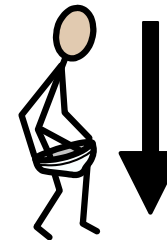


Go to the toilet



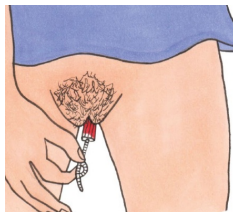
Sit on the toilet



Pull down pants



Find the string



Pull the string to pull out the tampon



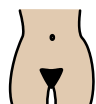
Wrap the dirty tampon in



toilet paper



Put the dirty tampon in the bin



Wipe vagina with toilet paper



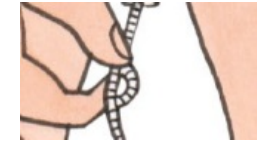
Open a new tampon



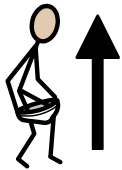
Pull out the string



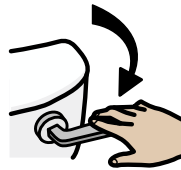
Push the tampon into your vagina



Check you can feel the string



Pull up pants



Flush the toilet



Wash hands