

Story About How to Change My Period Panties

This is how I will change my period panties.



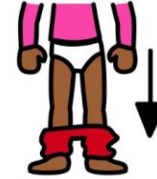
I will go to the bathroom for privacy.



I can keep clean period panties 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.



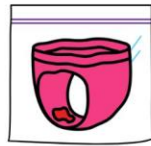
I will sit on the toilet.



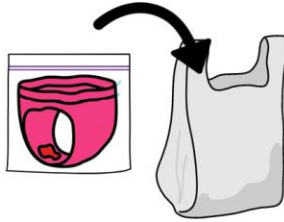
I will take off my pants and my dirty period panties.



I will put my dirty period panties in the small bag.



I will put the small bag inside the larger bag.



I will take out the new pair of clean period panties and put them on with my pants.



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



I will stand up and pull up my clean period panties and pants.



I will flush the toilet.



I will take the bag of supplies with me.



I will wash my hands.



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

