FGD Guide

\*Before turning on the recorder:

* Introduce yourself
* Go over the information leaflet and consent form
* Go over broadly what the interview will be about
* Assure them that there is no wrong answer, everything they say will be helpful – we are interested in knowing their views and it is in no way testing or judging them
* Ensure them that everything they say will be strictly confidential and will only be shared with people involved in the study.
* The data collected will be anonymised so others will not be able to identify them.
* Explain you may note things down as you go along, so that you can revisit these later

Informal conversation (intended to build rapport and trust between you and the participant):

* Talk to them as you would talk to a friend until you feel they are comfortable eg, ask how their day was, what the best part of the day was, do they enjoy going to school, what football team they support, what sports they play….etc

During the interview

* Once you start the interview; if feel the participant is holding back for some questions, remind them again about confidentiality of answers and that there is no wrong answer.
* If the participant doesn’t answer the question, give them some time to collect their thoughts and respond, but if you still do not get a response, check that they understand what you mean, ask them to repeat the question back to you to verify.
* If the participant says something interesting and relevant to the topic, ask them more about it, dig deeper into the area (even though it is not on the guide).

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| **Focus Group Discussion Guide (pre-menarche girls)** |
| **Ice breaker** |
| **1. First, we would like to start with introductions. Can everyone introduce herself and tell us:**   * *What grade you are in?* * *Your favourite subject in school* * *Favourite colour* * *Favourite food* * *Favourite…. (continue till the girls start responding more openly)*   **2. What do you enjoy the most about school?** |
| **Key Questions** |
| **3. Can you all describe a typical school day for students, starting from when they arrive at school?**  *Probe*   * *What classes do students take?* * *When do you interact most with peers? Teachers?* * *How long is your school day? Are there breaks?* * *Do students ever go home during the school day?*   **4. Can you all describe the usual condition of the toilets/ facilities at this school?**  Probe:   * How many are there? * Are there separate toilets for boys and girls? * Comments on: cleanliness? Smell? Privacy? Safety? * Soap/water/materials available for personal hygiene? * Do girls prefer going with friends?   **5. Can you all explain any school rules regarding toilet use?**  Probe:   * Do all students use the toilets? * Are places besides the toilet used? Where? Why? * When can students use toilets? Breaks? During class? * Are toilets ever kept locked? Accessible? * If hauling water is needed, who does this? * Who cleans the toilets?   **6. What do girls in this community call menstruation?**   * *Are ‘secret’ words used so nobody else will know what is discussed?* * *What do these terms mean? Good or bad meanings?*   **7. How do girls in this community feel when they hear these words?**  **8. When do most girls learn about menstruation? From whom?**  **9. Is this a topic you can easily talk to other women at home or in school about?** *(grandmother, mother, teacher, sister, father…)*  **10. What do you know about menstruation?**  *Probe*   * Are there any stories told by grandmothers?   **11. What is menstruation?**   * Where does menstrual blood come from? * How often do women menstruate? * How long does a period last?   **12. What do girls know about the menstrual cycle?**  **13. Why do women menstruate?**   * Why don’t boys? * Do women menstruate when they are pregnant?   **14. What should a girl do when she starts bleeding?**  *Probe:*   * What should girls use to absorb blood? * How often should a girl change the material used to absorb blood? * Where is this material attached? * How is the material cleaned/disposed? * How can a girl keep clean during that period?   **15. Is there anything girls cannot do once they start menstruating?**   * Are there any restrictions to daily routine? If so, what? (household work, eat certain food, go out…..) * Are there any places she cannot go? Where? * Are there any places she cannot go on the school grounds?   **16. Can girls use the same toilet facilities while they are menstruating as what they normally use?**  **17. What is the source of this knowledge?** *(Mother, Teacher, Sister, Friends, Books..…)*  **18. What are your views on menstruation? Why?**  *Probe:*   * *Is it something to avoid or look down upon.*   **Thank you. We just have a few more questions.**  Closing Questions  **19. What are some of the worries girls have about having their first menstrual period?**  *Probe***:**   * Boys bullying * Shame * Fear * Guilt * May mean they have to stop studying and get married   **20. What additional information would girls like to have about menstruation?**  **21. Are girls excited to reach this phase of their woman-hood?**  *Probe:*   * + *Is it a natural wonderful part of being a woman (Why?)*   + *Or a curse (Why?)*     **22. Is there anything else that you would like to share or are there any questions you have for me?**  **~THANK YOU FOR YOUR TIME AND YOUR HELP~**  **NOTE: Keep the recorder on until all women leave your company. Sometimes they will stay and ask questions or give final thoughts that are particularly insightful.** |

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| **Focus Group Discussion Guide (post-menarche girls)** |
| **Ice breaker** |
| **1. First, we would like to start with introductions. Can everyone introduce herself and tell us:**   * *What grade you are in?* * *Your favourite subject in school* * *Favourite colour* * *Favourite food* * *Favourite…. (continue till the girls start responding more openly)*   **2. What do you enjoy the most about school?** |
| **Key Questions** |
| **3. Can you all describe a typical school day for students, starting from when they arrive at school?**  *Probe:*   * *What classes do students take?* * *When do you interact most with peers? Teachers?* * *How long is your school day? Are there breaks?* * *Do students ever go home during the school day?*   **4. Can you all describe the usual condition of the toilet facilities at this school?**  Probe:   * How many are there? * Are there separate toilets for boys and girls? * Comments on: cleanliness? Smell? Privacy? Safety? * Soap/water/materials available for personal hygiene? * Do girls prefer going with friends? * Can girls dispose of personal supplies? How?   **5. Can you all explain any school rules regarding toilet use?**  Probe:   * Do all students use the toilets? * Are places besides the toilet used? Where? Why? * When can students use toilets? Breaks? During class? * Are toilets ever kept locked? Accessible? (are there any times a girl cannot use the toilets) * If hauling water is needed, who does this? * Who cleans the toilets? |
| **Thank you. I would now like to discuss menstruation practices.**  **6a. What do girls in this community call menstruation?**   * *Are ‘secret’ words used so nobody else will know what is discussed?* * *What do these terms mean? Good or bad meanings?*   **6b. How do girls in the community perceive menstrual blood?**  **7. How do girls in this community feel when they hear these words?**  **8. When do most girls learn about menstruation? From whom?**  **9. What do girls know about menstruating before they start?**  *Probe:*   * Are there any stories told by grandmothers? * Why do women menstruate? * Do women menstruate when they are pregnant? * What is menstrual blood and where does it come from? * Is there anything women are not allowed to do while they menstruate   **10a. Do girls feel prepared or ready when they reach menarche?**  ***10b. How do most girls react when seeing menstrual blood for the first time?***  **11. Please explain to me what girls in this community generally do if they notice they have started menstruating?**  *Probe:*   * + *What is the first thing a girl will do?*   + *When will she do this? (Right away, at a more convenient time…)*   **12. What will she use to absorb the blood?**  *Probe:*   * *Where do girls get this material?*   + *What do girls use to hold the material in place? (Underwear? Used all the time?)*   + *Where will she go to put the material on?*   + *Would this be the same whether they started menstruating in school or at home?*   **13. What do girls think about buying materials for menstruation?**  *Probe:*   * + What is the cost? *(try establish if there are non-monetary costs)*   + What do women think about the cost?   + How accessible are they?   **14. Please tell me about any activities that may be changed while girls are menstruating?**   * + *Can you explain if restrictions interfere with school tasks?*   + *How do women feel about the restrictions?*   + *Does it make girls miss some days of school?*   + *Can you explain if girls feel it changes their performance in school? Why?*   **15. Can you explain to me what a girl in this community would do if she needs to change her absorbent materials?**  *Probe:*   * *How often does a girl change the material used?* * *Where do women change materials? (Probe to see if there are many)* * *Why do women change in that place?* * *How often would she change it on the more heavy bleeding days?*   **16. If a girl is going to reuse the material, what does she do with the** **used materials**?  *Probe:*   * *Where are materials washed?* * *When are materials washed?* * *Where are materials dried?*   **17. How is the reusable absorbents stored?**  *Probe:*   * *Where are materials stored?* * *Are materials wrapped in anything when stored?* * *Do they wash cloth with other clothes?*   **18. If a girl is NOT going to reuse her materials, where will she dispose of them?**   * *In toilet? Burned? Rubbish Pile? River/ pond? Countryside?* * *Why is it disposed here?*   **19. If women in this community are menstruating, where do they go to urinate and defecate?**  *Probe:*   * *Will they go to the same place as when they are not menstruating?* * *Do women try to go less frequently? Why?* * *Do women go at specific times? Why?*     **20. How do women change any of their practices in school while menstruating? Why?**  **21. How are practices of *young girls* different than those of women during menstruation?**   * What materials do they use? * Where do they change? * Where do they urinate? Defecate? * Are these places different than when they are not menstruating?   Aim is to understand what girls would like for an ideal toilet at school. Girls are given materials to independently or collaboratively draw their ideal toilet  **Activity**  End of activity  We would like to learn more about the toilet/bathroom you would like to have in school, particularly the characteristics that would be useful when menstruating.  Please draw your ideal toilet. Please thing about:   * characteristics of each stall as well as the whole block, * location * distance from classroom * use labels if you would like to   Once complete talk through the drawings with the girls  Ask about the following characteristics if they have not been mentioned:   * Privacy * Disposal * Light * Safety * Cleanliness * Location * Water inside * Place to wash materials or hands inside/nearby * Shower inside or nearby   Conclude with the following questions:   * Does your school have any toilets that look like this? * Do any of these features exist? * What do you school toilets need that they don’t have? What is the most important?   *End of activity*  **22. What are some of the reasons girls miss school?**  *Probe:*   * Lack of money * Have to stay home to help with household work * Early marriage * Lack of facilities to maintain adequate menstrual hygiene * Pain (during menstruation)   **23. How do you think girl’s school attendance will change if they had a separate private toilets? Why?**  **24. What do people in this community think about using toilets during menstruation?**  *Probe:*   * What do women think? * What do men think about women using the toilet during menstruation? * What do people think about urinating in the toilet during menstruation? * What do people think about defecating in the toilet during menstruation? |
| **Closing Questions** |
| **Thank you. We just have a few more questions.**  **25. What are some of the worries that girls have about going to school during their period?**  **26. What other changes do girls think would help improve school attendance?**  **27. How do you think women in this community would feel about answering questions in a survey about menstruation?**   * Do you think it is difficult for women to give honest answers? * What might help women answer these questions? * Would it make a difference if the person asking questions is male or female?   **28. Is there anything else that you would like to share or are there any questions you have for me?**  **~THANK YOU FOR YOUR TIME AND YOUR HELP~**  **NOTE: Keep the recorder on until all women leave your company. Sometimes they will stay and ask questions or give final thoughts that are particularly insightful.** |

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| **Focus Group Discussion Guide (boys)** |
| **Ice breaker** |
| 1. **First, we would like to start with introductions. Can everyone introduce themselves and tell us:**  * *What grade you are in?* * *Your favourite subject in school* * *Favourite colour* * *Favourite food* * *Favourite…. (continue till the boys start responding more openly)*  1. **What do you enjoy the most about school?** |
| **Key Questions** |
| **Thank you all for sharing. I would now like to talk about the differences in puberty between boys and girls.**   1. **Do you think there are any changes that occur to boys as they become teenagers/young adults? If so what?** 2. **What about girls, are there any changes that occur as they become teenagers/young adults?**   *Probe:*   * *Changing body shape* * *Menstruation*  1. **Do boys talk about these changes with each other** 2. **Do boys talk about these changes with their mother, father, sister or school teachers or friends?** 3. **What do you call monthly bleeding that girls go through?** 4. **What comes to mind when you hear that word? (ref menstruation)** 5. **How do boys in this community feel when they hear that word (menstruation)?** 6. **Are there any terms boys use to refer to menstruation? What are they?**   *Probe:*   * *What do these terms mean/symbolise, good or bad meaning?* * *Who uses those terms in your community?* * *Where did you learn these terms? From whom?*  1. **When do most boys first hear about menstruation?** 2. **Where do boys learn about menstruation? From whom?**   *Probe:*   * *Do parents or teachers talk about menstruation, with their sons?*  1. **Do boys know when a girl is menstruating? How do boys know?**   *Probe:*   * *How does she act?* * *Does a girl at school act differently during her period?* * *Why do you think she acts differently?* * *Does she act differently with boys? How so* * *Does she act differently with her girl-friends? How so?* * *Do girls talk to boys about menstruation?*  1. **How is menstruation talked about at school by boys?**   *Probe:*   * *What do boys say?* * *What do male teachers say? Female teachers?* * *Is it important for boys to understand menstruation?* * *Do boys freely talk about menstruation?* * *Is it acceptable for boys to talk about menstruation?*  1. **Do boys know why women menstruate?**  * *How often do they menstruate?*  1. **How are girls expected to act once they start menstruating?**   *Probe:*   * *Are there restrictions to daily routine? If so, what?* * *Are there places she cannot go? Where?* * *Are there places she cannot go on school grounds?*  1. **What are your views on menstruation? Why?**   *Probe:*   * *Is it something to avoid or look down upon.*  1. **How do boy’s behaviour towards girls change after she starts menstruating? Why?**   *Probe:*   * *What if a boy’s sister, cousin or friend started her menstruation, how would he treat her? Would he change his behaviour? How? Why?*  1. **How are boys expected to act around menstruating girls?**   *Probe:*   * *How did you learn this behaviour?* * *From observation? teachers? family? peers?* * *Does this behaviour change as boys / girls get older?*  1. **Sometimes boys tease girls when they have their period, can you tell me about a time that may have happened at this school**   **Probe:**   * *What do they say? Why did they do it?* * *Can you tell me a story of a girl who was once teased; don’t mention her name?* * *How do teachers react if they see boys teasing?*   **Thank you. We just have a few more questions.**  **Closing Questions**   1. **Do boys wish they are taught more about puberty and the changes that come with it** 2. **What would boys like to know?** 3. **Is there anything else that you would like to share or are there any questions you have for me?**   **~THANK YOU FOR YOUR TIME AND YOUR HELP~**  **NOTE: Keep the recorder on until all women leave your company. Sometimes they will stay and ask questions or give final thoughts that are particularly insightful.** |
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**IDI Guide**

\*Before turning on the recorder:

* Introduce yourself
* Go over the information leaflet and consent form
* Go over broadly what the interview will be about
* Assure them that there is no wrong answer, everything they say will be helpful – we are interested in knowing their views and it is in no way testing or judging them
* Ensure them that everything they say will be strictly confidential and will only be shared with people involved in the study.
* The data collected will be anonymised so others will not be able to identify them.
* Explain you may note things down as you go along, so that you can revisit these later

Informal conversation (intended to build rapport and trust between you and the participant):

* Talk to them as you would talk to a friend until you feel they are comfortable eg, ask how their day was, what the best part of the day was, do they enjoy going to school, what football team they support, what sports they play….etc

During the interview

* Once you start the interview; if feel the participant is holding back for some questions, remind them again about confidentiality of answers and that there is no wrong answer.
* If the participant doesn’t answer the question, give them some time to collect their thoughts and respond, but if you still do not get a response, check that they understand what you mean, ask them to repeat the question back to you to verify.
* If the participant says something interesting and relevant to the topic, ask them more about it, dig deeper into the area (even though it is not on the interview guide).

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| **Interviews with teachers** | |
| Participant Number: \_ \_ \_ | Date: |
| Gender: Male Female | Location: |
| 1. How long have you been working at this school? | |
| 1. Do you like to work at this school? | |
| 1. Do you talk about reproductive health at school? | |
| 1. Do you talk about menstruation-related issues at school (if No- *why?* skip to Q14) | |
| 1. If yes, how is menstruation-related topics discussed at the school?  * *As a component of the core curriculum (e.g., in science class)* * *As an integral part of a special module on healthy living/ life skills or sex education* * *As a stand-alone special module on menstrual hygiene exclusively* * *Through a school-sponsored extracurricular program (e.g., health clubs)* * *Only sporadically/informally/occasionally when girls ask* * *Only sporadically/informally/occasionally when teachers perceive girls need information* | |
| 1. If yes, who teaches menstrual-related education at the school? | |
| 1. If yes, can you explain what is covered in the education session?   Probe:   * *Information provided is about biological reasons of menstruation* * *Information provided teaches girls about managing menstruation, hygiene, how to clean/use cloths, etc.* * *Information provided includes information about reproductive health* | |
| 1. Is it taught to girls?  * If no, why not? * *Are there any information leaflets available-if so what kind?* | |
| 1. If yes, when and how often do girls receive menstrual-related education? | |
| 1. If yes, what grade do girls start receiving this information? (what age are the girls when the receive this information) | |
| 1. Are boys taught about reproductive and sexual health?   *Probe:*  *Is it taught in separate lectures or at the same time?* | |
| 1. When and how often do boys receive this information? | |
| 1. What information is covered?  * *Changes that occur during puberty* * *Safe sex* * *Menstrual issues* | |
| 1. Are teachers at this school trained on menstrual health and hygiene promotion/education? If yes, what kind of training do they receive? | |
| 1. Are menstruation-related education materials available and accessible to girls at the school?  * *What kind of material is available and where is it located?* | |
| 1. How do you think most teachers feel about teaching menstruation to girls in school?   If not taught, ask how they think teachers would feel if asked to teach about menstruation related topics   * *Would there be a difference in male teacher’s feelings vs. female teacher’s feelings?* | |
| 1. Do you know what material most girls at this school use to absorb menstrual blood? | |
| 1. Are sanitary napkins (or the most common absorbent used in the community) available for girls at the school in an emergency/accident situation?   *If yes:*   * *Who funds?* * *Do girls have to pay for them?* * *How are they distributed?* * *Do all the girls know this service is available?* | |
| 1. In many schools, girls get teased if it is known they are menstruating. Can you tell me the extent to which this happens at this school?   *Probe:*   * *Who teases?* * *Why is there teasing?* * *Are those caught teasing ever disciplines?* | |
| 1. Can you tell me how girls’ behaviours may change when they are menstruating?   *Probe:*   * *Class/activity participation* * *Missing school* * *Leaving school* * *Distraction* * *Class behaviour, etc* | |
| 1. What do you think are some of the reasons that girls miss school? | |
| 1. In many schools, girls miss school or leave school early when they are menstruating. How often does that happen at this school? | |
| 1. What do you think schools can do to make it easier for girls to be in school during menstruation?   *Probe:*   * *Education* * *Facilities (gender specific latrines, water, availability, privacy, absorbent disposal place/device)* * *Support* * *Resources, etc* | |
| 1. Have any girls approached you asking for advice on menstruation? If yes, what kind of questions have you been asked? | |
| 1. What do you think is the best way for girls to get information about menstruation and menstrual hygiene management? | |
| Thank you for your participation. Your involvement is really important to us. Before we end, do you have anything else you would like to share? | |

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| **In-depth interview mothers** | |
| Participant Number: \_ \_ \_ | Date: |
| **Personal background**  *(opening questions; intended to build rapport and gradually lead into the key questions)* | |
| **It would be great to know more about you** | |
| 1. Can you tell me your name and your age? | |
| 1. What year of education did you complete?  * *How old were you when you left school?* | |
| 1. How many children do you have? | |
| 1. How old are your children? | |
| 1. What is your favorite part of the day? | |
| 1. What is your favorite meal? | |
| **Key questions** | |
| 1. What do you know about menstruation?  * *What happens during menstruation?* * *Why does it happen?* * *What triggers it?* * *What should women do while they are menstruating?* | |
| 1. Do you think it is easy for women in the community to continue with their normal life when they are menstruating?  * *What would affect ability to continue normal life? --- water, privacy, pads, sanitation, comfort, social and religious restrictions)* * *Is there anything they cannot do while menstruating?* | |
| 1. What materials do you use to absorb menstrual blood?  * *Where do you get these materials from?* * *Why do you use them?* * *Do you like using them?* * *What do you do with the absorbents when you change them?* | |
| 1. What are your views on menstruation?  * *Should it be kept a secret from other women or men?* | |
| 1. What does menstruation signify in your community? | |
| 1. Do you talk to your daughters about menstruation?  * *Why?* * *What do you tell them?* * *When do you tell them (before or after menarche)?* | |
| 1. Do you feel it is easy to talk to girls about this topic? | |
| 1. Do you talk to your sons about menstruation?  * *Why?* * *What do you tell them?* | |
| 1. Do you think it is important for parents to talk to their children about menstruation? | |
| 1. What do your daughters or girls your daughters age know about menstruation? | |
| 1. What do you think is the best way for adolescents to learn about menstruation  * *In the school from teachers, from their friends, from their mothers, fathers or from other family members or from the mosque?* * *Do you think the same applies for boys and girls?* * *Is it important for boys to learn about menstruation?* | |
| 1. When do you think is the best time to talk to girls about menstruation? | |
| 1. What do you think can help improve the experience girls have when they start menstruating? | |
| 1. What do you feel are the main reasons girls are absent from school? | |
| 1. What do you feel are the main reasons girls drop-out of school? | |
| 1. Do you think it is important that girls go to school? Why? | |
| Thank you for your participation. Your involvement is really important to us, and we appreciate you sharing your personal experiences. Before we end, do you have any questions for me about menstruation, the interview, or other information we discussed? | |

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| **In-depth interview girls that have dropped out** | |
| Participant Number: \_ \_ \_ | Date: |
| **Personal background**  *(opening questions; intended to build rapport and gradually lead into the key questions)* | |
| **It would be great to know more about you** | |
| 1. Can you tell me your name and your age? | |
| 1. What year of education did you complete?  * *How old were you when you left school?* | |
| 1. What is your favorite part of the day? | |
| 1. What is your favorite meal? | |
| **Key questions** | |
| 1. What do you know about menstruation?  * *What happens during menstruation?* * *Why does it happen?* * *What triggers it?* * *What should women do while they are menstruating?* | |
| 1. What do girls in this community call menstruation?  * *Are ‘secret’ words used so nobody else will know what is discussed?* * *What do these terms mean? Good or bad meanings?* | |
| 1. Do you think it is easy for women in the community to continue with their normal life when they are menstruating?  * *What would affect ability to continue normal life? --- water, privacy, pads, sanitation, comfort, social and religious restrictions)* * *Is there anything they cannot do while menstruating?* | |
| 1. What are your views on menstruation?   *Should it be kept a secret from other women or men?* | |
| 1. Do girls feel prepared or ready when they reach menarche? | |
| 1. What does menstruation signify in your community? | |
| 1. Where did you learn about menstruation from?  * *What did they tell you?* * *When did they tell you (before or after menarche)?* | |
| 1. What materials do you use to absorb menstrual blood?  * *Where do you get these materials from?* * *Is it easy to get them?* * *Do you ever worry you wont be able to have something to absorb menstrual blood?* * *Why do you use them?* * *Do you like using them?* * *What do you do with the absorbents when you change them?* | |
| 1. Please tell me about any activities that may be changed while girls are menstruating?    * *Can you explain if restrictions interfere with school tasks?*    * *How do women feel about the restrictions?*    * *Does it make girls miss some days of school?*    * *Can you explain if girls feel it changes their performance in school? Why?* | |
| 1. Do you think menstruation can affect a girls school attendance? | |
| 1. When you were in school, what did you think about the school toilets especially while you were menstruating? | |
| 1. Would you have liked the school toilet facilities to have been changed in any way?  * Was there enough privacy * Was there enough light * Was it clean * Did you feel safe using the toilets? * Were you happy with here it was located? * Did you have enough water available to clean yourself, was the location of the water good? | |
| 1. Now I would like to move to when you left school, what grade were you in when you left? | |
| 1. What made you leave school? | |
| 1. Is there anything that could have been changed to make you stay in school? | |
| Thank you for your participation. Your involvement is really important to us, and we appreciate you sharing your personal experiences. Before we end, do you have any questions for me about menstruation, the interview, or other information we discussed? | |

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| **\*Start recorder\*** |
| **In-depth interview for boys** |
| **Personal background** |
| 1. Can you tell me your age and what grade are you in? |
| **Knowledge and attitudes of boys** |
| 1. Would you share with me the changes that have taken place in you both in your body and your thinking as you have grown up to become young adults? |
| 1. How about in girls, what changes you have noticed in them as they have grown up? |
| 1. Have you been able to share these changes with anyone else before?  * *Who did you talk to?* * *How did the conversation start?* * *What did you say/discuss?* * *Was it easy to talk to them about it?* * *Did you find the discussion helpful?* * *Who are you more likely to speak to about these changes, and why?* |
| 1. Do you know what menstruation is?  * *How do boys learn about menstruation?* * *Can you share with me what you were told and how you felt at the time?* * *What happens during menstruation?* * *Why does a girl menstruate?* * *What changes do you notice in a girl’s behavior when she menstruates?* * *When did you first hear about menstruation?* |
| 1. Do you feel a boy’s behavior towards a girl changes once she starts menstruating?  * *Why and How?* |
| 1. How do you feel when you hear others talking about menstruation?  * *Is there a difference between hearing boys talk about it and when you hear girls talking about it?* |
| 1. Would you share your views on menstruation?  * *Is there anything a girl cannot or should not do while menstruating?* * *Do you know why she has these restrictions?* * *How are boys expected to act around girls who are menstruating? And why?* |
| **Knowledge and attitudes of girls** |
| 1. Do you think girls in this area have enough information about menstruation?  * *How do you think the girls learn about it?* * *Do you think the girls need to be told more about it? Why?* * *Do you think they feel uncomfortable being at school when menstruating? Or do you think they may feel uncomfortable doing any activities while in school?* * *What do you think could be the reason for that?* * *Do you think girls miss school because of their period? Why do you think so?* |
| 1. Do you know if girls go to school when they are menstruating?  * *If they go, do they follow the normal routinely school activities?* * *Do you think there is any activity that they would feel uncomfortable doing while in school?* * *If they do not go, do you know why they do not go to school while menstruating?* |
| 1. Do you think they feel uncomfortable being at school when menstruating?  * *What do you think could be the reason for that?* |
| **Knowledge and attitudes of adults and recommendations** |
| 1. Do you feel that the adults may feel uncomfortable discussing these topics with the youth?  * *Why do you think this is so?* * *In your opinion, what do you think could help improve communication about such topics?* |
| 1. Do you think it is important for boys to know about menstruation?  * *Why?* |
| 1. Would you like to know more about menstruation?  * *Why?* |
| 1. What else would you like to know about menstruation? |
| 1. Who would you like to learn about it from?  * *Teachers; Parents; Sisters/Brothers; Other students* * *Is there any particular reason you would like to learn about it from this source?* |
| Thank you for your participation. Your involvement is really important to us, and we appreciate you sharing your views. Before we end, do you have any questions for me about menstruation, the interview, or other information we discussed? |