

SCARLETT MOFFATT'S BLOODY SIMPLE GUIDE TO TAMPONS



TAMPAX

Tyla

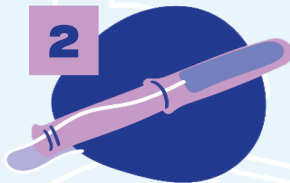
YOUR BLOODY SIMPLE, STEP-BY-STEP GUIDE TO TAMPONS...

Sit back and relax...literally! It's always easier to put a Tampax in if you're chilled out, so take your time (and your pants off). Don't worry if it takes a few tries either – practice makes perfect. **YOU'VE GOT THIS!**

PREP IT!

Your Tampax is ready once you've pulled the applicator's inner tube away from the outer one. If you're using Tampax Pearl Compak you'll hear a 'click'. Then get yourself in a comfy position. Sit on the loo with your knees wide apart, or stand knees bent and wide apart. Some find it easier to put one foot on a higher surface, like the bath or toilet. The acrobatics will be worth it!

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WIGGLE IT!

Once you've decided what position feels right, hold the little ridges with your thumb and middle finger. Then put the tip of the Tampax

into your vagina angled to your back. Wiggle it around gently till you've got an angle where there isn't resistance.

TAMP-ON!

Then gently slide the applicator inside your vagina until your thumb and middle fingers touch your body. With your other hand push the smaller tube all the way in. Once you feel

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JUST GO WITH THE FLOW...

There's no right time, or age, to start using tampons! A good place to start is picking the right size Tampax. If you have a light flow, go with a lower absorbency. If you leak easily, just go up a size!

First time trying tampons? It's alright to fanny about! Being confused about the ins-and-outs (literally) is totally normal. Wiggle the tampon around slowly and firmly, angled towards your back to find the right spot. And most of all relaaax. **You've got this!**

A third of 18-24 year olds we asked were worried about a tampon getting lost inside them. **REMEMBER: your vagina is a cul-de-sac, not an open road!** A tampon can't get lost up there, that removal string is stronger than steel mate.

When we were younger we used to worry that tampons could affect our virginity. But listen, I've gotta let you know – that's a myth! Putting a tampon in doesn't affect whether you've