Using a Public Restroom
I am ready to learn how to use a public restroom by myself. It is similar to using the restroom at home.

I can practice using a public restroom with a family member or another adult I trust until I feel comfortable doing it by myself.
First, I need to find the restroom. I should look for signs like this:

If the sign does not use pictures, I can look for words like:

- Restroom
- Toilets
- WC (This means Water Closet. This is an old-fashioned word for restroom.)
When I find the restroom, I should figure out which one is for men and which one is for women. Some places use the letter “M” for men and the letter “W” for women. Other places let both men and women use the same restroom.
Some public restrooms are for one person to use at a time. In these restrooms, I should knock to see if anyone is using the restroom before me. When it is my turn, I should lock the door after I go in.
Other restrooms have stalls. This means more than one person can use the restroom at a time. I might need to wait in line and wait patiently at the end of the line until it is my turn.

When it is my turn, I can tell if a stall is free by knocking on the door. I can also gently push the door to see if it swings open. I should lock the stall door after I go in.
Now, I can use the toilet just like I do at home. I will remember to wipe and put the toilet paper in the toilet. When I am done, I should flush the toilet. Some toilets are really neat and flush on their own!
If I am a girl and I need to change my pad or tampon, I should wrap the used pad or tampon and wrapper in toilet paper. Then I can put it in the small bin next to the toilet. I should not flush used pads, tampons or wrappers in the toilet.
When I am done, I should wash my hands just like I do at home. To turn on the water, I might have to lift or turn a handle. Some sinks are really cool and turn on when I wave my hand in front of them!
Next, I should dry my hands. The restroom might have paper towels or a hand dryer I can use. I should throw the paper towels in the trash when I am done.

If there is a hand dryer, it will blow warm air on my hands to dry them. I might have to press a button or wave my hand under the hand dryer to turn it on. The hand dryer might be loud, but this is okay. Now I am ready to leave the restroom!
Down Syndrome Program

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