

Story About How to Change My Tampon

This is how I will change my tampon.



I will go to the bathroom for privacy.



I can keep my tampons and clean 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 remove my dirty tampon by pulling down on the string.



I will wrap up the dirty tampon in toilet paper and throw it away in the garbage.



I will remove the new tampon from the wrapping.



I will put the applicator in my vagina and push the plastic to insert the tampon in my vagina.




I may need to stand up to make it easier to insert.




I will throw away the used applicator and wrapping in the garbage can.



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



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



I will pull up my underwear 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.

