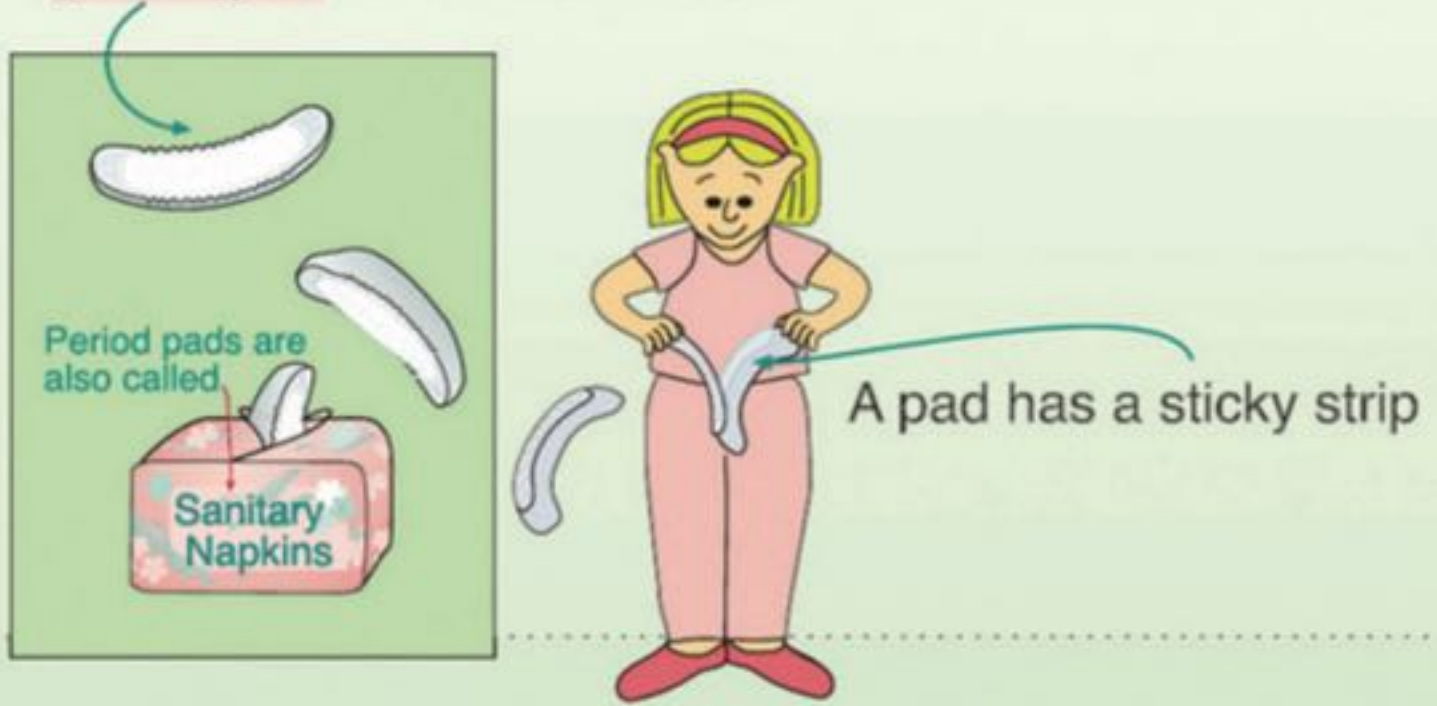


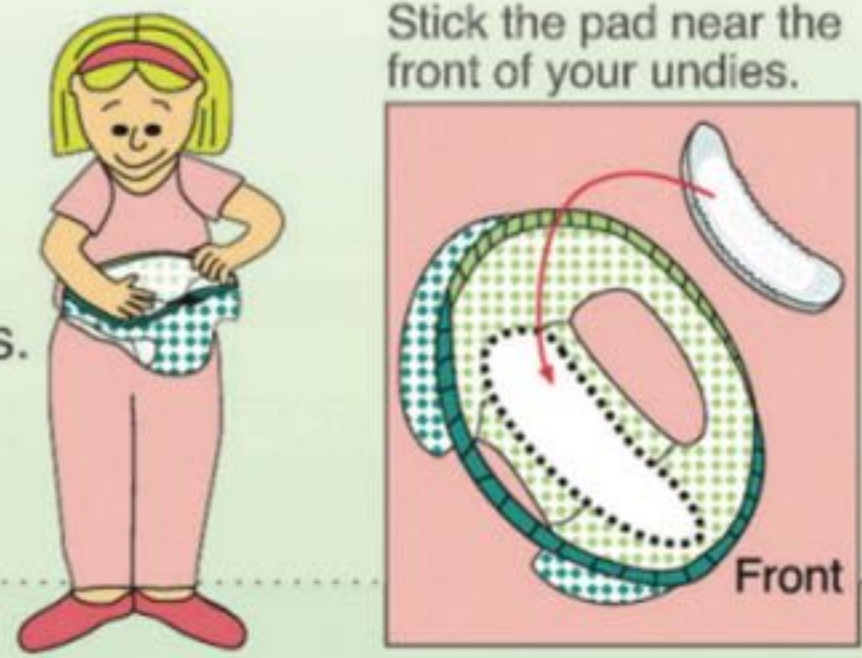


When you have your period you need a **period pad** to catch the blood.



Stick the pad near the front of your undies.

to stick inside undies.





# Putting on a pad.

Get your period bag.

Wash your hands.



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Go to the toilet.

Shut the door.



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