

**Using the toilet**

**Girls:**

Everyone uses the toilet throughout the day.

People urinate or have a wee many times during the day and have a bowel movement or poo once a day or every other day.

When we wee or poo our bodies are getting rid of wastes which our body don’t need. These wastes are full of bacteria which smell bad and make us sick if they get back into our bodies.

It is important to remember to keep yourself clean so that wee and poo doesn’t end up on your hands and clothes which can make you smell bad.

Make sure you pull your knickers and trousers down far enough so that they are away from the toilet.

Use enough toilet paper so that you don’t get wee or poo on your hands.

You must wash your hands after using the toilet to get rid of any bacteria which could make you sick and your hands smell bad.

You must wash your private parts carefully when you have a shower or bath.