will wash my hands.



If I have questions or need help, I can ask a parent.

