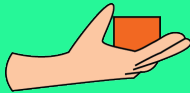


I Have My Period

Able2LEARN



I



Have

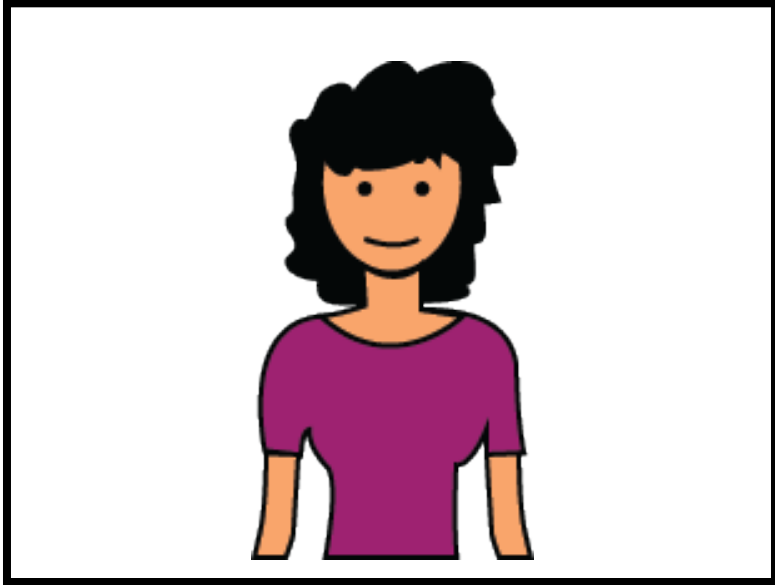


My



Period

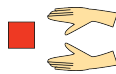
All girls get their period.



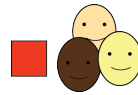
All



girls



get

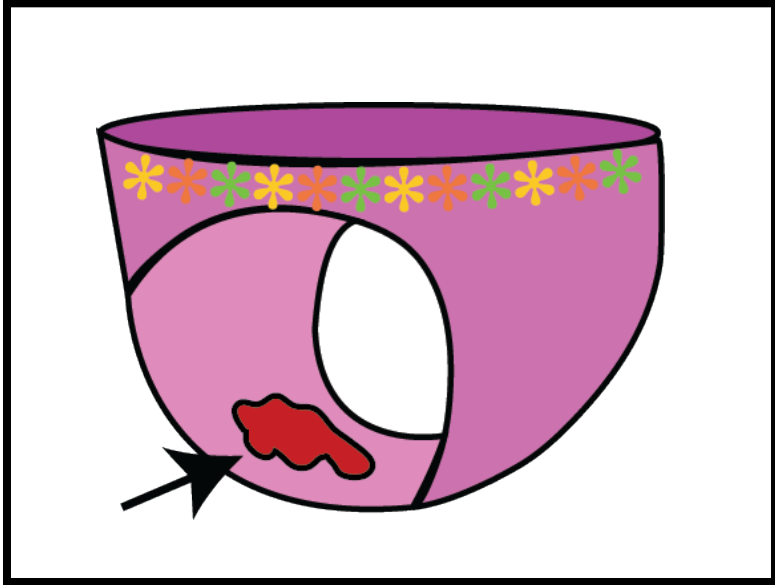


their



period.

When I get my period, I may get some blood in my underwear.

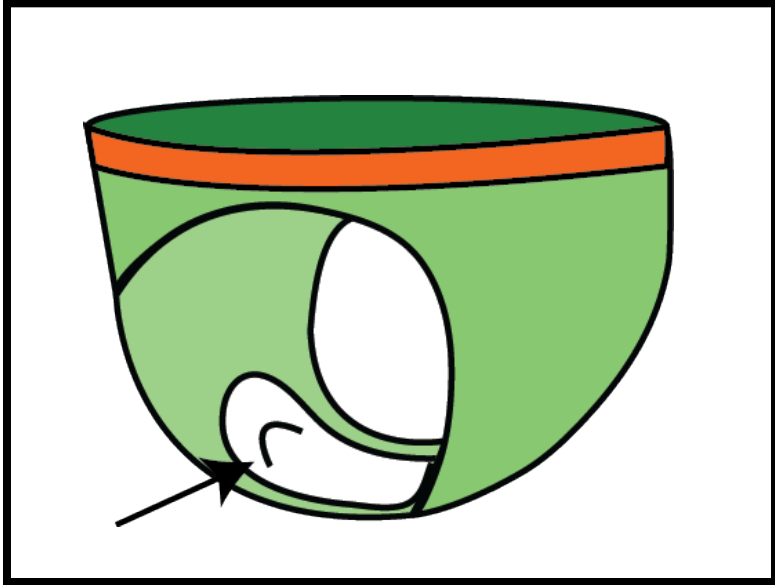


When I get my period I may



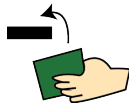
get some blood in my underwear.

I will put a sanitary pad on my underwear.



I

will



put

a

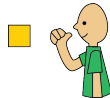
a



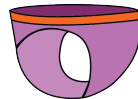
pad



on

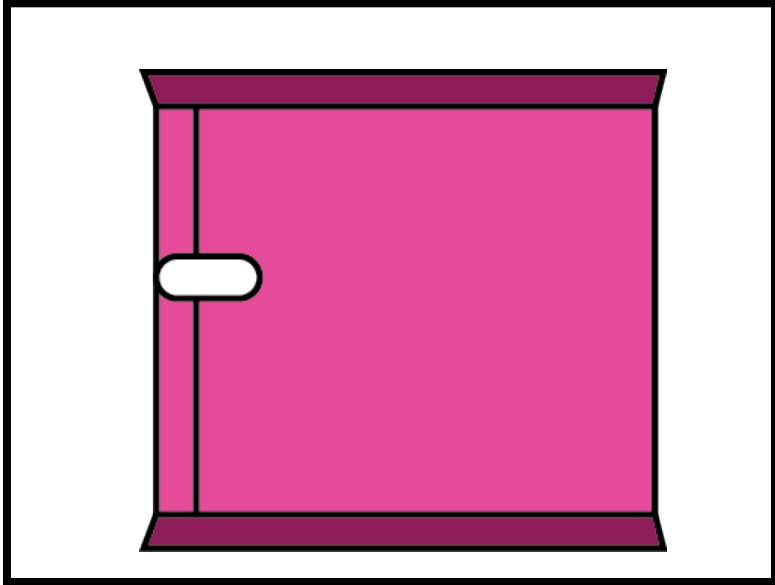


my



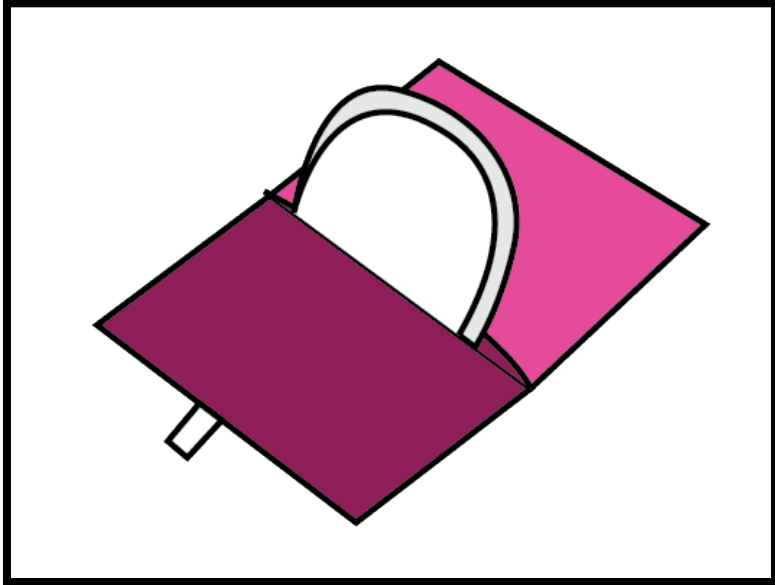
underwear.

Some pads come wrapped.

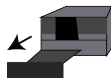


Some pads come wrapped.

I must remove the plastic before I can use it.



I must



remove



the

plastic



before



I



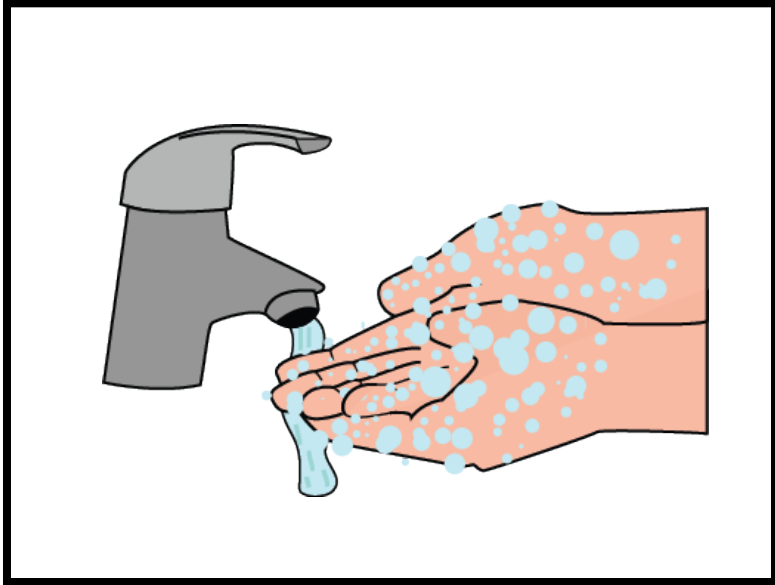
can

use



it.

After I change my pad, I will wash my hands.

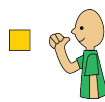


After



I

change



my



pad



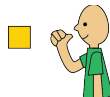
I



will



wash



my



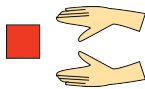
hands.

I may get cramps when I have my period.



I

may



get



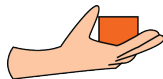
cramps



when



I



have

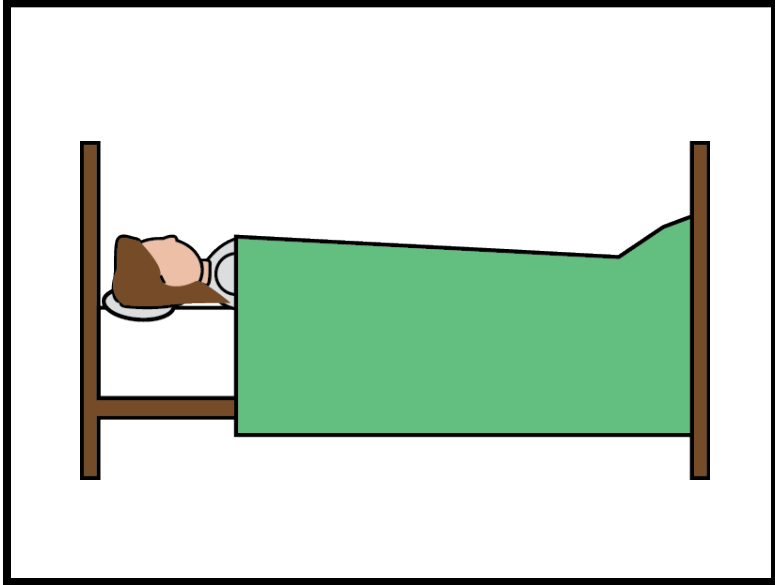


my



period.

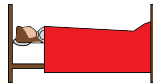
I can lay down and rest.



I



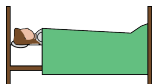
can



lay down

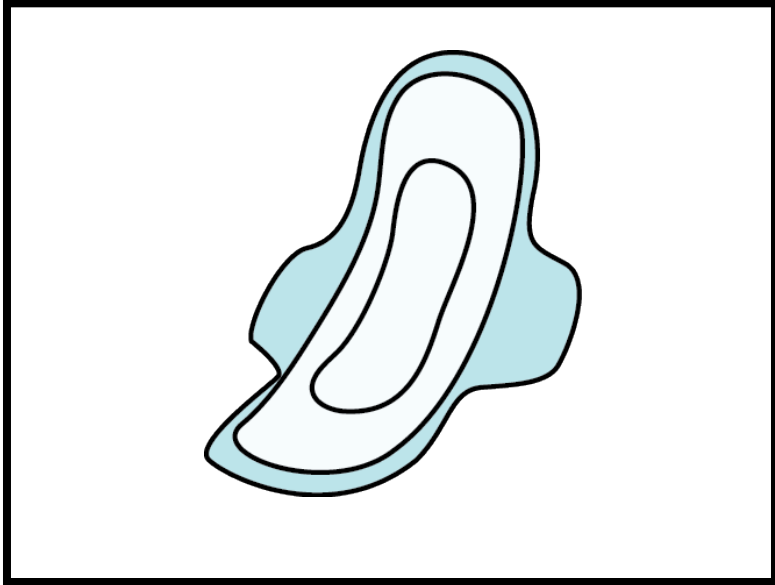


and



rest.

I need to change my pad a few times a day.



I



need

to

change



my



pad

a



few



times

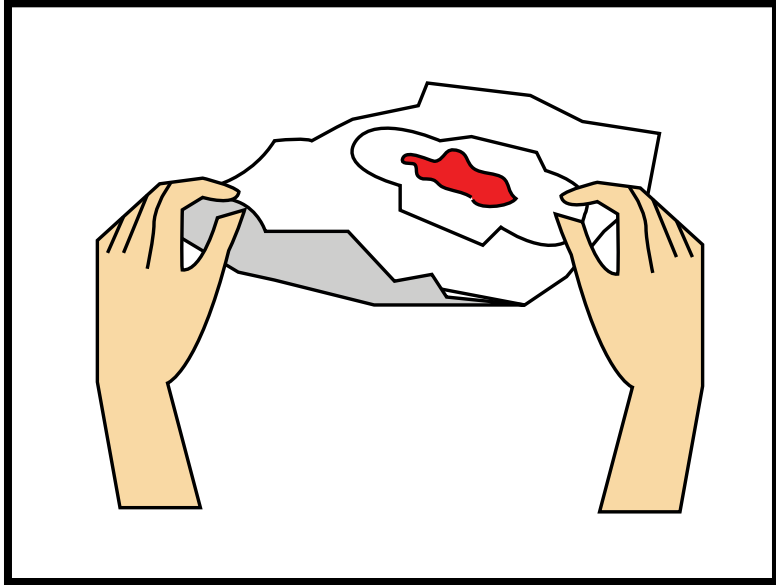
a

a



day.

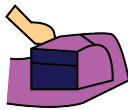
I will wrap up the old pad in toilet paper.



I



will



wrap



the



old



pad



in

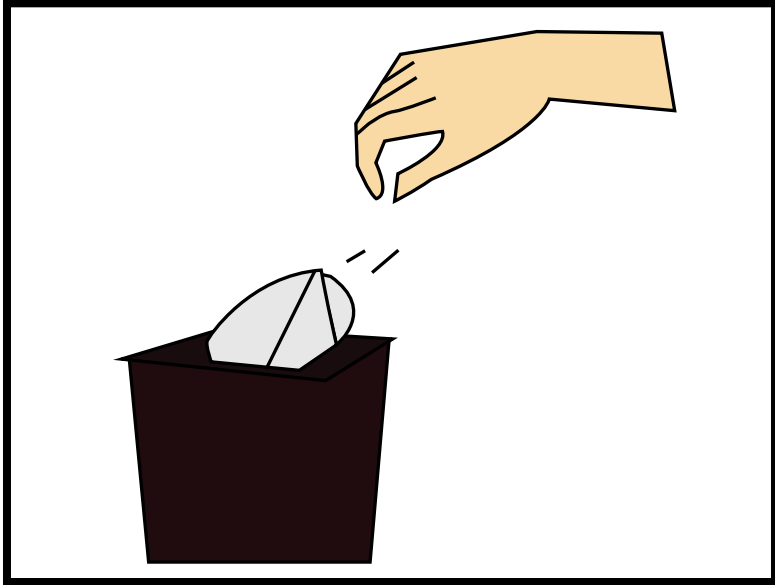


toilet



paper.

I will put it in the garbage.



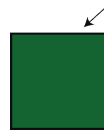
I



will



put



it



in

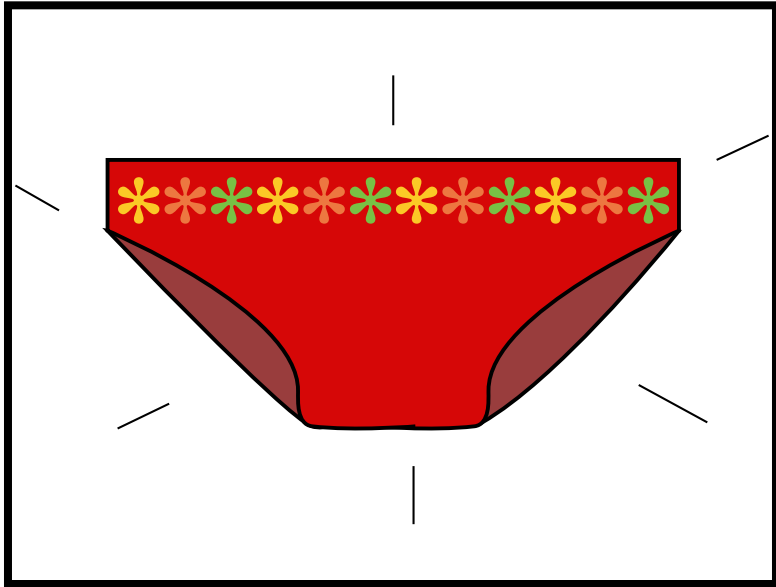


the



garbage.

I will put a new pad on my underwear.



a

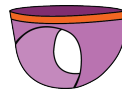
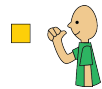
I

will

put

a

new



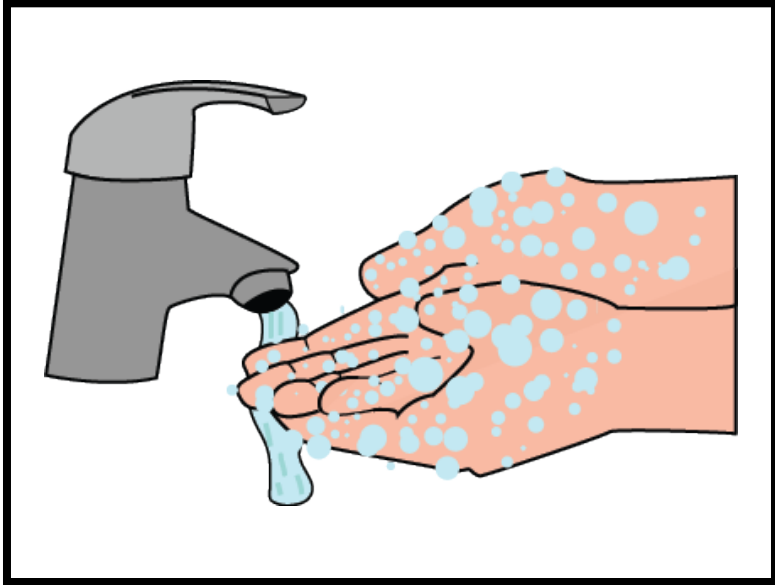
pad

on

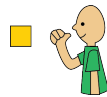
my

underwear.

I will wash my hands.



=



I

will

wash

my



hands.