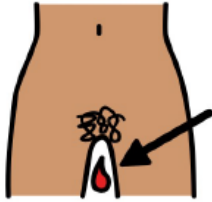


# Story About When to Change My Menstrual Hygiene Product

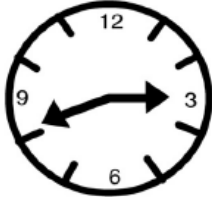
I have my period.



I use hygiene products like a sanitary pad in my underwear, a tampon, or period panties when I have my period.



I need to change my hygiene product every few hours when I have my period.



There are some times when I will need to change my hygiene product.




When I wake up in the morning I will use a new hygiene product.




I will change my hygiene product at lunchtime.



I will change my hygiene product before dinner.



Finally, I will change my hygiene product when I get ready for bed.



Sometimes blood may get on my underwear by accident if I use a pad or tampon. If that happens I will need to change my underwear too!



I will let my mom know if there is blood in my underwear so she can help me wash it out. I will also need to tell her about my used period panties.



If I have questions, I can talk to a parent.

