Adolescent Girl Changing My Pad
Version 1.0

About Visual Aids for Learning
Visual Aids for Learning is a company that develops images to streamline and support learning, empowering people to participate and achieve independence.

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How to make your booklet
1. Print this document (we recommend using 180—200 gsm matt card)
2. Cut each card in half using the grey lines as a guide if you want a smaller booklet.
3. Place the visuals in the correct page order as numbered on the bottom right corner.
4. Staple or ring bind the pages together.

Tips
1. For greater durability consider laminating the cards before binding together.

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Go to the toilet.

Pad

My

Changing
Put old pad in bin.
Wrap old pad in toilet paper.

Take old pad out.
Underwear down.
Sticky side down on pants.
Stick pad in your underwear.

Pull the sticky back off.
Get a clean pad.
(e.g. pull dress down).
Fix your clothes.

Pull underwear up.
Wash hands.