

# Story About How to Change My Pad

<p>This is how I will change my sanitary pad.</p> 	<p>I will go to the bathroom for privacy.</p> 	<p>I can keep clean pads and underwear in a bag so I can bring the supplies to the bathroom with me.</p> 	<p>When I go to the bathroom, I will pull down my pants and my underwear. I will sit on the toilet.</p> 	<p>I will take the dirty pad out of my underwear.</p> 
<p>I will fold it in half so I do NOT see the blood. Then I will wrap it in toilet paper.</p> 	<p>I will throw the pad and toilet paper in the garbage can.</p> 	<p>I will NOT throw it into the toilet.</p> 	<p>I will make sure there is no blood on my underwear. If there is, I will need to put on clean underwear.</p> 	<p>I will get a new, clean sanitary pad out of my bag.</p> 
<p>I will open the wrapper and take the pad out.</p> 	<p>I will remove the paper so I can see the sticky tape.</p> 	<p>I will put the clean pad in my underwear with the sticky side touching my underwear.</p> 	<p>I will make sure the pad sticks to my underwear.</p> 	<p>I can throw the paper away in the garbage can.</p> 
<p>I should also use the toilet and wipe to make sure I am clean.</p> 	<p>I will pull up my underwear and pants.</p> 	<p>I will take my bag of supplies with me when I leave the bathroom.</p> 	<p>I will wash my hands.</p> 	<p>If I have questions or need help, I can ask a parent.</p> 