



YOU Can Start the Conversation About Menstruation!

28 questions for women and girls

Starters

1. How did you first learn about menstruation?
2. What was it like when you got your first period? Did you do anything special?
3. If someone you know told you that she got her first period, what would you tell her?
4. Have you learned about menstruation before?
5. Where do you go for information if you have a question about your period? Is there someone that you talk to?

Emotions/ Body

6. How do you, feel when you have your period?
7. What are your funny, happy, sad, or embarrassing period stories?
8. If you could change your experience of menstruation, what would you change?
9. When you think about menstruation, how do you feel?

The Cycle

10. Do you keep track of your menstrual cycle? If so, how?
11. How regular is your cycle? Do you have a different pattern, or no pattern yet?
12. How much do you know about the different phases of the menstrual cycle?

Managing Your Period

13. What products do you use to manage your period? What products/ materials have you tried and how did you like them?
14. Where do you get your products from?
15. How much do you or can you spend on them each?
16. How and where do you dispose of your products?
17. Do you do anything differently during your period?
18. What facilities do you need to take care of yourself when you have your period?
19. What would you do if you didn't have the products you like or the facilities, such as a private toilet, that you need?
20. What would you like to better understand about menstruation?

Past, Present and Future

21. Do you know how your mother or grandmother managed their menstruation?
22. How do you think women and girls in other countries and societies manage their period?
23. How would you like the your daughters' experience to be different from yours?

Menstruation in society

24. What ideas exist in your community or country around menstruation? What do you think about them – are they true or false?
25. Have you tried to confront or challenge any of the myths, taboos, or ideas? If so, how?
26. Does menstruation matter to men and boys? Do you think they should know about it?
27. Do you talk with your male relatives or classmates about it? Why or why not?
28. Does menstruation matter (to you)? If so, why? Do you plan to celebrate Menstrual Hygiene Day every May 28?

Tips:

- Establish a 'safe space' where everyone can express his opinion and feelings openly, free of judgment.
- You can delegate one person to be an informal facilitator who determines any ground rules, guide you through the questions, and maintain a respectful atmosphere.
- If needed, participants can share their answers by writing them anonymously
- Select the questions you feel are applicable



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28 questions for boys and men

Menstruation and the Menstrual Cycle

1. Have you heard about menstruation?
2. What do you think about menstruation?
3. Are you aware of the process of menstruation?
4. What do you know about the uterus?
5. What questions do you have about the menstrual cycle?
6. Did anyone (sister/mother/friend) mention about her period?

Changing Emotions and Bodies

7. What are the major changes you see in boys & girls when they grow? Where are they different and similar?
8. Have you noticed any different behavior among women / girls at different days?

Talking About puberty and menstruation

9. Have you ever discussed puberty with your father/ grandfather or male teacher?
10. What do you think is the best way for girls and boys to learn about menstruation?
11. Do you talk with your female relatives or classmates about menstruation? Why or why not?
12. How do you feel about discussing menstruation? In what context do you feel most comfortable to talk about it (with or without girls)?

Managing Menstruation

13. Have you ever seen a sanitary napkin? Would you like to? Do you know what it is used for?
14. What other menstrual hygiene products do you know?
15. What products do your female relatives use?
16. How and where do they dispose of these products?
17. Have you ever provided money to your daughter/mother/sister/wife to buy sanitary napkins?
18. If any of your female relatives asked you to buy sanitary napkins for them, would you be comfortable doing that? Why / why not?
19. What kinds of facilities are required by girls to take care of themselves when they have their period (at home, school, the workplace, or public toilets)?
20. How could or would you support your female relative if they didn't have the products they like or facilities they need?

Past, Present and Future

21. How do you think women and girls in other countries and societies manage their period?
22. What would you like the next generation to know about menstruation and puberty?

Menstruation in society

23. What ideas exist in your community or country around menstruation? What do you think about them – are they true or false?
24. Have you observed shame and stigma among your sister/mother/wife / friends?
25. Have you tried to confront or challenge any of the myths, taboos, or ideas about menstruation to support your sister/mother/aunt/daughter? If so, how?
26. What would you like to better understand about menstruation?
27. Does menstruation matter (to you)? If so, why?
28. Do you plan to celebrate Menstrual Hygiene Day every May 28?

Tips !

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