

Disposing of pads properly and replacing with a fresh pad

Overview

This lesson aims to teach the sequence of behaviours for appropriate disposal of pads and replacing with fresh ones. Guidance around decision-making of timing of changes, and whether to change pads and soiled underwear is included.

Foundation Knowledge for this lesson includes differentiation of male and female bodies; awareness of age and body differences between babies, children, adolescents, and adults; receptive identification of vagina; public and private body parts; receptive identification of sanitary pads, bin, toilet, and underpants; receptive identification of blood.

The diagram illustrates the following steps for changing and disposing of a sanitary pad:

- Menstruation
- Change pad
- Toilet
- Pull down pants
- Sit on toilet
- Remove soiled pad
- Wrap pad
- Pad in bin
- Pad
- Reverse side of pad
- Remove paper strip
- Pad in underwear
- Pull up pants
- Flush toilet

Generalisation Ideas

- **Teach through chaining:** put in place selected images e.g. first two or last two pictures in the sequence; mix up picture order and resequence; take away one or two key images and put them in the correct order
- **Role modelling:** follow through with sequence with a trusted adult with a real-life example or wearing pants over trousers and adding food dye to clean pads to simulate when to change pads.
- **Visual Cues:** print screen and place in the bathroom to provide visual support.
- **Consequences:** how do you feel when you change your pad properly?
- **Flipside:** what happens if you don't change your pad? How would other people react if you didn't change your pad?
- **Getting help:** who can you talk to about changing pads? Who can't you talk to about changing pads?

Get started with this lesson