

Menstruation Routine

Score each response as follows:

(+) correct (FP) full physical prompt (PP) partial physical prompt (G)gesture (M) model (V) verbal: try to avoid these

Date:																			
1. Closes and locks bathroom door (or stall)																			
2. Pulls down pants and underwear																			
3. Sits on toilet																			
4. Rips dirty pad from underwear																			
5. Rolls up dirty pad																			
6. Wraps dirty pad in toilet paper																			
7. Throws out dirty pad in garbage or pad disposal bin																			
8. Takes new sanitary pad from purse																			
9. Rips off strip of paper from back of pad																			
10. Throws out paper strip																			
11. Places pad correctly in underwear																			
12. Wipes bum from front to back until clean																			
13. Pulls up underwear and pants																			
14. Flushes toilet																			
15. Washes hands																			
Percentage Correct:																			

Mastery Criteria: 100% for (2) consecutive session(s)