

Using Pads



Content warning: Please note that the following pages contain realistic depictions of vaginas and blood.





Girls, women and people wear pads when they get their period. Pads catch the blood so it doesn't get on your clothes.



There are lots of kinds of pads. Some are small and thin. These are called panty liners. You can try wearing these before you get your first period.



Panty liners come in a big packet. There are 24 inside. Open the packet by pulling the sides at the same time.



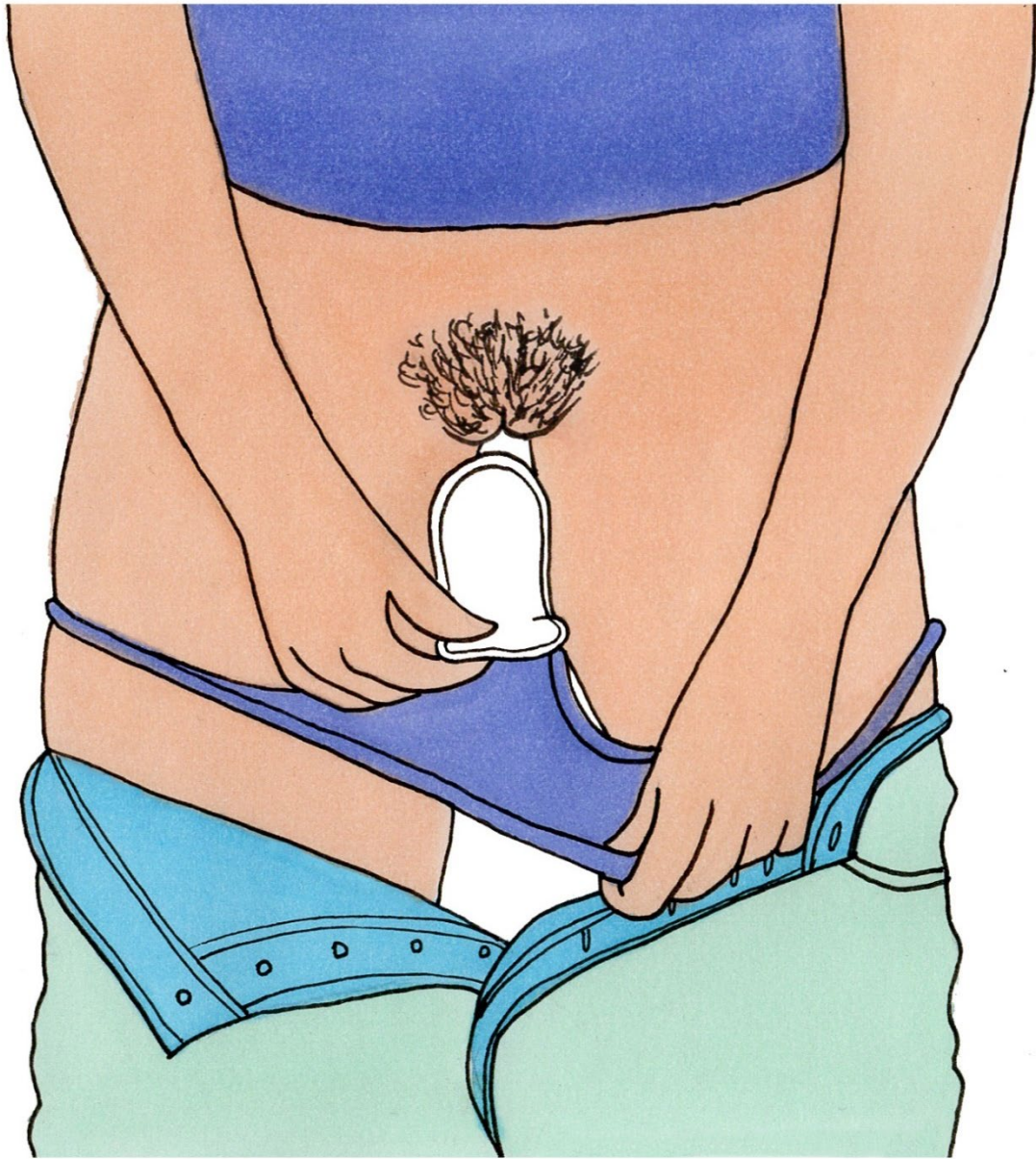
Take out one of the pads from the packet. The pad will be inside a small plastic wrapper.



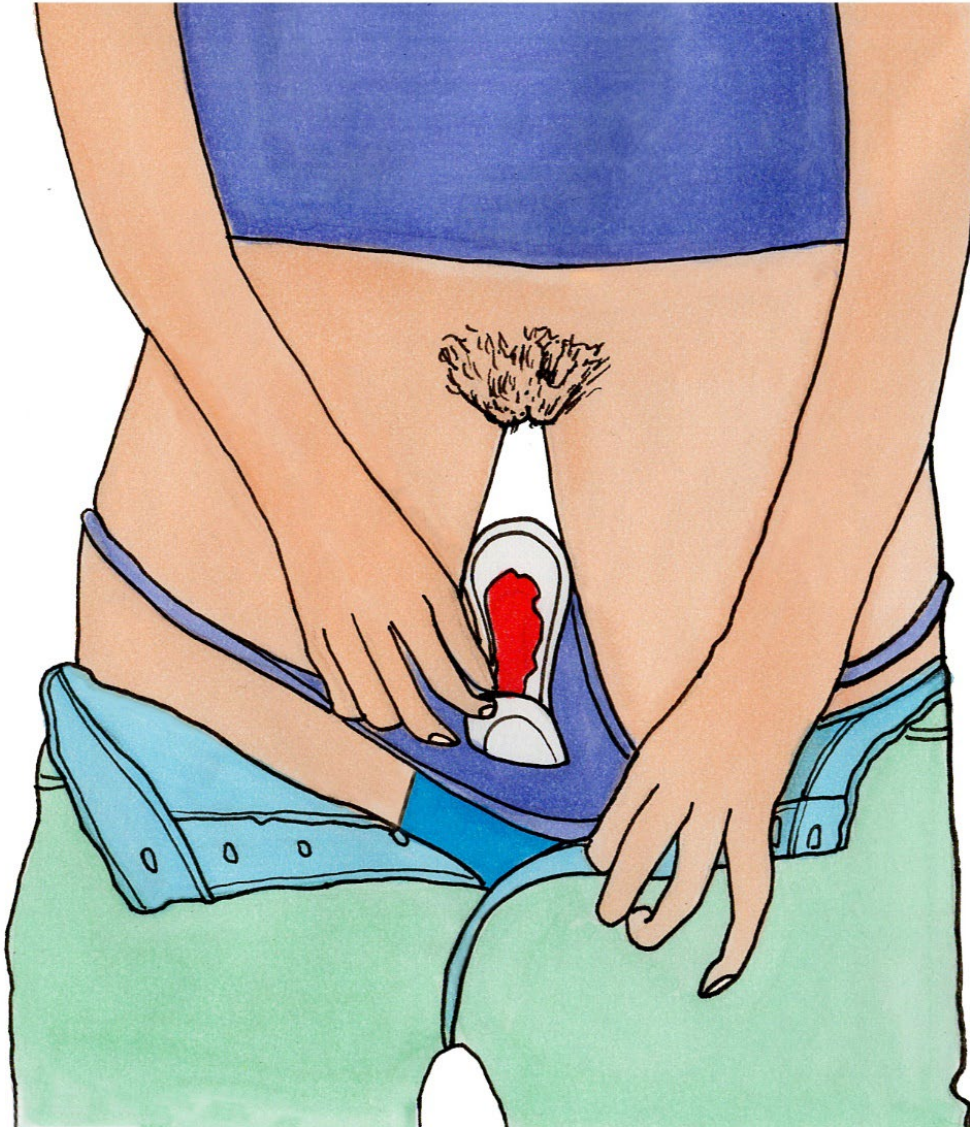
Turn the pad on the side and open the wrapper.



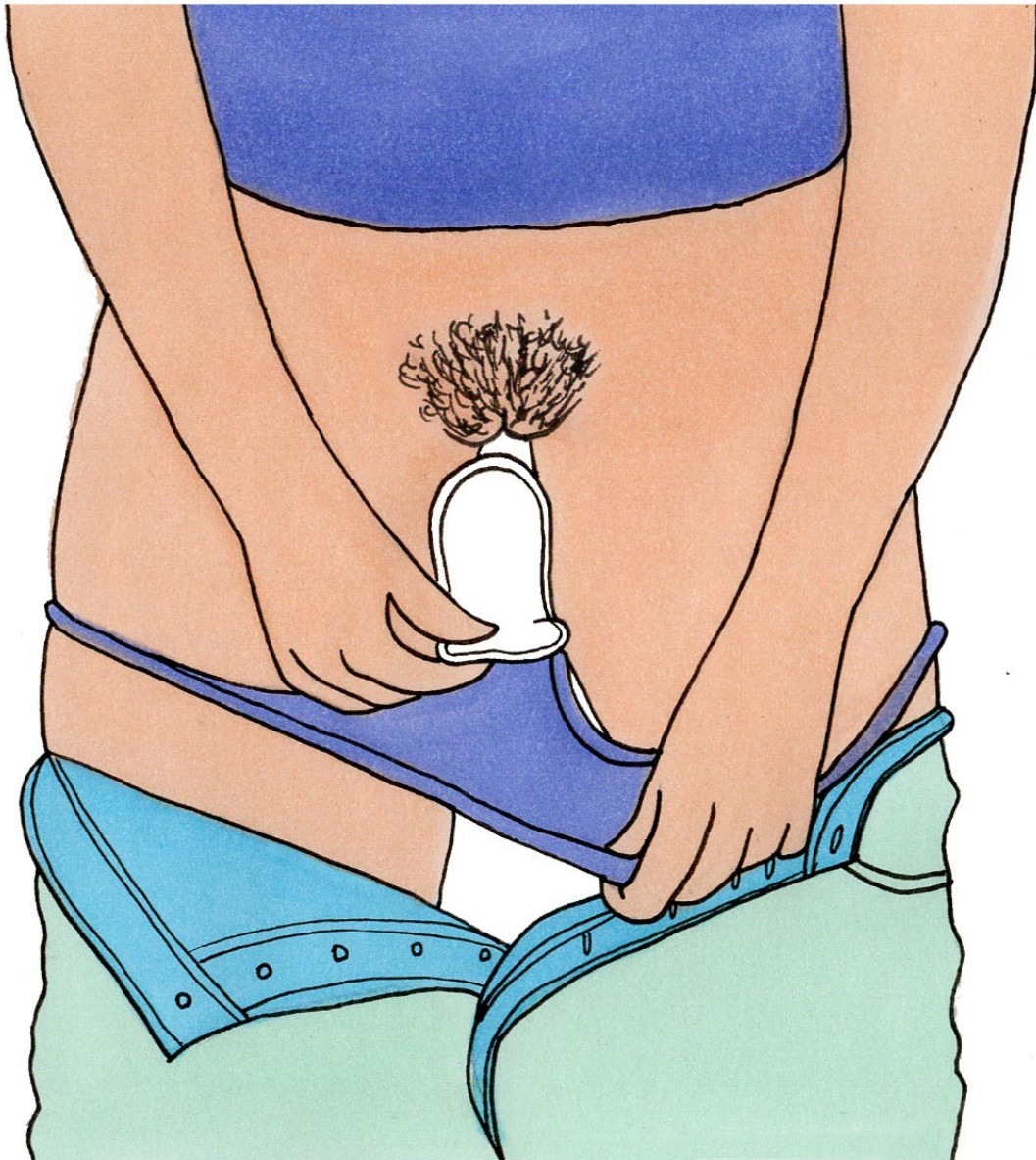
The pad will be folded up. Peel the pad off the plastic. The pad sits in the middle of your undies.



Place the pad just above the seam in your undies. This is called the gusset. The sticky side of the pad will keep it in place.



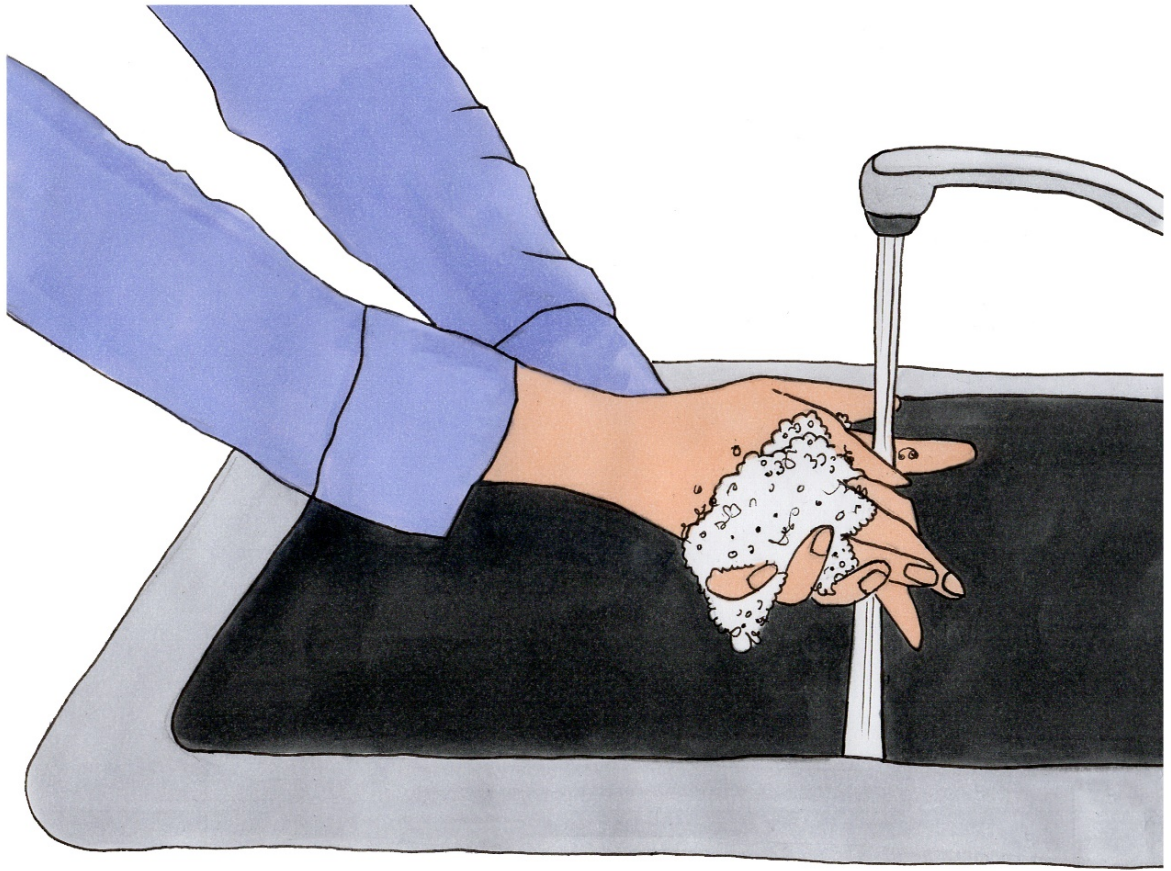
When your pad is red it is time to change it. If you are unsure you can change it every time you use the toilet.



When your pad is dirty, take it out of you undies. Wrap it in toilet paper and put it in the bin. You then put a new pad in your undies.



Used pads go into the bin.



Always wash your hands before and after changing a pad.

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