

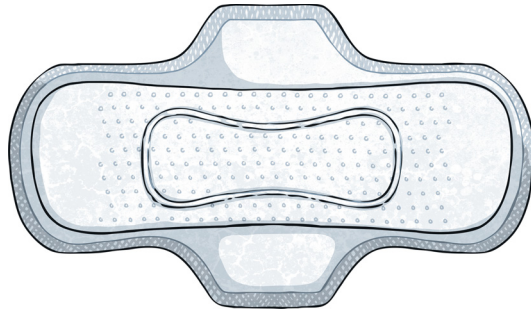
**My name is \_\_\_\_\_ and I  
am \_\_\_\_\_ years old.**



**I have started my period.  
This means that I will bleed for 3  
to 5 days every month.  
This is OK.**



**I am learning to change my pad.**



**I have to change my pad every  
two to three hours when I go to  
the toilet.**

**This is OK.**



**When I go to the toilet, I can  
change my pad.**



**I can keep some clean pads in my  
bag or my pocket.**



**This is OK.**

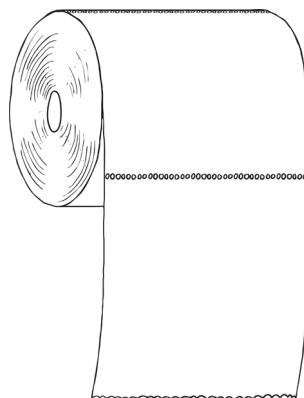


**These are the steps to changing my pad:**

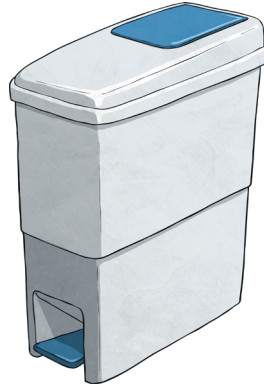
- 1. Sit on the toilet and pull down my knickers (like when I have a wee).**



- 2. Take the used pad out of my knickers.**
- 3. Wrap the used pad in toilet roll.**

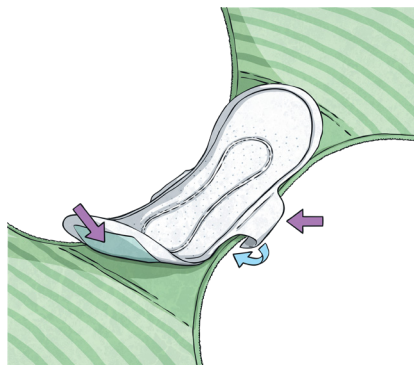


**4. Put the used pad in the bin.**



**5. Open the packet for the new pad.**

**6. Press this into my knickers.**



**7. Pull up my knickers**



**I will flush the toilet and wash  
my hands.**



**This is OK.**



**I will remember these steps for  
changing my pad.**

**I can ask \_\_\_\_\_ if I  
need help.**



**This is OK.**



**I will remember these steps for  
changing my pad.**

**I can ask \_\_\_\_\_ [adult's  
name] if I need help.**



**This is OK.**

