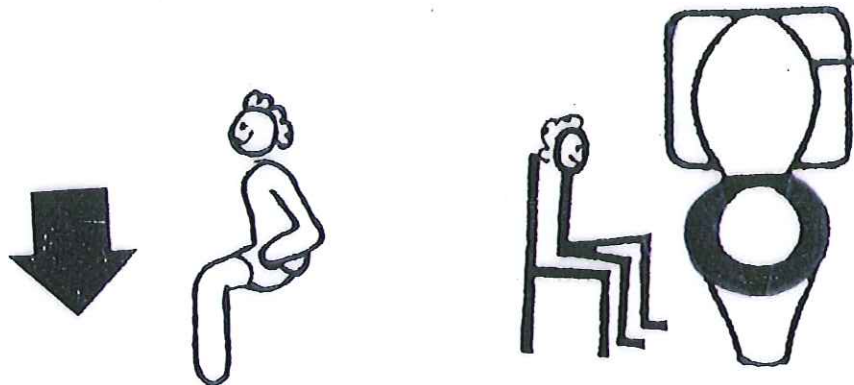
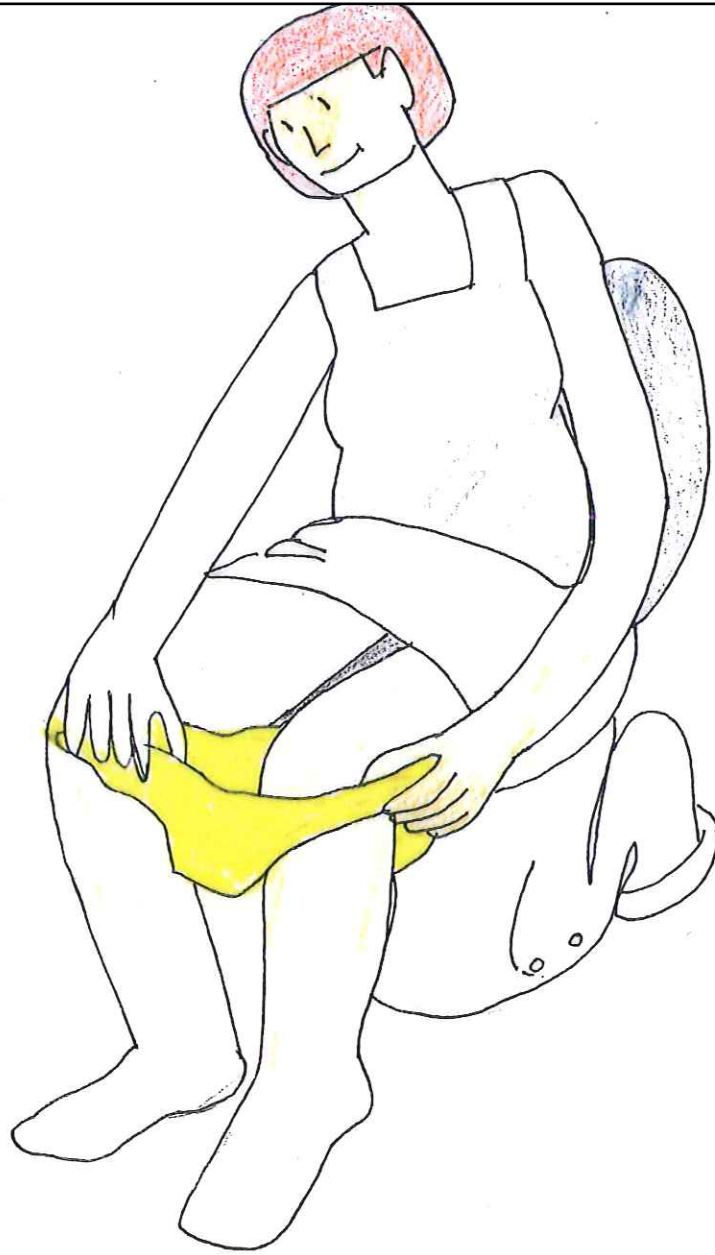
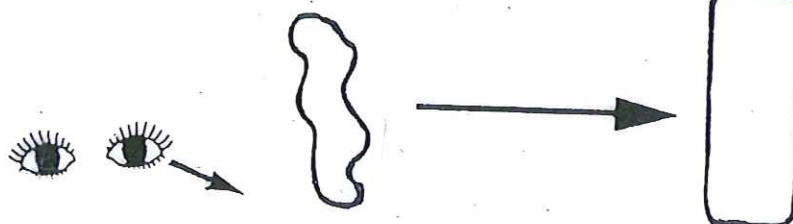


This Australian resource was developed in 1994 by a joint project between the Department of Social Work and Social Policy at the University of Queensland and the Division of Intellectual Disability Services in the Queensland Department of Family Services and Aboriginal and Islander Affairs, with original funding from RADGAC, Commonwealth Department of Health, Housing and Community Services, from Sancella Pty Ltd and Libra Products. Original artwork is by Ann Taylor. This resource is from the original Menstrual Preparation and Management Kit (copyright) which was produced as a community resource. The developers encourage the materials to be reproduced for personal use and individualised training purposes, not at a large-scale level. Copyright means that the developers, as mentioned above, and the Queensland Centre for Intellectual and Developmental Disability (QCIDD) must be acknowledged in any reproduction or citation.



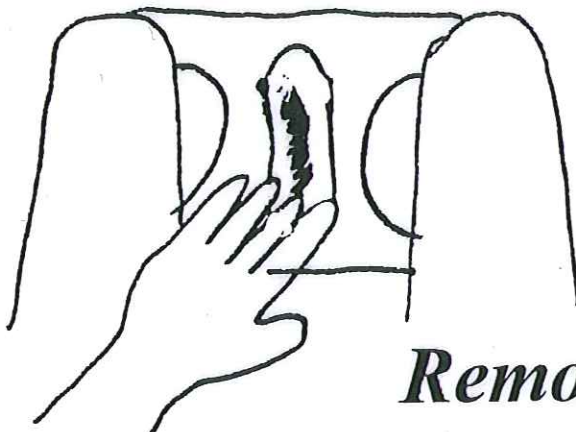
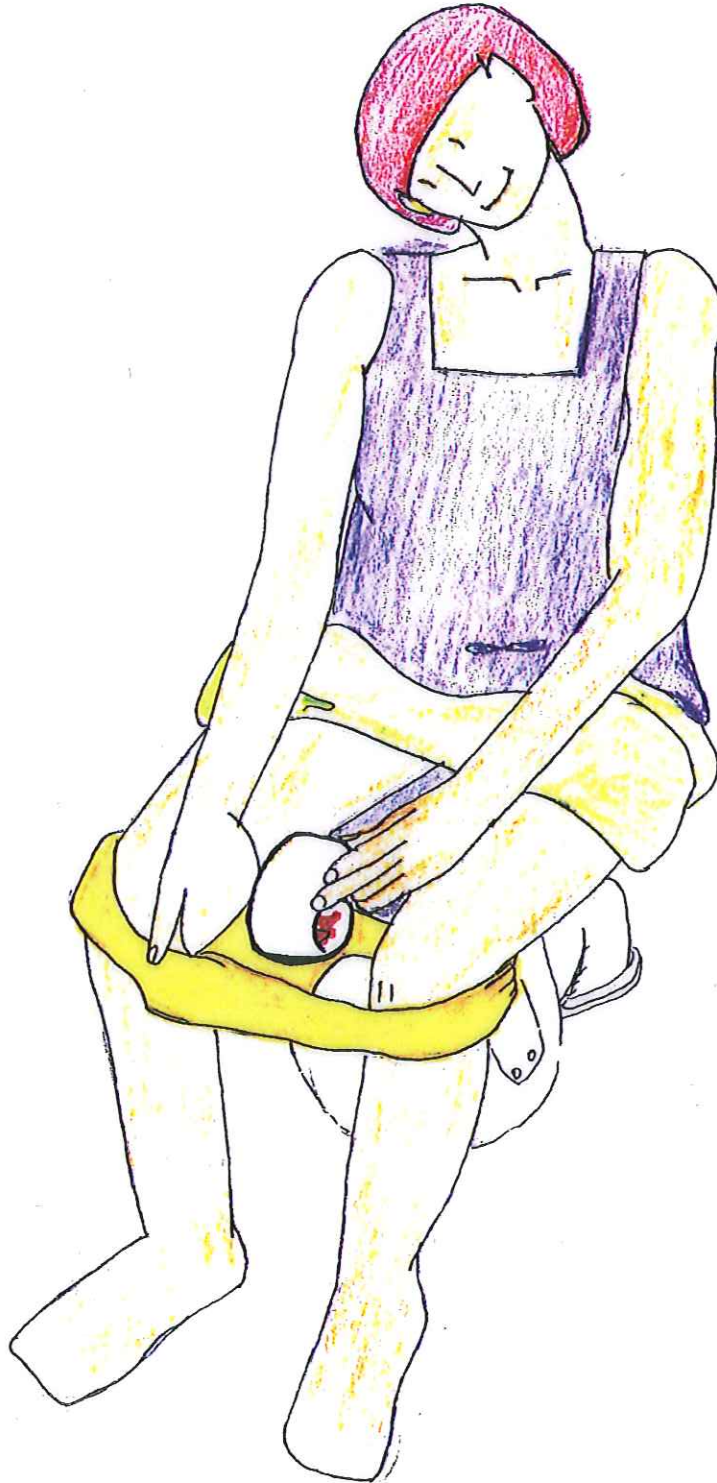
***Pull underpants down***

## *Pad Changing Sequence: 2*



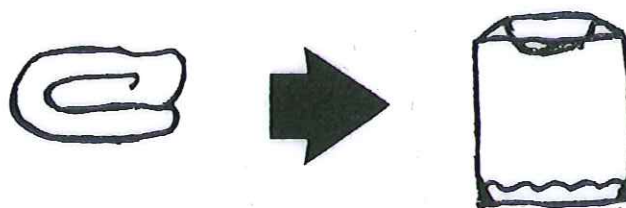
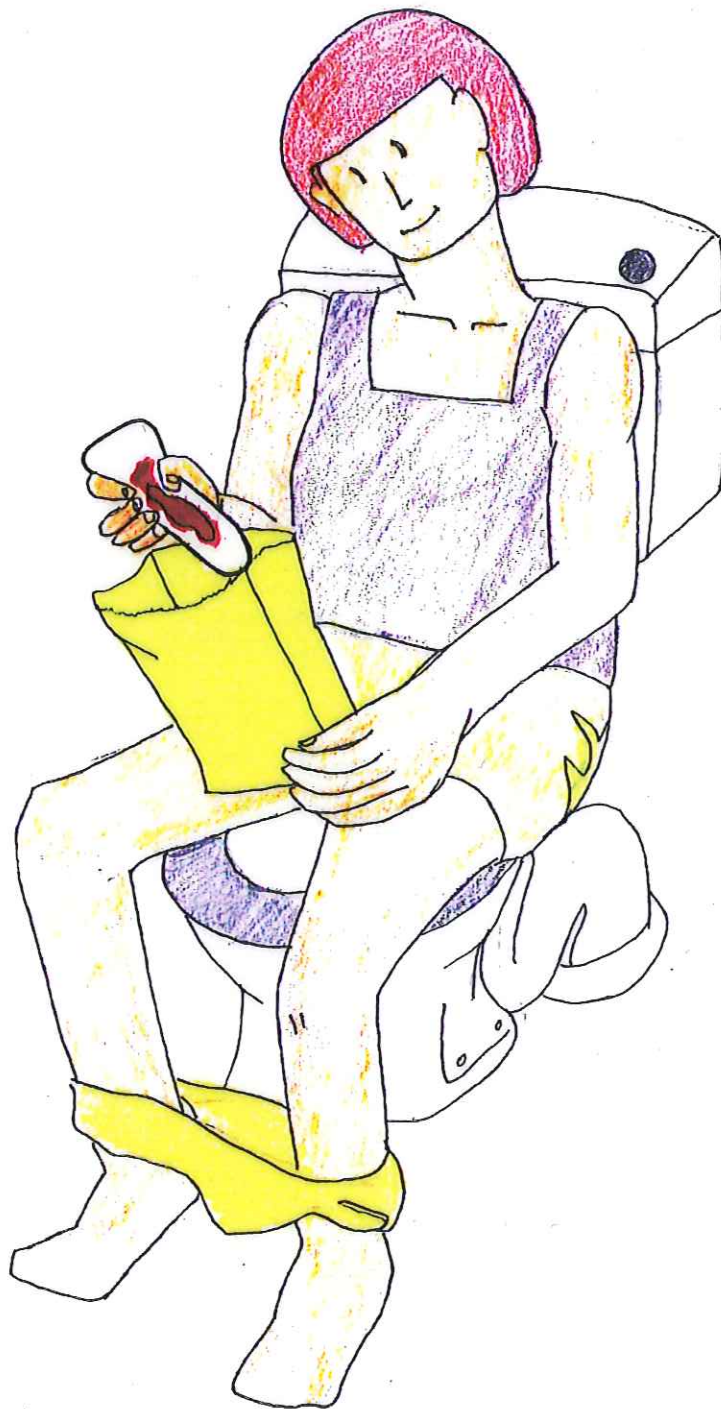
*Locate the used pad*

## *Pad Changing Sequence: 3*



*Remove the used pad*

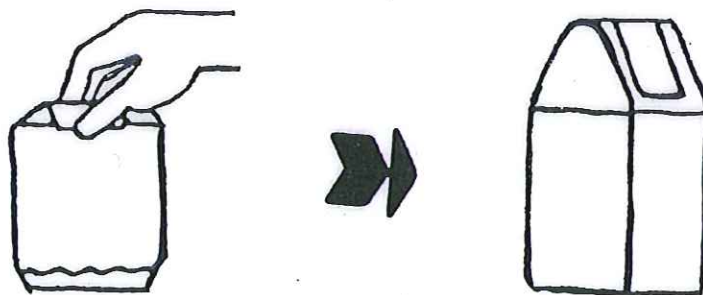
## *Pad Changing Sequence: 4*



*Place the used pad in a paper bag*

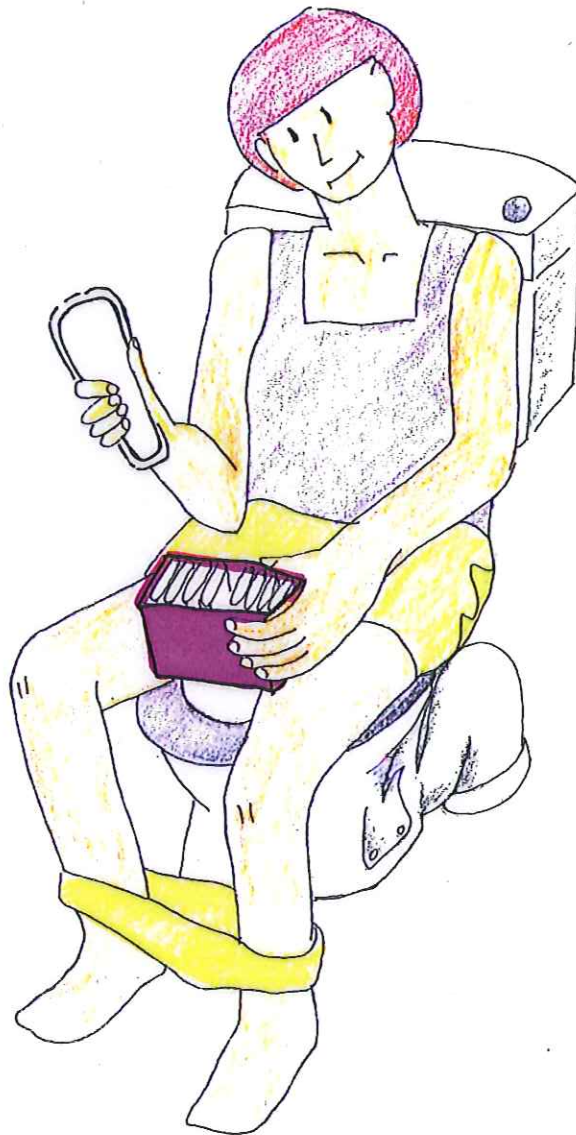


## *Pad Changing Sequence: 5*



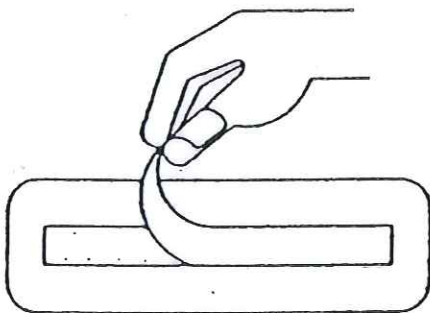
*Place the paper bag in a flip-top rubbish bin*

## *Pad Changing Sequence: 6*



*Take a fresh pad*

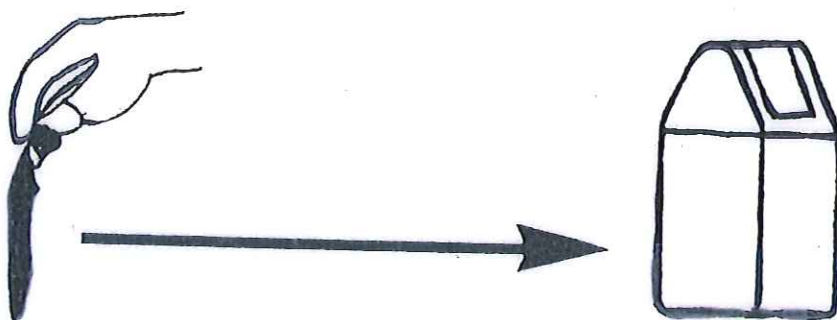
## *Pad Changing Sequence: 7*



*Peel the strip off the pad*



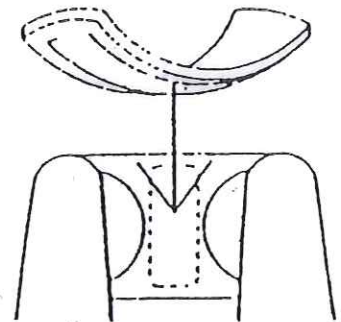
## *Pad Changing Sequence: 8*



*Put the strip in the rubbish bin*

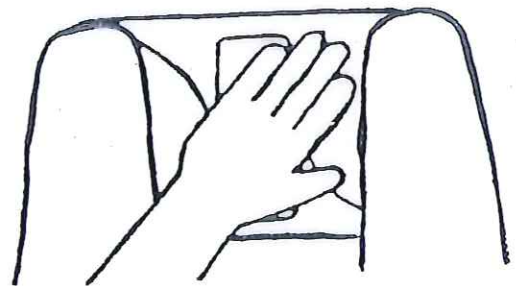


## *Pad Changing Sequence: 9*



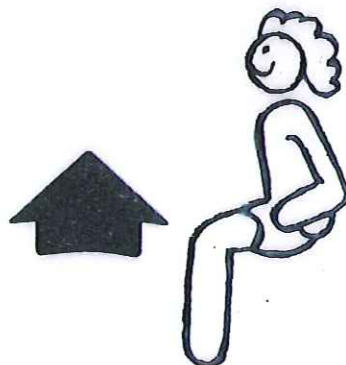
*Put the pad on the underpants,  
sticky side facing down*

## *Pad Changing Sequence: 10*



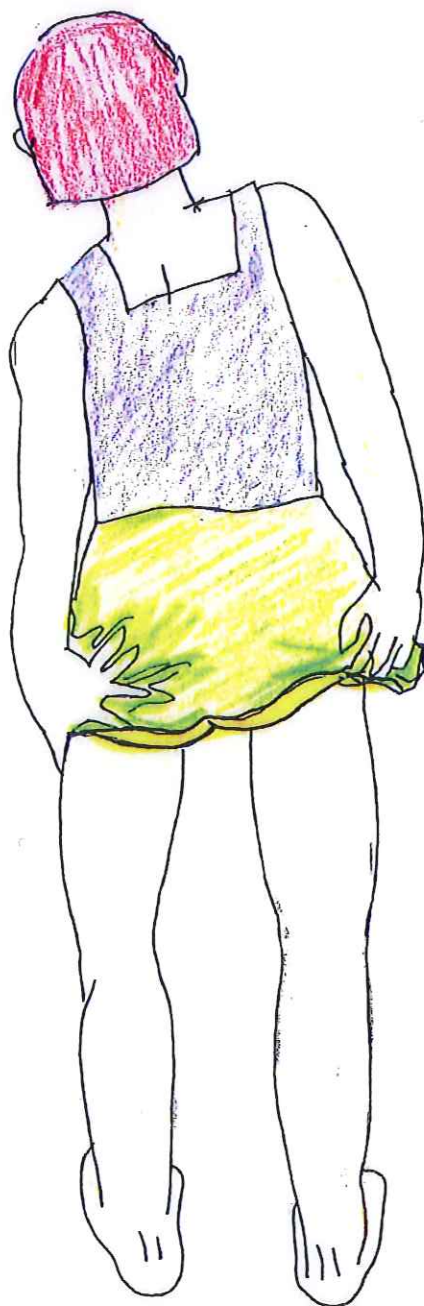
*Secure the pad in the underpants*

## *Pad Changing Sequence: 11*



*Pull the underpants up*

## *Pad Changing Sequence: 12*

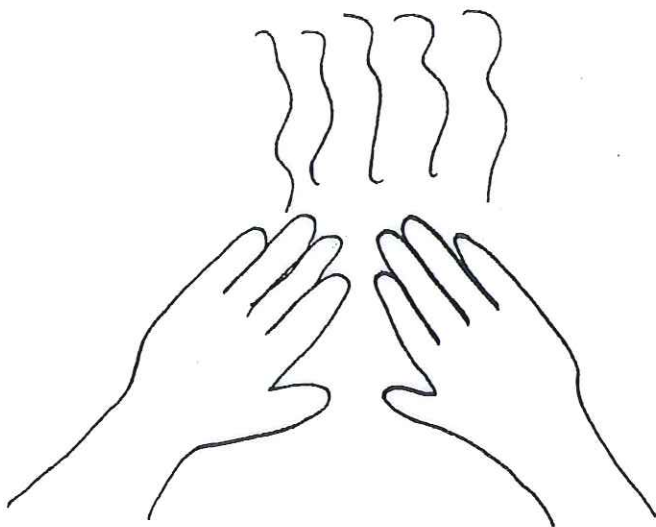


*Readjust clothing*





# *Pad Changing Sequence: 13*



*Wash hands*