

# Story About How to Change My Tampon

<p>This is how I will change my tampon.</p> 	<p>I will go to the bathroom for privacy.</p> 	<p>I can keep my tampons and clean 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.</p> 	<p>I will sit on the toilet.</p> 
<p>I will remove my dirty tampon by pulling down on the string.</p> 	<p>I will wrap up the dirty tampon in toilet paper and throw it away in the garbage can.</p> 	<p>I will remove the new tampon from the wrapping.</p> 	<p>I will put the applicator in my vagina and push the plastic to insert the tampon in my vagina.</p> 	<p>I may need to stand up to make it easier to insert.</p> 
<p>I will throw away the used applicator and wrapping in the garbage can.</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 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 flush the toilet.</p> 
<p>I will take the bag of supplies with me.</p> 	<p>I will wash my hands.</p> 	<p>If I have questions or need help, I can ask a parent.</p> 		