# 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.

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