

# How does a pad work?

## ALWAYS® RADIANT™ PAD DEMO

To show how an Always pad is used and how it works to absorb liquid.

### Materials Needed

- Your Always Radiant pad product in your program shipment
- 1 plate
- Water or other liquid (25mL)
- Food coloring (optional)

**Video Resources:**  
[YouTube.com/  
AlwaysBrand](https://www.youtube.com/AlwaysBrand)  




### Background:

Pads are worn in your underwear during your period to absorb your menstrual flow. A pad has a soft, cotton-like layer on the top and a peel-off sticky strip on the back that keeps them firmly in place in your underwear. Always pads are available in thick or thin pads, day or overnight, and different sizes to provide protection for all types of period flows (from a light flow to a heavy flow).

### How to Use a Pad: Step by Step

-  1. Wash hands with soap and water before changing a pad.
-  2. Open the pad wrapper.
-  3. Detach the pad from its wrapper and remove the paper strip that covers the wings.
-  4. Attach the sticky part securely to the inside center of her underwear. Wrap the wings around it.
-  5. When done, wash hands with soap and water.

### How a Pad Works: Step by Step

1. Unfold the Always pad, remove the strip and stick the pad to the plate.
2. Pour the water/liquid onto the center of the pad. The liquid is absorbed and pulled deep inside.
3. Hold up the plate with the pad to show how the fluid is captured.

### What to do with a pad or pantliner after it has been used?

1. Pull the pad off your underwear.
2. Fold /roll it up.
3. Wrap it in toilet paper or in the wrapper of a new pad after you've placed the new pad in your underwear.
4. Place in the trash can or the special container in the restroom.
5. REMEMBER: Don't flush pads down the toilet!



Change a pad every 4 to 6 hours, or more often if your flow is heavy.



Following demonstration, remaining pads can be distributed for student personal use.

