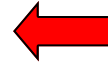


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# Adolescent Girl Changing My Pad

## Version 1.0

### About Visual Aids for Learning

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The free downloads are supported from revenue generated by online advertising on our website. We encourage you to visit our website often as we are continually updating these products and adding new images.

[www.visualaidforlearning.com](http://www.visualaidforlearning.com)

### 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

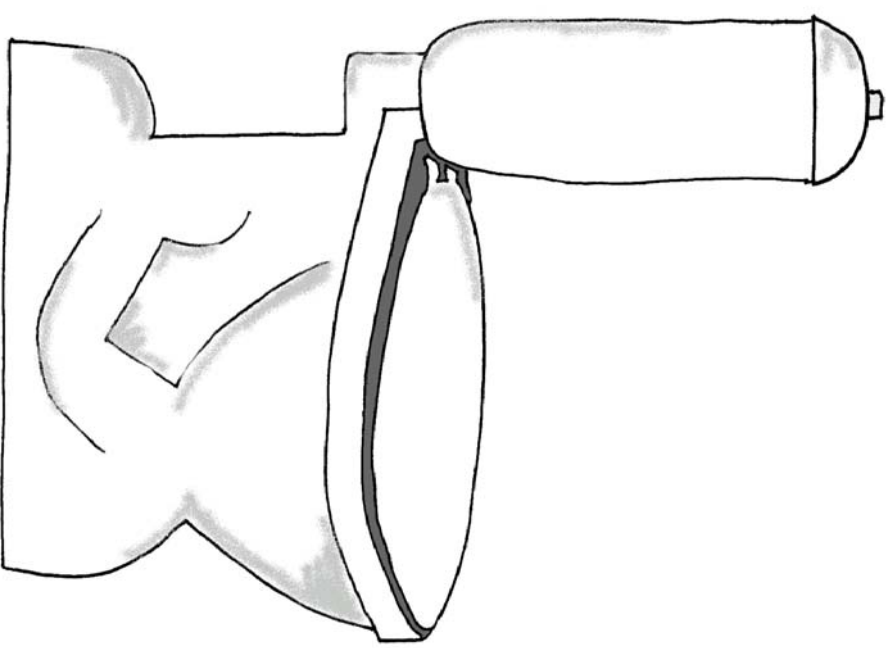
1. For greater durability consider laminating the cards before binding together.

### Copyright and allowable uses

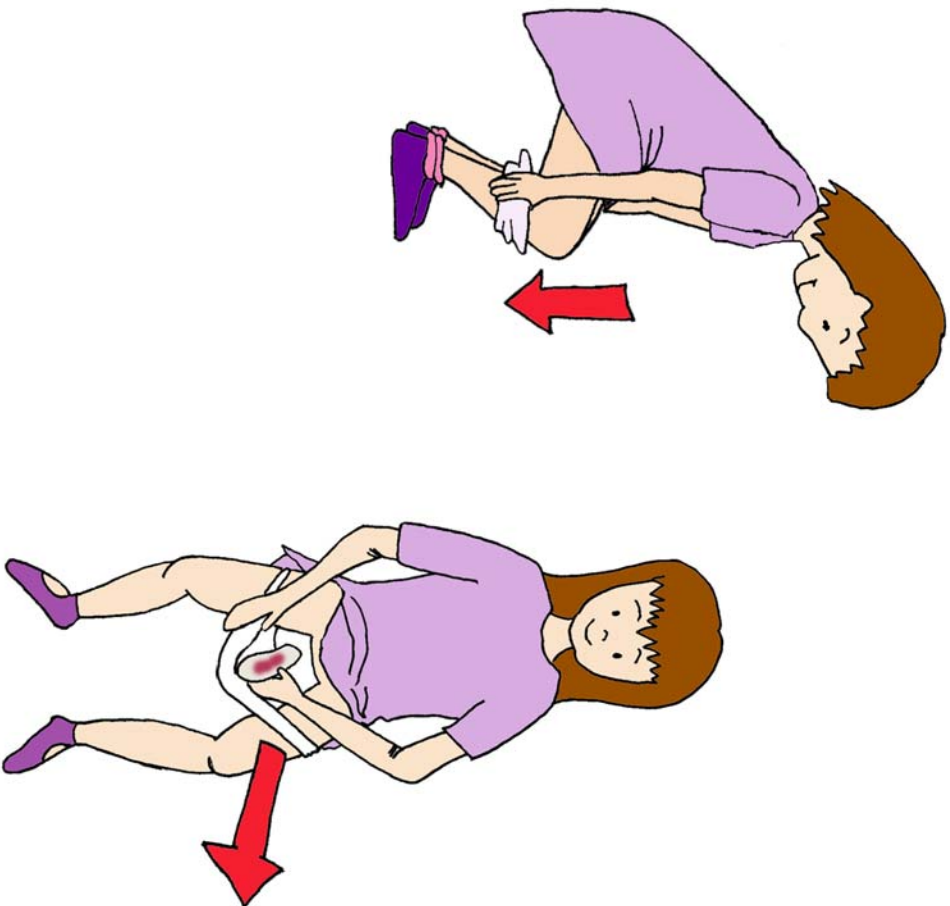
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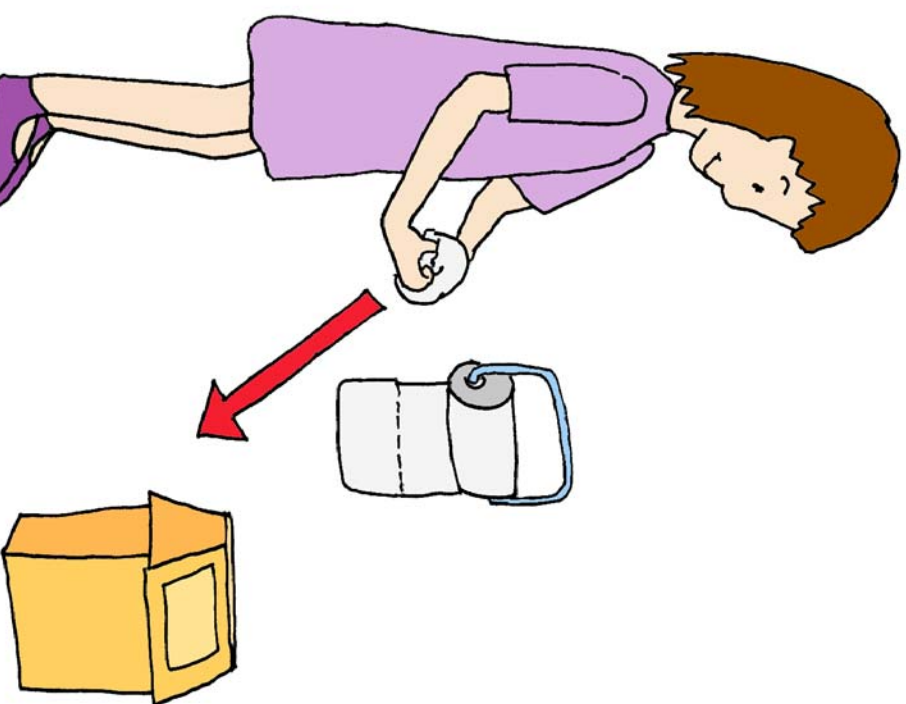
# Changing My pad



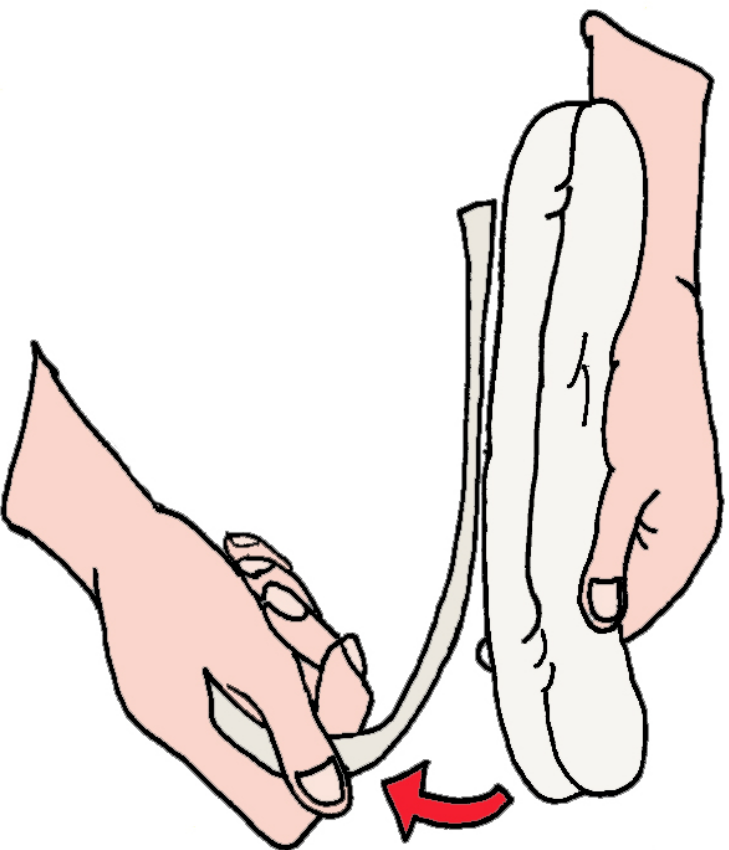
*Go to the toilet.*



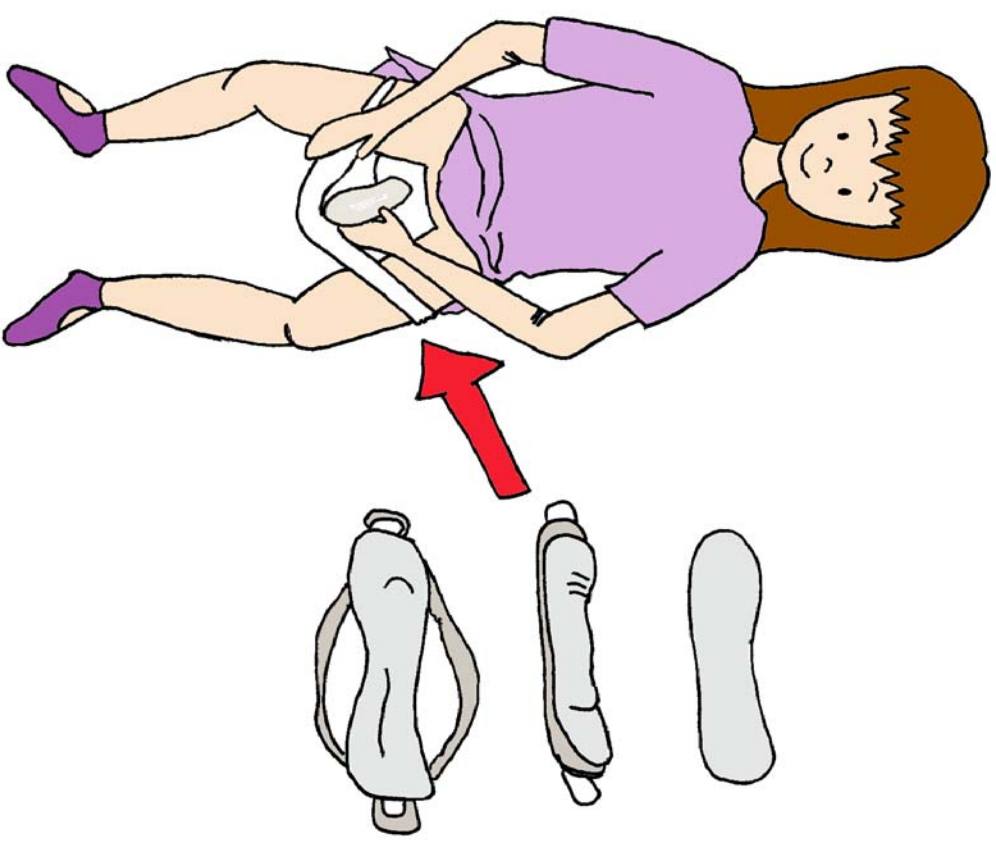
*Undies down.  
Take old pad out..*



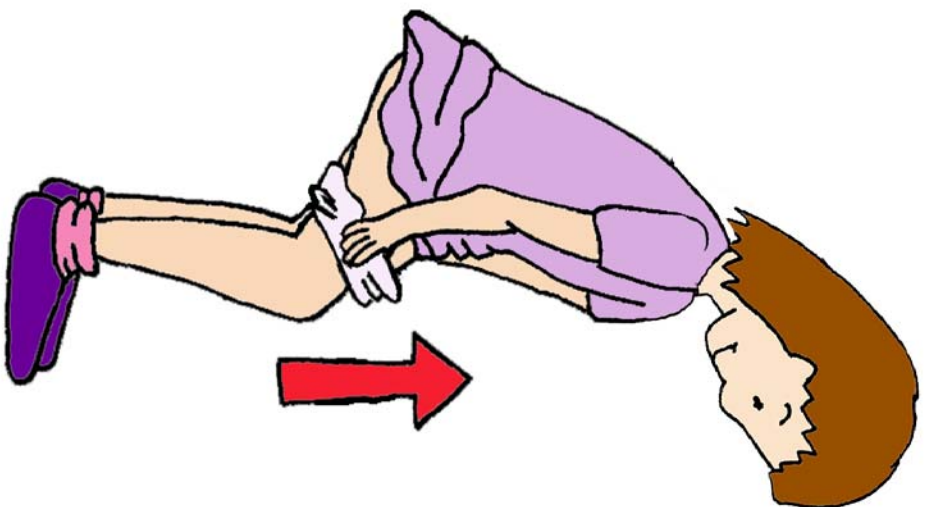
*Wrap old pad in toilet paper.  
Put old pad in bin.*



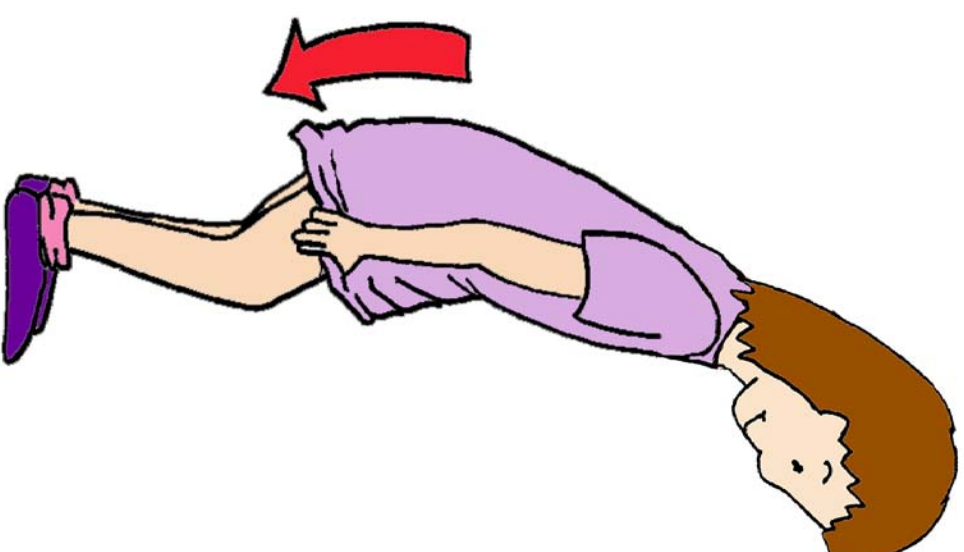
*Get a clean pad.  
Pull the sticky back off.*



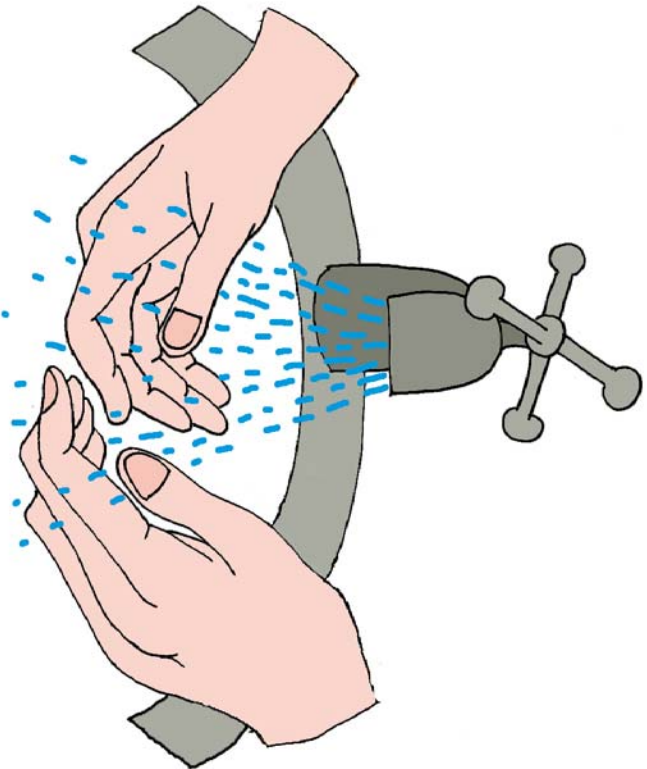
*Stick pad in your undies.  
Sticky side down on pants.*



*Pull undies up.*



*Pull dress down.*



*Wash hands.*