How to use a pad:



1 Wash your hand at least 20 seconds with anti-bacterial soap



2 Get ready



3 Stick pad to your underwear



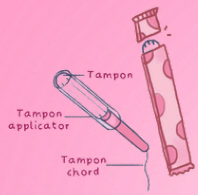
4 Almost good to go



5 Wash your hand at least 20 seconds with anti-bacterial soap

help a girl out

How to use a tampon:



1. Wash your hand and remove tampon from packaging



2. Place the tip of the applicator into your vaginal opening



3. With your index finger gently push the inner tube all the way into the outer tube



4. Once the inner tube is pressed completely, gently remove the applicator



5. After 4-5 hours remove the tampon by gently pulling it out by the string

help a girl out