

How does a tampon work?

**TAMPAX® RADIANT™
TAMPON DEMO**
To show what's a
Tampax tampon and
how it works to absorb
liquid.

Materials Needed

- Your Tampax Radiant tampon product in your program shipment
- 1 clear cup or beaker (eg. 8 oz)
- 1 plate
- Water or other liquid (2 fl oz)
- Food coloring (optional)
- Consider showing a video from Tampax YouTube playlist "Everything You Need to Know About Tampons": <https://www.youtube.com/tampax>

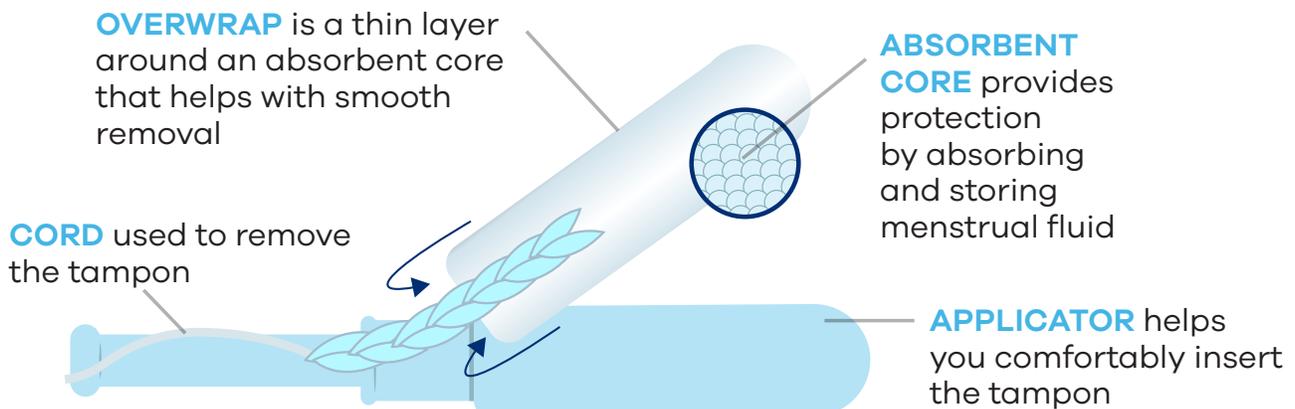


Background:

Tampons are a form of internal menstrual protection. While pads absorb the blood outside of your body, tampons are inserted inside your vagina to absorb the blood before it leaves your body. Tampons are the only suitable form of period protection for swimming, since they are worn inside your body. It is made of soft absorbent material compressed into a small oblong shape with a string securely sewn through it for removal. Some tampons have an applicator to help them insert them correctly, others do not. Tampons, wrappers and applicators should be disposed in the trash.

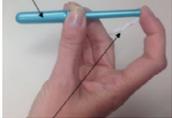
Key item: Tampons should be changed regularly, about every 4 to 8 hours. Use the right absorbency for your flow throughout your period and use for a maximum of eight hours.

What's a Tampon: A quick look



TAMPAX

How a Tampon Works: Step by Step

Step	What to say	What to do	Image
1	Today I'm going to show you a tampon with an applicator. Now I'm going to remove the wrapper so that you can see the applicator.	Open the tampon wrapper (open using the easy-open tab) and hold up the applicator.	
2	<ul style="list-style-type: none"> The applicator is made of smooth plastic. The tampon is still inside the applicator. This is the removal string. 	<ul style="list-style-type: none"> Point to the plastic. Point to the string. 	
3	<ul style="list-style-type: none"> This part of the applicator is inserted into the body. The tampon is pushed out of the applicator into your vagina. 	<ul style="list-style-type: none"> Point to barrel of applicator (larger part). Expel the tampon by pushing the smaller part of the applicator into the larger one until the tampon comes out the other end 	
4	<ul style="list-style-type: none"> The tampon stays inside. The applicator gets thrown away. The string stays outside the body so that it can be used to remove the tampon. 	<ul style="list-style-type: none"> Hold up the tampon. Hold up the applicator. Hold the string. 	
5	The string is securely attached – see? Pulling on the string will remove the tampon from the body.	Hold the tampon in one hand and the string in the other hand and pull gently to show that the string is securely attached.	
6	Now I'm going to pass the tampon around so that you can see it a little closer.	Place the tampon on the plate and pass it around so that each girl can see it.	
7	Now let's see how a tampon works: Here is a container with some blue (optional) water in it so that you can see how a tampon absorbs fluid. When I put the tampon into the fluid, what happens?	Holding the tampon by the string, place the tampon into the container of fluid so that half of it is submerged and half of it is still out of the liquid. After a 2-3 seconds lift it out of the beaker so that the students can see it.	
8	Notice that the shape of the tampon changes and becomes wider as it absorbs liquid. If you didn't know, the vagina has a flat shape. The tampon expands side-to-side to fit the shape of your vagina.	Show the partially expanded tampon.	
9	Now I'm going to pass the tampon around again so that you can see it a little closer.	Place the tampon in the disposable plastic dish and pass it around so that each girl can see it.	
10	Tampons are a good option to use for protection when you run, swim, jump or dance. Talk to your parent if you are ready to try tampons.		