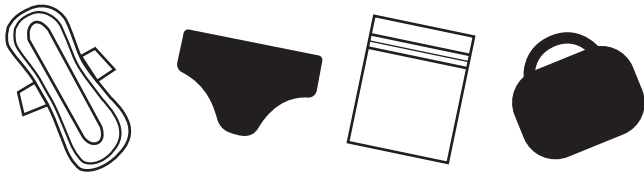


Make sure you always have a period pack in your bag. Your period pack should include:

- ▶ A little bag to put everything in (a Toiletry bag will do).
- ▶ 3 or 4 pads.
- ▶ A spare pair of underwear or period pants (in case blood leaks onto your underwear).
- ▶ A plastic bag (to put blood-stained underwear in).
- ▶ This little brochure to help you if you need it.



**Don't be afraid to ask an adult you trust if you need any help or advice about your periods.**

## Looking for more information?



### Disability

☎ 08 9227 6414 ✉ support@shq.org.au

### Sexual Health Quarters (SHQ)

☎ 08 9227 6177 ✉ info@shq.org.au  
70 Roe Street, Northbridge WA 6003

### Sexual Health Helpline

☎ 08 9227 6178 ✉ sexhelp@shq.org.au

Find us on social media



[shq.org.au](http://shq.org.au)

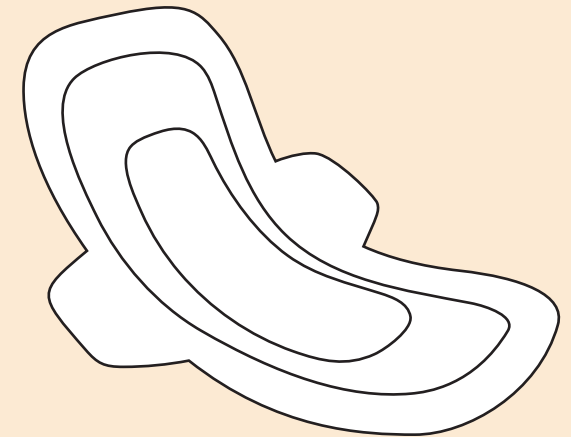


SHQ is on Whadjuk land. We acknowledge the Traditional Custodians of Country across Australia.

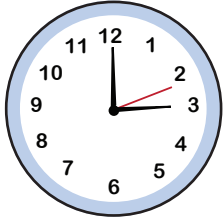
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**Sexual  
Health  
Quarters**

## Changing my pad



1



I must change my pad every 3 hours.

5



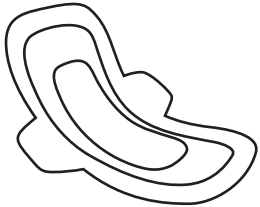
I pull down my underwear and sit on the toilet and remove the pad with the blood on it.

9



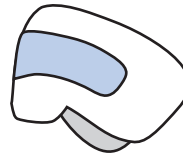
I stick the new pad on my underwear.

2



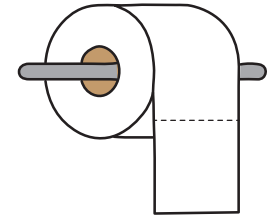
I get a new pad.

6



I fold the pad in half and wrap it in toilet paper.

10



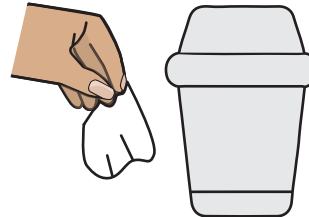
I wipe around my vagina with toilet paper.

3



I wash my hands with soap and water.

7



I put the wrapped pad in the bin.

11



I pull up my underwear with the new pad inside.

4



I go to the toilet and close the door.

8



I unwrap the new pad and take off the sticky strip from the back of the pad.

12



I wash my hands with soap and water.