

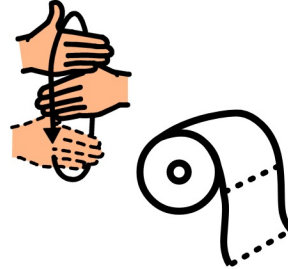
Girls Period Routine



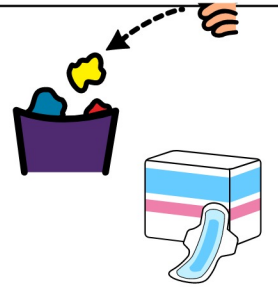
Use toilet



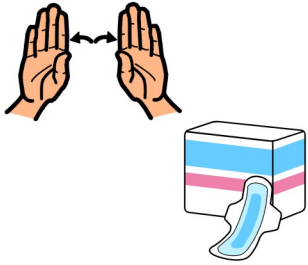
Remove Pad



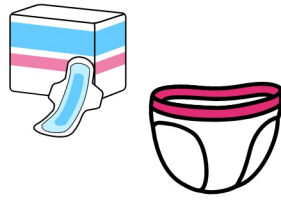
Wrap in toilet roll



Throw pad away



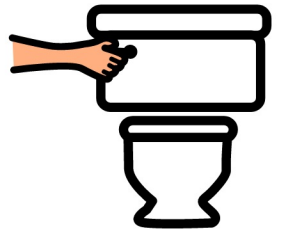
Open new pad



Put new pad on knickers



wipe



Flush