



tummy ache



blood on pants



blood on pad

Claire's story

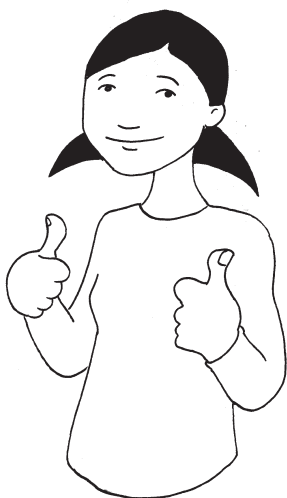
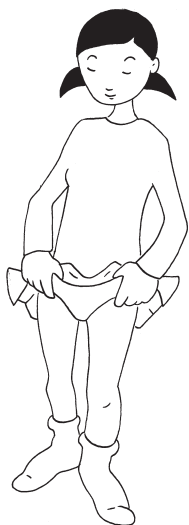


- Claire's tummy feels strange so she decides to go to the toilet.
- What do you think is the matter Claire?
- What do you think she is feeling like?

- Claire sits on the toilet and notices there are some red marks of blood on her pants.
- What do you think has happened?
- Do you think she is frightened?
- Should she tell someone? who?

- What is Claire doing now?
- Would you know where to find a pad?
- Would you know where to find clean pants?

Claire's story



- Where does Claire put her sanitary pad?
- How does she feel?
- What does Claire need to do after she has changed her pad? (wash hands)
- How can she keep herself clean and fresh?
- How often should she change her pad?
- What is Claire doing now?
- When will Claire need to wash her pants?
- How often will she have a period?
- What should Claire do if her periods were really heavy?
- What should Claire do if her periods stopped altogether?
- Claire is proud she is growing up