**4TH COMMUNITY MALE PARTNERS**

**START TIME: 9: 39am**

**END TIME: 11:30 am**

**MODERATOR: EDYTH ATIENO**

**NOTE TAKER: CYNTHIA AKINYI**

**No of participants:8**

**M: Arakou uduto e discussion mwabedogo kawuononi, mana kaka Enid osewachuno an iluongani Edith Atieno atiyo UNIM kae watimo research mar sex workers, research mawatimoni wadwa ngiyo ni menstrual health gi chalo nade, kata sama gidhi e dwe chalo nade wadwa ni wakonygi mondo waneni reproductive health mar gi sama gi dhi e dwe ochanore maber kendo kuonde magidhiye kata kuonde magirome gi client’s kata wateja gi chalo nade. Koro gima omiyo waluongou kawuono ne wawuoyo gi sex workers wa gi mawan godo e study gi mondo gikelnwa partners gi kata joma gidhi godo kata joma gi nindo godo sama gi dhi e work gi mar sex work. Koro wadwani mondo wabed thuolo mondo wadwa bedo gi discussion maber ma ngato ok siem wang’ nyawadgi, ngato kadwa tofautiana gi wadgi to itime in a respectful way, donge, koro nitie ngama ok winj dholuo? Wawinjo dholuo wate, kisungu bende wanyalo mix go donge wa mix go a mix sa to wadhi, koro kata kata kaponi apenjo penjo to iduoko mana gi language ma in godo comfortable kata kiwinjo ni Kiswahili ema idwani iwachi to Kiswahili no ema iduoko godo nikech waduto wawinjo Kiswahili, waduto wawinjo dholuo to waduto wawinjo kisungu, donge. Koro kawachako adwa mana penjo ang’o mawangeyo ewi dhi e dwe, dhi e dwe en ang’o kata menstruation mar joma mine kata nyithindo manyiri ngama ongeyo gima dhi e dwe en? Ka in gi duoko inyalo nyala kata tingo… kata kakoni ni namba 6 in ingeyo to waduoka duoka, namba 2 kawachako kodi.**

**M: Welcome you all to our today’s discussion, just like Enid had told you my name is Edith Atieno, I work here at UNIM, we are conducting a research on sex workers, in this research we want to look at their menstrual health, or what happens when they are on their periods, we would like to help them to ensure that their reproductive health is okay during their menstruation period, and also the condition of the places that they go to or places that they meet their clients or customers. So, the reason why we have invited you here is that we had asked the sex workers who are involved in this study to invite their partners or people they are involved with or people that they have sex with when they for their sex work. I want you to feel, we want to have a great discussion where we are not pointing fingers at each other, if you want to disagree with each other, we do it in a respectful manner, okay, is there anyone hear who doesn’t speak Luo? We all speak Luo, you can as well speak in English, we just mix them all as we continue. So when I ask a question you will just respond in a language that you are comfortable to, even if you feel comfortable speaking in Swahili, go ahead and respond in Swahili because we all understand Swahili, we all understand Luo and we do understand English. Now as we begin, I would like to ask, what do we know about menstruation? If you have an answer you can just raise… or if I call out like number 6, and you know you just answer. Number 2 we’ll start with you.**

R2: Dhi e dwe, inyalo dhi e dwe gi ndalo ne ng’a manyako, ka ndalo ni pok ochopo ok inyalo dhi e dwe lakini ka imako ich be ok di dhi e dwe.

R2: Having monthly periods, a girl child can have perions for some days, before your specific dates you cannot periods but also you cannot have your periods when you are pregnant.

**M: Kamano namba 8**

M: Yes number 8

R8: A agree kode, na agree na yeye, kama uko pregnant huwezi enda periods so hii pia kama time yako haijafika haiko kama imefika iko (inaudible).

R8: I agree with him, I do agree with him, you cannot have your periods when you are pregnant, and also you cannot have your periods before your time (inaudible).

**M: Periods ni nini?**

**M: What is periods?**

R8: Periods ni ile process ya women wanenda wanago through hiyo the release of some blood.

R8: Periods is that process that women go through to release some blood.

**M: Ngama Chielo, namba 3 in gi wach?**

**M: Someone else, number 3 do you have something to say?**

R3: Aonge wach.

R3: I don’t have anything to say.

**M: Dhi e dwe en ang’o?**

**M: What is menstruation?**

R3: Dhi e dwe en mar joma dhako

R3: Menstruation is for women.

**M: Mmh**

**M: Yes**

R3: Dhi e dwe en nitie time ma ngama dhako en gi time ne mar dhi e dwe koro juu kuna tofauti kuna wengine wanaenda kama mwezi inaisha kuna wengine wako katikati sasa dhi e dwe en ni remo yani halafu hiyo kitu kama hiyo

R3: Having periods there is a time that women have their monthly periods and the timing is always different, some menstruate as the month is ending, some right in the middle of the month, so periods is blood and something like that.

**M: Namba 5 ages mage madhi e dwe?**

M: Number 5, people of which ages have periods?

R5: Mmh

R5: Sorry

**M: Age, age mane madhi e dwe?**

**M: Age, people of which ages have periods.**

R5: Age en chakre 16 to 38 kanyo

R5: Age is from 16 to 38 therabout.

**M: Information no nigolo Kanye?**

**M: Where did you get that information from?**

R5: Mmh

R5: Sorry

**M: Ngama nomiyi wach no?**

**M: Who gave you that information?**

R5: Mano to angeya ngeya kaka ngato nyalo ngeyo.

R5: I just know the very way one can just know something.

**M: Ingeyo angeya, onge ngama onyisi**

**M: You just happen to know, no one told you?**

R5: Mmh

R5: Yes

**M: Namba 6 dhi e dwe en ang’o?**

**M: Number 6, what is period?**

R6: An gi kaka angeyo dhi e dwe, dhi e dwe mar joma mon kata mar joma mine, nikech mano to gima nosisinge ne joma mine ni dhi e dwe an koro kaka angeyo ni nyaka en through loko remo mar joma mon

R6: From what I know, having period, it is the women or ladies who have periods because it is something that is given that only women have periods so what I know is having period is exchange of blood for the women.

**M: Mano ningeyo Kanye? Information no nigolo Kanye?**

**M: How did you know that? Where did you get that information?**

R6: Kama ne agole?

R6: Where I got it from?

**M: Eeh**

**M: Yes**

R6: Mana koro an gi mind tu gi pacha

R6: Just in my mind and brain.

**M: Do you think in gi information kata wate waduto be uparoni wan gi information ma oromo ewi dhi e dwe mar joma mine**

**M: Do you think that you have information, or do you think we all have enough information about women’s menstruation?**

R8: Anyalo wacho kanyo

R8: I can talk about that.

**M: Yes**

**M: Yes**

R8: Naweza sema kwamba juu hatujui sana juu ya hiyo process yao anapitia ni ngumu sana

R8: I can say that we do not know about that process of theirs, they go through a lot

**M: Namba 7, do we have enough information? Tuko na information enough ya kuhusu menstruation in general? Yes, namba 4**

**M: Number 7, do we have enough information? Do we have enough information about menstruation in general? Yes, number 4.**

R4: Okay, menstruation yani tuseme kama hajakuwa fertile zile eggs kama zinataka zinakuwanga kama ziko fertile halafu hazijanini hajaenda kwa intercourse halafu zitatoka kama blood.

R4: Okay, menstruation, okay let’s say when she hasn’t been fertile those eggs are always like fertile and then they haven’t whatever, she hasn’t had sexual intercourse they then come out as blood.

**M: Yes, namba 5**

**M: Yes, number 5**

R5: An gima angeyo gi wach dhi e dwe, en ni ngama dhi e dwe mana nyisoni en ngama normal mano, mano ngama normal mano ema ang’eyo (inaudible).

R5: What I know about menstruation, anyone who menstruates that shows they are normal, that is a normal person, that is what I know (inaudible).

**M: To be waparoni kaka koro namba 8 namba 7 okonowani waonge information moromo e community kachacha kaka joma chuo concerning menstruation, uparoni information monego bedni wamiyo joma chuo, information ni nyalo chopo nade ne joma chuo ma ok ongeyo gik matimore e joma mine kata miyo ka dhi e dwe, kata ka nyathi mayako dhi e dwe, information ni nyalo chopo negi nade? Yes, namba 6**

**M: But do we think that, like now number 8, number 7 told us that as men, there in the community, we do not, have enough information concerning menstruation, do you think that the information that should be given to the men, how can this information reach men who are not aware of what happens to women or a woman during menstruation period, or even when a girl is on her menses, how can this information reach them? Yes number 6.**

R6: Donge mana ka watemo nyisogi gi kaka ube utemo leronwa

R6: Maybe if we try and tell them just like you are now making us aware.

**M: Mmh koro kaka walerunu kae ube udhi konogi koso gibiro yudo information ni nade?**

**M: So, as we are telling you right now, you are also going to tell them or how will they get that information?**

R6: Gibiro yudo information through gi kaka paro mawawinjo

R6: They will get information through the ideas that we receive.

**M: Namba 5**

**M: Number 5**

R5: Donge an kaka ginyalo yudo information kaka community ohero ga keto gik moko e classes majipuonjre go mago koro kawawinjo onego bedni wa attend classes go koro wayudo information mayot.

R5: How they can get information, like the community likes putting things in classes where people learn, such classes when we hear about them we should attend the classes so that we can easily get information.

**M: Ooh community sama idwa puonj ji e community,**

**M: Ooh community, when people are taught in a community.**

R5: In the community

R5: In the community

**M: Namba 1 jogi nyalo yudo information ni nade?**

**M: Number 1, how can these people get information?**

R1: Information kaka jogi nyalo yudo

R1: How these people can get information

**M: Eeh**

**M: Yes.**

R1: Let’s say ni sani kaka wa gather ka en ni, to puonj mawayudo ka ni ma be kaka namba 5 owacho kawadok kocha to jok moko kaka nyamrerwa gin ga gi meetings gi e community koro sama giluongo meeting e community wabe wanyalo attend that meeting then wa share kodgi the information.

R1: Let’s say like we have gathered here, the knowledge that we gain from here, just like number 5 had said, so when we go back there, people like community health volunteers usually hold meetings in the community, so when they call for a meeting we also attend and share the information with them.

**M: Ng’a kendo manigi wach manyalo medo, kaka men nyalo yudo information about menstruation, yes namba 8**

**M: Who else has something else to say, how men can get information about menstruation**

R8: A agree gi namba 5 gi namba 1, ema ni koro ingeni gimachal kamano onego iket gimoro ma open be maber iketo kaka wan ji abich kamae koro wadwa dhi mtaa kono inyisogi koro wadwa nyisogi bla bla bla manonyalo bedo matek but kwa organize event moro tu ma small tu in the community to u impose participants to participate through that anenoni nyalo bedo masimple.

R8: I agree with number 5 and number 1, it is just that for such a thing you need to put something that is done well and openly, maybe you put like now the five of us we want to go to the community they are told that we want to talk to them about bla bla bla that might be a challenge, but if we organize just a small event in the community then you impose participants to participate that I think can be simple.

**M: Okay, erokamano, koro ka wadhi mbele, ang’o giri ma uparoni mine ok onego bedni timo sama dhi e dwe, kata gik ma onego bedni gitimo sama gidhi e dwe? Yes, namba 2**

**M: Okay, thank you, as we proceed, what are some of the things that you think women shouldn’t do during their menstrual period, or the things they should do during menstruation? Yes, number 2.**

R2: Ng’a Dhako kata nyako ka dhi e dwe ok ber ka ngama wuoyi nindo kode, mar ariyo ok ber ka obetie gimoro kaka ting’o nyathi mathis monyuol, dhako man gi ich ibiro ire ingeni sama gigolo remo molil kanyo, ok ber kai bet but ji nikech harufu no goye

R2: It is not okay for a woman or a girl to sleep with a man during her menstruation, secondly, it is not right if she sits on something a carrying a baby who has just been born, when you come to a pregnant woman, you know when they are bleeding that dirty blood, it is not right to sit around people because that smell gets to them.

**M: Namba 6**

**M: Number 6**

R6: Dhako ka dhi e dwe first onego bedni okobed kuma jii nitie. Kaka dhako dhi e dwe onego bedni obedo maler mondi mokuongo kendo onego bedni ongiyo the way kaka onego bedni olosre en kende en owuon.

R6: When a woman is in her menses, first of all she should avoid being around people, should be clean and look at ways of being kempt

**M: Yes, namba 4**

**M: Yes, number 4**

R4: Naweza mpinga

R4: I can beat her.

**M: Mmh**

**M: Sorry**

**M1: Ongea kwa sauti**

**M1: Be audible**

R4: Naweza mpinga?

R4: I can beat her.

**M&M1: Eeh**

**M&M1: Eeh**

R4: Kwasababu mulisema kama mtu anaenda period asikaribie asibebe mtoto, vitu kama hizo unaweza sema ni myths?

R4: Because you said that when someone is menstruating, she should not come close, carry a baby, such things you can say are myths?

**M1: Hata ndio nilikuwa nataka kumuuliza na kama ameza hawezi beba mtoto wake?**

**M1: Actually, I wanted to ask you, what if she has given birth, she can’t carry her own child?**

**M: Na ako periods na ako na mtoto**

**M: And she is menstruating and has a baby.**

R7: Kwani sina dhani mwenye ako na mimba akizaa, kuna some days ndio haendi hawezi enda ile day yake yenye alianza ama but mimi sio mwanamke but hizo nishaona. Mimi vile bibi yangu alizaa alitake some days’ kwanza hawezi zaa leo na kama leo ni on 16th bibi yangu anaenda hata mwezi kama on 30th ama 28th si itangoja hiyo mwezi ipite then hiyo mwezi ingine ama nauliza but najaribu kujua tu

R7: But then I thought when a pregnant woman gives birth, there are some days she doesn’t menstruate, she cannot have it on the day that she started or something, I am not a woman but I have seen that. When my wife gave birth, she took some days first, she cannot give birth today like today is on 16th, my wife takes like a month like 30th or 28th, so she will wait for a month or so to end I am just asking and trying to understand.

**M: Okay, tutaelezea kwa mapana jinsi wanawake wanaenda kwenye hedhi na the biological process vile inafanyika. Hiyo tutakuwa na wakati tutaelezea yote kwa mapana na marefu, sawa. So tutaelewa vile hiyo process inakuwa ee so tusiwe na wasiwasi. Namba 4 ulikuwa unatofautiana na namba 2 ukisema ati maneno ya kubeba mtoto, ebu tuelezee ulikuwa unafikiria aje juu ya hiyo?**

**M: Okay, we shall explain at length about menstruation and the how the biological process happens. We shall have time to explain that at length, okay. So, we will understand the process, so let’s not be worried. Number 4 you were disagreeing with number 2 talking about the issue of carrying a child, please explain to us what you think about that.**

R4: Mimi nadhani sa hi haina shida yoyote si bora amemaintain hygiene na hizo ma meds tu...

R4: I am thinking that has no problem provided you have maintained hygiene and those meds…

**M: Okay namba 7, ni nini mwanamke hafai kufanya wakati anaenda kwenye hedhi, ama ni vitu gani anafaa afanye?**

**M: Okay number 7, What do you think a woman should not do during menstruation, or what do you think a woman should do?**

R7: Sama dhako dhi e dwe to ok onego bed ni oting’o nyathi matin halafu be sama odhi e dwe ok inyal iriwri kode

R7: When a woman is menstruating, she should not carry a baby and also you shouldn’t have sex with her

**M: Mmh namba 3**

**M: Mmh number 3**

**M2: Okay ketane volume malo matin**

**M2: Okay speak up please.**

**M: Med volume**

**M: Speak up.**

R7: Sama dhako dhi e dwe, ok onego bedni oting’o… ingeni sama ngato dhi e dwe ok ilandi ok onego oting’ nyathi jirani nyathi matin

R7: When a woman is menstruating, she should not carry…you know you do not broadcast it, when a woman is menstruating she shouldn’t carry a neighbor’s baby.

**M2: Koro iyiedhri gi**

**M2: So you try have a proof for?**

R7: Eeh Sama odhi e dwe ok onyal ting’o

R7: Yes, when she is menstruating she cannot carry.

**M: Koro nyathi ka en gi mare to oting’a ting’a mar jirani ema ok onego oting’**

**M: So, if she has her own baby she can just carry, she is just not supposed to carry a neighbor’s baby**

R7: Mare to oting’o ating’a

R7: She can just carry her child.

**M: Mare to oting’o ating’a, Okay namba 3**

**M: She can just carry her own child, okay number 3.**

R3: Sama dhako dhi e dwe gima ok oripo ni otimo gi ngama dichuo, koro oweyo nindre gi ngama dichuo, kiweyo mano seche moko en dhako to en kaka pastor seche moko odhi e kanisa odhi e altar but hizo zimebaki zote anaweza fanya tu but kosejikinga vile inafaa ajikinga na hizi nini zake zenye zimebaki zote anaweza fanya tu

R3: When a woman is menstruating, she should not do it with a man, so she avoids having sex, apart from that maybe she is a female pastor, maybe she goes to church to the altar but other than those ones the rest she can just do but after she has protected herself like she should and her remaining whatever she can just do them all.

**M: To altar miwachono**

**M: What about the altar that you are talking about?**

R3: Altar to noyude kitime kamano nikech sama ngama miyo, ngama miyo sami chwer to otima ng’o odhi e mbele altar nikech ninuang’o kitimo kamano koro (Phone vibrating)

R3: She found it being done like that at the altar, what business does a woman have going to the altar while she is menstruating, because she found it being done like that (Phone vibrating).

**M: Koro kawadhi mbele, nitie gik ma inyalo tim manyalo kony joma chuo mondo obed gi different perception kata obedni gi paro maopogore ir joma mine sama gidhi e dwe, ang’o ma uparoni wanyalo timo mondo kik wapar paro mopogore ma maybe samoro ok ber ahinya sama mine dhi e dwe, be uwinjo penjona no koso anwo?**

**M: As we proceed, are there things that can be done so that the men can have a different perception or change their mind menstruation? What do you think can be done so that we have those other thoughts and maybe they are negative thoughts about menstruation? Have you understood the question or should I repeat?**

Chorus: Nwo…nwoane

Chorus: Repeat… kindly repeat

**M: Anwo**

**M: I repeat.**

Chorus: Eeh

Chorus: Yes

**M: Bende nitiere gima wanyalo timo kata unyalo timo mondo kaka waparo kuom mine sama magi dhi e dwe obed mopogore for example namba 7 owacho nang’o, ok onego oting nyathi mago chalo kaka taboos kata myths gik maji paro mapok ong’e adiech gi, donge, koro ang’o giri mawanyalo timo mondo wapar differently especially ka if it concerns menstruation sama mine dhi e dwe, yes, namba 5**

**M: Is there anything that we can do or that you can do to change our perception about menstruation? For example, number 7 said that she shouldn’t carry a child, those ones are like taboos or myths or people thoughts, so what are some of the things that can be done to change our perception especially when it concerns menstruation, when a woman is menstruating, yes, number 5.**

R5: An gima aparo en ni ya sama ng’ama miyo dhi e dwe gi neno niya nikech donge en ngama puko remo donge, to koro ngama puko remo onego bedni ochamao chiemo moko maduoko remo ma opukogo kaka Sukuma giri go, a lot kaka ...mago en gima onyalo tedo but maopogore gi mano ok anyal paro moroamora. Nikech ngama dhi e period donge en ngat moro ma normal onge kaka onyalo ting’o nyathi ngato nikech odhi e period to ochako dhodo nyathi mano gima ok nyalre mano gima normal

R5: My opinion is when a woman is menstruating, they feel like because blood is coming out right? So someone who is losing blood should eat foods that replenish blood that she is losing like Sukuma and the likes a lot of vegetables, these are things that she can cook and other than that I don’t have any others thoughts on that because anyone who is menstruating is a normal person, there is no way she can carry somebody else’s child because she is menstruating and then she starts breastfeeding the child, that is impossible, that is a normal thing.

**M: Namba 1**

**M: Number 1**

R1: An be kanyo adwa konyo adwa second namba 5, ngama miyo ngata ngama nyako kadhiye period, sama odhi e period no en ngama golo remo, to sama ogolo remo no achiel gima achiel mokuongo tich matek ok onego bedni otimo then onego bedni …

R1: I would also like to say something about that, I want to second number 5, A woman or a girl must go through menstruation, and during menstruation she is losing blood, and when loosing blood, she is not supposed to do strenuous work and she should…

**M1: Endelea tu**

**M1: Just continue.**

R1: Onego bedni aluora mare oritre maber oler kendo obed gi chiemo mamedo remono be nyaka wa maintain ne go

R1: Her surrounding should be well taken care of, she should be clean and she should have food that adds blood that we should maintain for her sake.

R4: Excuse uliza hiyo swali kwa Kiswahili

R4: Excuse me, please ask that question in Swahili.

**M: Uliza tu**

**M: Just ask**

**M1: Huyu anajaribu tu kuuliza ndio wanaume wengine kama nyinyi waweze kufikiria kuhusu hedhi venye munafikiria mtafanya aje au nini inaweza fanywa?**

**M1: He is just trying to ask for what can you do or can be done so that other men to start thinking about menstruation like you are?**

R4: Si kusensitize community unaelimisha hata through vocational training, kuweka watu kwa groups kuelimisha tu kuchukulia kama normal thing kwa women

R4: By sensitizing the community and teaching them even through vocational training, putting people in groups and teaching them so that they take it as a normal thing to the women.

**M1: Mwingine, joma moko mondo chuo mamoko obed gi paro ma un godo kaka awachni namba 5 gi namba 2 owacho kaka nyiri onego cham chiemo maber, ok onego gitim tich matek mondo joma moko go obedgi paro machal gi maru, ang’o mainyalo tim?**

**M1: Someone else, to others so that other men can have the same perception like you do, like I can number 5 and number 2 said, that women should eat good food, they should not do strainous work, so what should be done for others to think the same way?**

R5: Mano koro dwaro niya ngama dhako ma ber ka koro opuonjre godo e ot, ingeni joma dhako be puonj ga ji, nikech mano en pod gima pok i explain temo gi explain koro onyiseanyisa in ya …mae winjruok wa kodi sama iseneno ka dhi e dwe kamaekamae, kamaekamae nikech in iwuon to ok inyal puonjo ngama dichuono ma koro ngama odak go e ot ema nyaka puonje mana e ot, an mano ema gima neno the best way maonyalo timo

R5: For that, it will be a good thing for women to teach them in the homes, you know women usually teach people because chances are she hasn’t explained it yet, so she can just tell him that this is an agreement between you and I, when you see that I have started to menstruate, this and this and this, this is something that you might not teach a fellow man, this is something that the person he is staying with in the house must be the one to teach him.

**M: Koro ka wadhi mbele, gik ma mon tiyogodo sama gin e periods kande ngama onego nyiew negi obed partner ni, obed girlfriend, obed sex partner ni, obed jaodi ma in go e ot, ngama onego obed gi responsibility mar nyiewo gik magitiyogo, yes, namba 6**

**M: As we proceed, who should buy those things that women use when they are on their periods? Whether the woman is your partner, girlfriend, sex partner, wife who should be responsible for buying what they use? Yes number 6.**

R6: Donge ngama onego obed gi nini mar nyiewo to en ngato kaka an, nikech ka an gi dhako e ot mano already nikech dhako kaisebedogo ingeyo period mare kaka ringo ne kaka en koro seche ma odhi e nini en ma kosenyisi in be isengeyo to in ma onego ni inyiewo

R6: But the person who should be having the whatever of buying them should be someone like me, because once I have a wife at home that already…because once have a woman you will know her menstruation cycle, so when she is on her whatever and once she tells you and you also know you are the one who should buy for her.

**M: Yes, namba 4**

**M: Yes, number 4**

R4: Me nadhani mimi mwenyewe

R4: I think I should personally do it.

**M: Wewe mwenyewe**

**M: You personally.**

R4: The girl, dem mwenyewe ndio anatakikana anunue

R4: The girl, she is supposed to by it herself.

**M: Yeye mwenyewe**

**M: Herself.**

R4: Kwasababu saa zingine wewe unaweza sahau, yeye ndio ako na responsibility ya kwanza akukumbushe saa zingine hata kama amesahau

R4: Because sometimes you might forget, it is her responsibility to remind you when you have forgotten.

**M: Yes, namba 7**

**M: Yes, number 7.**

R7: En ma onego onyiewo gigo

R7: She is supposed to buy those things.

**M: Onyiewo gigo kende**

**M: She buys them herself.**

R7: Donge ingeni (inaudible)

R7: You know (inaudible)

**M&M1: Haki wuoye matek, onge gima an wandik kae (laughter)**

**M&M1: Please be audible, we won’t have anything to write here (laughter)**

R7: En ema onego odhi onyiew ginene nikech an ok anyal dhi e duka anyiew gi an amiye dau odhi onyiewo

R7: She should go and buy whatever herself because I cannot go to a shop and buy them, I just give her money then she goes and buys

**M: Odhi onyiewo, yes namba 5 kasto namba 8**

**M: Yes number 5 then number 8**

R5: Donge an gima … an gi penjo koro kaponi ya donge en nyako ma ochako attend to pod odak korgi koro ngama nyalo ting’o responsibility no kapod en nyako mapod odak korgi but ibe samoro o meet ga dichiel ka dichiel but pod odak korgi, koro ere ngama ting’o responsibility no mano penjo ma an go.

R5: You see for me what I…I have a question, for instance starts menstruating while still staying with her parents, whose responsibility will that be? Thia is a girl who is still living with her parents and maybe you meet once in a while but she still stays with her parents, so who bears that responsibility? That is my question.

**M1: Namba 7 dwa duoke**

**M1: Number 7 wants to respond.**

R7: An ma nyaka atim gino, an ema amiyo jaot odhi onyiew

R7: I have to do it myself, I give my wife money to go and buy

**M: To in ok inyiewne?**

**M: Do you buy for her?**

R7: An ok anyiewne

R7: No, I don’t buy for her.

**M: Nang’o?**

**M: Why?**

R7: An ok anyal dhi e duka

R7: I cannot go to the shop.

**M: Ok inyal dhi e duka**

**M: You cannot go to the shop?**

**M1: Openjoni nyakoni pod odak e odgi to olimiga**

**M1: He is asking that what if the lady is still staying at their home but usually visits you?**

R5: Dichiel ka dichiel

R5: Once once

**M1: Dichiel ka dichiel, ngama onego nyiew gini**

**M1: Once once, who is supposed to buy this?**

R7: Mano an ema pod anyiew donge a meet ga kode

R7: In that case I should still be the one to buy because we usually meet.

**M: Namba 8**

**M: Number 8**

**M2: But en pok omiyowa opinion ne**

**M2: But he hasn’t given us his opinion.**

**M1: Openjo**

**M1: He asked a question**

R1: An to anyalo duoke seche ma nyakoni wawachni limi ga, donge sama olimiga kobiro limi donge nitie some parts of the responsibilities mikawo ne koro seche ma gini owinjo ka dwa chake donge onyalo nyisini aa anto month na ero ochopo koro sama onyisino kanyo mano ema bedo one of the responsibility

R1: I can respond that let’s say that when the lady is visiting you, when the lady is vising you do have some parts of the responsibilities that you have to take up, so when she is about to start menstruating she can tell you that I am about to start menstruating, now that becomes one of your responsibilities.

R: Koro donge abe samoro gino nyalo chake kapod ok unere for long donge iwinjo, gino nyalo chake kapok kata kapod ok onere ma ibe ikia donge samoro nitie yudo ka idhi kain mabor matin koro chuno nyaka ngama ting’ responsibility no, donge mana min gi, nikech nyalo chake kata e odgi kanyo kapok obiro iri iwinjo koro ngama min gi ema ting’ ga responsibility no kapod odak e…. mostly min gi to ema ting’o responsibility no en pesa inyalo miyo to en ok obi dwaro gigo, min gi ema pod biro parone ni ichieng dhi e dwe weanyiewuni pads.

R: Sometimes this thing can happen when you haven’t seen the lady for a very long time, that thing can start when are not together and you also are not aware, sometimes it happens when you are far from her who will bear that responsibility? Must be the mother, because it can start while she at their home she hasn’t come to you, so the mother will be responsibility while she is staying with her… mostly the mother is responsible, you can give her money but she wouldn’t want that, it is the mother who will remind her that you are about to start menstruating we need to buy pads.

**M1: To wuone?**

**M1: What about the men?**

R5: Ngama wuon to tek

R5: It is hard for the men.

**M: Okay namba 8**

**M: Okay, number 8**

R8: Mimi naweza sema ina depend venye huyo msichana ako unajua mimi niko na ma sisters, so kama dem ana ana ako kwa hiyo period ya kumenstruate mimi mama saa zingine ndio huwa anagharamika but thanks to schools’ pia, school’s pia zinagharamika pia mimi naona pia kama a brother to them mimi siwezi lalamikia hizo manini zao same to other people but it just depends vile huyu dem ako kama kuna ma brothers wenye hoa hubuy hizo mapads but inadepend vile huyo dem ako

R8: I can say that it depends with the lady because I have sisters, so if a lady is menstruating sometimes I take responsibility but thanks to schools too, schools also take responsibility, I see that and also as a brother to them and I cannot complain about those of their whatever, same to other people but it depends on how the lady is, if she has brothers who buy her pads but it depends on the lady is.

**M: Okay, so tukiendelea do you think it is important mwanaume ajue kama partner wake ako periods? Be onego ngama dichuo ong’e ni jaode kata patner ne dhi e dwe, Eeh achak gi ng’a, namba 3**

**M: Okay, so as we continue, do you think it is important for men to know when their partners are on their periods? Should a man know when the wife is menstruating? Whom do I start with? Number 3.**

R3: Ingeni ngama dichuo nyaka ng’e ni dhako dhi e dwe, gibe nyaka ging’e nikech ngama dichuo seche moko ingeni gotieno bor, otieno ingeni bor samoro to inyalo mule kama to aa koro wan chunowa nyaka wang’e ga chon ahinya ka dhako dhi e dwe nikech ngama dichuo to ingeni seche moko awuotho to gimoro okalo mbele na to awachoni aa adhiadhia atiek e ot, kachopo ot to ayudo ka rageng’ moro nikanyo koro ngama dichuo nyaka ng’e. Ka in ngama dichuo to in e ot nyaka ing’e date mar chiegi sanasana kaka an an gi nyathi madhiga e periods seche moko inyiewone pads seche moko o share gi min gi seche moko min gi onge, seche moko gi share gi min gi to ne oparoni nitie to seche moko odhi timo ang’o …odhi orumo, koro ngama dichuo nyaka ng’e date mar chiege cha mar timo ang’o …sama odhi e period

R3: You know a man must know when a woman is menstruating, they should know because you know a night can be long for a man, because the night is long sometimes you touch her and you are told no, so you must be told about it in good time that the lady is menstruating because something might pass before in during the day and he tells himself no, let me just go and finish up at home, but when he gets home he finds a block there so a man must know. As a man of the house you must know your wife’s menstruation dates and mostly if you have a child of menstruation age, sometimes you buy her pads and she share with the mother, sometimes she shares with the mother while you are assuming that she has them but she already run out of them, so a man must know her wife’s menstartion date.

**M1: To ka oken chiegi?**

**M1: What if she is not your wife?**

R3: Ka oken chiege, ingeni nawacho maber ni ya e dwe nitie kaka jomamon opogo dates but ka in nyako ma isebedo go kata for 4 months moko onego bedni ing’eyo date modhiye nitie moko makaloga but ok onyal kalo gi ndalo moko 4 kata 5 onyalo kalo gi 3 kanyo kata kanyo koro nyaka ing’e

R3: If she is not your wife, you know I said clearly that women menstruation dates differ, but if this is lady that you have been with for like 4 months or so, you should know her dates, there are some that have irregular periods but she cannot go for more than 4 or 5 days of the normal, it is usually 3 days there about so you have to know.

**M: Namba 2**

**M: Number 2**

R2: An ka anyalo wacho wach no, iwacho nade cha?

R2: What I can say about that, what did you say again?

**M: Date**

**M: Date**

R2: Donge koro kanyo, ngama dichuo ochuno nyaka ng’e an mana kode kaachiel

R2: Now about that, it will force the man to understand that we are together.

**M: Namba 1**

**M: Number 1**

R1: An ochuno nyaka ngama dichuo ong’e, nikech sama ngama miyo dhi e dwe ogolo remo molil seche moko ibende inyalo bedo gi haja sana to remo molil go gin gi tuoche maopogore, koro nitie wan joma chuo wan gi nitie jomoko man gi riyo mangeny (gotieno bor from the background) gotieno bor kaka owachni otieno bor ngato be wachoni ka ineno skirt moro machielo to iwachoni aa olomb wang’ adhi atiek riyo ni e ot koro ka ichopo e ot to iyudo ka mamacha bende neno malo koro in be gi riyo cha nyaka ang’ ichune go koro sama ang’ ichune godono kanyo ema remo molil ka idhi ywayo go tuo moko e iye kanyo.

R1: It is a must for a man to know, because during menstruation, a woman is removing dirty blood, sometimes you might be in need but the dirty blood contains different diseases, and some men have higher desire (Nights are long from the background) nights are long as it has been said, and someone also said that when you see a beautiful skirt that you feel attracted to you say I’ll go and finish up the desire at home like it has been said, then when you get home the woman is menstruating, so because you desire you end up forcing her , and that is when you end up contacting diseases from the dirty blood.

**M&M1: Tuo machal nade**

**M&M1: What kind of disease?**

R1: Donge kaka ma giting’o to…. ok angeyo

R1: Just like they ones they usually carry… I don’t know

**M: Namba 2**

**M: Number 2.**

R2: Gimanyalo ngeyo e remo no, rariw go, ich kach go koro iweyone some days ge after 1-week kata 5 days kosetieko attend eka inyalo chame koro.

R2: What I know about that blood, that pelvic inflammatory disease, stomach pains, so you give her some days after 1-week or 5 days before you can have sex with her.

**M: Namba 5 in gi wach? Kawadhi mbele dagomb wachoni tuo moroamora ma ngato nyalo yudo ka odhi gi ngama miyo ma dhi e dwe to onge, mano en myth, myth en gima ji paroga ni timore to ok en kamano. Mano kaka iwachoga ni ya ayaki ok en chira, ayaki en ang’o …en tuo mwony yath, mana kamano koro mano myth donge koro ma endi miwachoni ka idhi ( amiyi thuolo) gi ngama miyo madhi e dwe inyalo yudo rariw kiani inyalo yudo tuoche mag ich mano is just a myth, ma ok exist enaena gima ji believe ni en kamano but oken kamano mae koro wawachonu from the medical point of view and mano e gima omiyo be part of the reason ma watimo ang’o …wan kae mondo wapuonjre donge, wapuonjre wawachoni we are unlearning and learning. Unlearning tiendeni gima ngato nokoni ma ok correct cha ikelo mondo obedo ma correct mondo ing’e the right information. Yes, namba 3 ne in gi wach**

**M: Number 5, you have something to say? As we continue, I would like to say that there is no disease that someone can get because he had sex with a woman who is menstruating, that is just a myth a myth is something that people think happens but it is not true. Just like it is said that HIV is not an abomination, what is HIV? It is a disease take your medication, just like that is a myth even this one that you are saying that if you have sex (I am giving you permission) with a woman who is menstruating you might get the pelvic inflammatory disease, I don’t know you will get other diseases that affects the stomach, those are just myths that do not exist, it is just something that people believe but not a true, this now we are saying from a medical point of view and that is part of the reason why we are doing what…we are learning right? We are saying that we are unlearning and learning. Unlearning means making right the incorrect information that someone told you so that you get to know the right information. Yes number 3, you had something to say.**

R3: Gima adwa wacho kar rariw kanyo, kata kaponi utimo nonro to ingeni i ngama angeyo donge nikech seche masedhi kodi ka idhi e dwe seche moko gino ok dhi affect i donge, but mana ngama dichuo kaka an ka wuoyo ka gino osetimre na gimoro kaka rariw inyalo chuno nyako gin nindo ka odhi malo donge but next ok inyal tieko 2 weeks’ kapok rariw ogoyi

R3: What I want to say about pelvic inflammatory diseases, even if you are carrying out a research, you know you aresomeone I know, because when I have sex with you when you are menstruating maybe that will not affect you but when a man like me speaks and that has ever happened to him, something like pelvic inflammatory disease, you might force a lady when she is menstruating to have sex with you but 2 weeks cannot lapse before you get pelvic inflammatory disease

**M1: Rariw ni…**

**M1: What is *rariw*?**

**M: Rariw ni iwinjo ka rem ni e piny iyi**

**M: *Rariw* is the pain you feel at the lower part of your pelvic.**

R3: Eeh

R3: Yes

**M: Ema omiyo awachoni ni ya we are unlearning, hakuna kitu kama hicho hakuna venye ukienda na mwanamke ama ulale nay eye ama uwe na ngono na mwanamke wakati ako kwenye hedhi halafu wewe uwe mngojwa hiyo hakuna, onge gima timore ni idhi gi dhako ma ni e dwe kasto ibedo gi rariw mano onge en gima ji paroga apara en myth en gima ji osebedo ka wacho makoro obedo information ma jiparoni is the right one but ok en kamano, yes, namba 1**

**M: And that is why I said that we are unlearning, there is nothing like that, there is no way you will have sex with a woman who is on her periods and then you become sick, there is nothing like that. There is nothing like having sex with someone who is menstruating then you get pelvic inflamatiory disease, there is nothing like that, it is something that people have made up, it is a myth, it is something that people have been saying until now people think it is true but that is not the case, yes number 1.**

R1: An gi penjo

R1: I have a question.

**M: Yes**

**M: Yes**

R1: Penjonani, sama idhi riwri ionge gi tuo ionge gi AIDS to idhi riwri gi ngama nigi AIDS donge AIDS ni en gima ni e remo

R1: My question is, when you have sex, you are not sick, you are not AIDS positive and you have sex with someone who is AIDS positive, AIDS is in the blood?

**M: Mmh**

**M: Yes.**

R1: Sama ionge AIDS

R1: When you do not have AIDS

**M: Yes**

**M: Yes**

R1: To idhi riwri gi ngama nigi AIDS, AIDS ni donge en gima flow e blood, koro rariwni donge sama mamani dhi e dwe donge ogolo remo molil to ichune ma inindo kode githuon donge remo gi dhi absorb gi

R1: So, you go and have sex with someone who is AIDS positive, AIDS flows in the blood, now for this pelvic inflammatory diease, when a woman is menstruating she is removing this dirty blood and when you force her to have sex with you will you not absorb this blood too?

**M: Erokamano kuom penjo no, HIV and AIDS en different, the virus nitiere e blood, e fluids manitiere e dend dhako kata ngama dichuo for example idhi gi ngama nigi HIV ma is a woman, vaginal fluids kande they contain the virus, remo kata obed mar dwe kata obed mar ume, kata obed mana gimoro ong’ade if the virus is present in it it is present in it, wawinjore maber and that brings the question remo mawuok mar dwe en remo machal nade awinjo ka ji te wachoni remo molil, remo molil, remo molil donge wabiro puonjore kama remo ni aye and wadwa puonjore kaka otimo ang’o… kaka owuok, gima omiyo owuok and hiyo frequency mar wuok every month no mano wadgi puonjre mbele kae, lakini ka wadok chien e penjo ma namba 1 openjo, openjoni kaka HIV bedo transmitted cha ekaka tuoche moko gi be bedo transmitted, kaponi idhi gi ngama miyo mani e dwe koro atemo wachoni ya sama idhi gi mama ma ni e dwe remo mar dwe no onge gi rariw e iye, nikech HIV to ingeni to nitiere nitie is contained in the blood but ong’e gimoro ni rariw pok ne opime maoyud ni rariw mana ngane oyudo cha ne oyude e remo mar dwe, wawinjore maber kanyo ema adwa ni waelewa remo mar dwe ok nyal miyo ngama dichuo rariw mano enaena myth ma ji osega keto nikech wawuondre ni kama wantie ni ji adhi mosedhi gi dhako manie e dwe**

**M: Thank you for asking that question, HIV and AIDS are different, the virus is in the blood, in fluids found in both the men and women for example when you go with a woman who is HIV positive, the virginal fluids themselves contains the virus, any blood be it her menstrual blood or blood from the nose or if she has been cut by something if the virus is present in it is present in it, are we in agreement up until there? And that brings the question, what kind of blood is the menstrual blood? I have people say that it is dirty blood, dirty blood, dirty blood, we will learn where this blood comes from and we want to also learn what…how it comes out, why it is coming out and the frequency of coming out every month, we shall learn about that in a few, but going back a little bit to the question that number 1 has asked, he has asked if the other diseases are transmitted just like HIV is transmitted, so when you have sex with a woman during her menstruation period, does the menstrual blood has pelvic inflammatory disease? Because we know that HIV is contained in the blood, but there is nothing called *rariw*, no one has ever been tested and the found that they have pelvic inflammatory disease caused by mentration blood, are clear upto that point? I want us to understand that menstrual blood cannot cause a man to have pelvic inflammatory disease those are just myths that were made up by people, because we pretend, among us here who has ever had sex with a woman while she was menstruating?**

R: An asedhi go

R: I have done it.

**M: Yeah, koro ne in gi rariw, rariw ne omaki**

**M: Yeah, so did you have the pelvic inflammatory disease, did you contract the pelvic inflammatory disease?**

R: Asewinja winja

R: I have just heard about it.

**M: Iwinja winja, yes wan kata gi example ka koro en gimatimore ni ya en gima ji osebedo kawacho bende ingeni nitie gima nwo ma bed ukweli, ndalo moko mane wadongo chande inyalo pare kane promoters wuotho gi pepsodent, kiagi perfumes donge ji newachoni gige devil worshippers’ ma ngato ka oneno ni aaa an gik ma free ok adwa but with time ji osengeyoni magi gige promotion nikech kata e supermarket idhi iyudo ni buy one get one free donge koro ibiro wito mor no mar promotion ni ok idwa donge ibiro kawo. To joma timo promotion mabiro gi kata sunlight to wachoni ause at a subsidized price nikech watimo promotion no, next time kaorumo pod idhi nyiewo the same product donge mano promotion, mano gima timorega enaena unlearning ji ogolagola gigo e wigi mosomos ema omiyo un ka ma ka unbe udok kocha donge newasewachoni information ma ugolo kae unyalo dhi kono jomoko, jomoko be nyalo kono jomoko and then it spreads and kasto everybody kila mtu anajua ukweli sindio, so mano gima watemo timo kaendi bende, koro gima adwani uago ka onge rariw ma ngato yudo ka odhi gi dhako ma dhi e dwe, hakuna ugonjwa mtu atapata ya tumbo akienda na mwanamke akiwa kwenye hedhi, tunaelewana mpaka hapo, yes namba 1**

**M: You have just heard of it, yes, we even have examples of how it is something that is happening and it is something that people have been talking about, do you know that there are things that are repeated till they become the truth, when we were growing up can you remember when promoters were walking around with Pepsodent, I don’t know perfume, you remember people were saying they were for devil worshippers, such that when people saw them they told them off saying they do not want free things, but with time people now know that these are just things for promotion, because even in supermarket you find that you are told buy one get one free, will you now throw away that oil that is for promotion saying that you don’t want or will you take it? What about those doing promotions who tell you that they are selling maybe sunlight at a subsidized price because of the promotion, and the next time you go and buy the same product, is that not promotion, that is something that happens, just that we need to unlearn, people to change their perspective slowly by slowly, and that is why you are here, so that when you go back, we had already said that you can share with others the information that you’ll get from here, and those others can also share with others and then it spreads such that everybody can know, okay? So that is something that we are also trying to do here, one thing I want you to get out of this place there is nothing like pelvic inflammatory disease that a man gets when he has sex with a woman when the woman is menstruating. There are no stomach diseases that someone gets when they have sex with a woman when she is menstruating. Have we all understood up to that point? Yes number 1**

R1: Anto kanyo pod ok an satisfied, because sami remoni wuok kuom ngama miyo ang’o ma omiyo remoni wuok iwachoni remoni en remo molil

R1: I am still not satisfied about that, because what causes this blood to come out of a woman? And it said that this blood is dirty

**M: Eeh donge koro abiro explain nu, ema omiyo an gi bidhaa na kae nitiere mbele ka kaka wadhi mbele gi discussion adhi explain nu the physiology of menstruation kaka gik moko timore ma remo ochak wuok e dend ngama dhako, sawasawa. Koro kawa dhi mbele what do you think about having sex during menses? Be en gima nyalore kata gima timore, paro mane ma un godo kuom bedo ni iriwori gi dhako sama en e dwe, yes namba 8**

**M: Yes, I will explain to you, that’s why I have my tools here, it is coming up as we continue with our discussion, I will explain to you the physiology of menstruation, what happens until blood starts coming out of a woman’s body, alright. Now we would like to proceed, what do you think about having sex during menses? Is it something that is possible or even something that happens? What are your thoughts about having sex during menses? Yes number 8.**

R8: Sidhani kama ni cool, sidhani kama ni cool kabisa

R8: I do not think it is cool, I don’t think it is cool at all.

**M: Kwanini?**

**M: Why?**

R8: Juu hiyo ni time ya huyo dem ya ku blood kuflow kwa body yake hiyo time, so pia kujikaza ka hiyo …unaweza insist

R8: Because that is the time for that lady to have blood flow in her body, so also …you again proving yourself with that…you can insist.

**M: Yes, namba 4**

R4: For her to be pregnant, sa zingine watu wengine wanaendanga hiyo time wanasex hiyo time ako kwa period for pregnancy

R4: For her to be pregnant, sometimes some people have sex during that time, and during that time she is in a pregnancy period.

**M: Ooh wanataka wapate mimba.**

**M: Ooh, they want to get pregnant.**

R: Mmh

**M: Namba 6**

**M: Number six.**

R6: Mimi hiyo pia ndio nilikuwa nataka kusema, watu wanakuwanga wanadhani saa yenye yani jomoko oseparoni seche dhako dhi e dwe cha ni mano e seche ma ka odhi kode to oparoni onyalo yudo ich seche go

R6: That is what I also wanted to say, people always think that the time that …as in some people think that that time when a woman is on periods that is that time that if she goes with her she will get pregnant that moment.

**M: Yes, namba 2**

**M: Yes, number two**

R2: Anto gima anyalo wacho about gino, nyako ka dhi e dwe ka idhi kode kodhi koro ka o attend cha ok doyud ich lakini ka idwani oyud ich after before 3 days’ ma o attend eka onyalo yudo ich kata kose attend after 4 days 5 days eka onyalo yudo ich lakini sama o attend cha ok onyal yudo ich

R2: Personally what I can say about that thing, if a girl is on her menses, if you be with her at that time it is not possible for her to get pregnant, but if you want her to get pregnant…that three days before she gets her menses or after four day five days that is when she can get pregnant, but she cannot get pregnant that time that she is attending

**M: Namba 1 riwruok gi ngama dhako sama odhi e dwe**

**M: Number one, having sex with someone who is menstruating**

R1: Riwruok gima dhako sama odhi e dwe to kanyo to ok ber because sechego mano e time ma onego bedni iweyeaweya kuro mondo remo mawuok no owuog awuoga mondo odong maler, kaka namba 4 gi 6 owacho ni jomoko chunoga ni seche dhako dhi e dwe no ni seche go eka imanyo nyathi to an kanyo endo seche ma dhako dhi e dwe no kanyo ich onge

R1: Having sex with a woman when she is menstruating is not good, because that is the time that you should just let her be, so that that blood that is getting out to just get out so that she can remain clean, just like number four and number six have said, that there are some people who force it that that time when a woman is menstruating that is the time if you want to get baby, but then for me that time when a woman I menstruating , she cannot get pregnant.

**M: Okay, ngama Chielo manigi paro maopogore sama ji dhi e dwe be in gima nyalo bedo possible, or be nitiere kaka joma chuo bedogi other ways mag having sex kaponi ngama miyo dhi e dwe?**

**M: Okay, any other person with a different opinion about what is possible when someone is menstruating, or is there a way that men have other ways of having sex if at all a woman is menstruating.**

R3: Ways nazo ziko?

R3: There are ways though.

**M: Mmh**

R3: Ways nazo ziko?

R3: There are ways though.

**M: Ziko, kamangani?**

**M: They are there, like which one?**

R3: Si plan B

R3: Definitely plan B.

**M: Plan B ni ngani?**

**M: Which one is plan B?**

R3: Side chick

R3: Side chick

**M: Side chick (laughter) plan B, side chick**

**M: Side chick (laughter) plan B, side chick**

R3: Kama main chick ananyesha unaenda kwa plan B

R3: If the main chick is menstruating, you go to plan B

**M: Plan B ni ngani iseme vile iko**

**M: Which one is plan B, say it as is it**

R3: Side chick akishakubali, kama main chick anaendelea kwa period ananyesha unakutana dem mwingine anawapelekanga tu juu usiku nayo ni mrefu dadangu

R3: If the side chick has Okayed, if the main chick is still menstruating, you meet another girl who takes them, because the night is long my sister

**M: Yes, namba 1**

**M: Yes, number one**

R1: Seche ma oninino labda unyalo tiyo gi cd, kochunoni nyaka koro itimo unaweza tumia cd

R1: That time when she is whatever, you can use a cd, if you really have to do it then you can use a cd

**M: Yes, any other way? Yes, namba7**

**M: Yes, any other way? Yes number seven.**

R7: Sama ngama dhako dhi e dwe no, anto ki an ok nyal riwora gi dhakono anyalo manyo mana either plan B, anyalo source awhile gika ngeny man kanyo

R7: At that time when a woman is in her periods, personally, I cannot have sex with that woman, I can just look for Plan B, I can source around, I have a lot of them there

**M: To ok ubibedo gi different types sex, donge wangeyo sex si lazima ikuwe vaginal pekee yake,** **do you get types of sex when they are on their periods? Yes, namba 3 you had something**

**M: You will not have different kind of sex, we are aware that sex does not have to be just viginal right, do you get types of sex when they are on their periods? Yes number three you have something?**

R3: Sama ndako dhi e dwe ingeni nyaka ibedgi date ma dhako dhi ga dwe ma ingeyoni dhako dhi e dwe nikech seche mako gima ang’ nochuni idhi many plan B ma jogi wachoni ni seche moko dhako dhi e dwe to chien kanyo dhako ok en ngama kawuono kiny ang’o ang’o go koro kiseng’e time atleast ukipiga hesabu ni tarehe 17 unaweza mpatia hata siku 6 zile zake sasa kama tarehe 17 hizi za nyuma sasa si unapiga hesabu zako na hapo tarehe 17 ukijua ananyesha 17 kwenda mbele huko sasa unapiga hizo hesabu ili isikupatie kazi ngumu kwenda kwa plan B hiyo ndio kenye naona.

R3: You see when a woman is menstruating , you see you need to know the date that your woman is menstruating , because sometimes what might force you to go for plan B that these people are taking about is that maybe the women is menstruating yet behind there …a woman is not the kind that , today, tomorrow, those what, what, so when you have known the time, at least if you work it out from date seventeen, you can even give her those six days of hers , so like if it is date seventeen so you will make do your math with these days before and that date seventeen being aware that from that date seventeen going forward…so now you do the math so that it does not give you a hard time having to go to plan B, that is what I feel.

**M: Mbali na plan B, kuna way ingine yenye wanaume wanatumia kuhave sex with mwanamke mwenye ako kwenye hedhi, bende nitiere yo machielo mar riwruok ma chuo tiyogodo wawuondre koro apart from condoms ma namba 1 okonowano bende nitiere yo machielo ma ngato bedogo gi ngama miyo ka en e dwe, yes namba 4**

**M: Other than plan B,** **is there any other way that men use to have sex with a woman who is menstruating, is there any other way that men use like say apart from condoms that number one has told us, is there any other way that a man can have it with a women who is menstruating, yes number four.**

R4: Si munaweza tu romance halafu munalala

R4: You can just romance and then sleep

**M: Okay, yes ngat machielo, namba 6 ne in gi wach**

**M: Okay. Yes, any other person, number six had something.**

**M1: Namba 8 umesema kitu**

**M1: Did you say something number eight?**

R8: Nasema nasupport tu jamaa, sawa munaromance lakini during the day sasa heri ikae tu

R8: I’m saying, I am just supporting the guy, okay you romance, but then during the day it would rather just be

**M: Na usafi wenu tuseme ume have sex na mwanamke akiwa kwenye hedhi tuseme umeenda pale umepata sex worker ama maybe ni bibi yako, ama girlfriend na hakukuelezea ako kwenye hedhi na mumeenda na yeye umerealise tu kama umemaliza, kuna njia gani munamaintain ile usafi usafi wenye kama wanaume ukiwa umeenda na mwanamke mwenye ako kwenye hedhi, ler maru chalo nade sama isedhi gi dhako ma dhi e dwe, yes namba 2**

**M: What about your hygiene, like say if you have sex with a woman when she is menstruating, like for example you went there and found a sex worker, or maybe it is your wife, or girlfriend and she did not tell you that she is menstruating, then you have sex with her and then you just realize when you have finished, in what way do you maintain that hygiene, hygiene in which as a man you have gone with a woman who is menstruating. How is your hygiene after having sex with a woman who is menstruating, yes number two?**

R2: An aparoni kadhi gi ngama miyo madhi e dwe, kasetieko kode gima anyalo timo anyalo dhi to anyalo luokra to adhi to anyiseni an awuok

R2: I think if I have sex with a woman who is menstruating, when I’m done with her what I can do is that, I can go bath then I go and tell her that I’m leaving.

(laughter)

R: Idhi Kanye?

R: Where are you going to?

R: Kwani idar

R: Will you move elsewhere.

**M: Yes, namba 3**

**M: Yes, number three.**

R3: Ngama dhako sama idhigo, ingeni nitie mon moko ma seche moko adier okia harakati vile munafanya sex to ipo ka timo ang’o…remo cha owuok, koro aparoni kitieko process makuongo iluwo kiwuok kanyo onego bedni idhi luokri, kiwuok kanyo seche moko en jaodi, seche moko en nyako mabiroga limi, seche moko en nyako mabiro limi donge koro seche moko hujatumia cd sindio and then hiyo damu inanukanga huwezi hata toka hapo bila kuoga sasa inafaa ukitoka hapo unaenda unaoga aparoni mano e yo ma wanyalo rito go ler

R3: When you are with a woman, you know there are women for sure who are not aware of the developments , when having sex is when you realize what…the blood coming out, so I think when you finish the first process you follow…from there you are supposed to go to the bathroom, from there, maybe it is your wife, maybe it is a lady who comes visiting, maybe it is a lady who normally comes visiting and definitely you have not used a CD right, and that blood is the kind that you cannot even leave that place without bathing, so from there you are supposed to go bath, I think that is the we can maintain cleanliness.

**M: Yes, namba 8**

**M: Yes, number eight.**

R8: Lazima tukuwe na understanding unajua hawa wasee wakiwa na dem na ananyesha hiyo blood iko kwake the best thing to do hapo hivyo unamaintain tu hygiene tu pia halafu yeye pia una madvice tu hapo unamwambia mazee ee jimaintain kiasi ji maintain tu for a while by the way haikuwangi for a year ama nini just for sometime then itakuwa poa just advice hapo hivyo

R8: We have an understanding, you see when these mem are with a lady and that lady is menstruating, that blood is on her, the best thing to do in that case, you just maintain that hygiene, and then you also just advise her there and tell her, maintain yourself a bit, just maintain yourself for a while, by the way it’s not for a year or what, it’s just for some time then it shall be fine, just advise her there.

**M: Okay, namba 1**

**M: Okay number one.**

R1: Opinion mara en ni kumaintain tu hygiene

R1: My opinion is just maintaining hygiene

**M: Okay, so maintaining hygiene inamaanisha?**

**M: Okay, so what does maintaining hygiene mean?**

R1: Ibedo maler, seche moko awachni kaka magwa mag pap gi iriwri kode to ok ningeyo, koro sama itieko ni eka ingeyo koro seche ma ingeyono to pii nyaka omiyi pii kanyo mainyalo lawrigo ok ochunoni nyaka iluokri kanyo full

R1: You be clean, at times like for these ones of ours who are in the streets, you have sex with her but you were not aware, so you only get to know after you have finished that is when you realize, she has to give you water, some water that you can use to clean use to yourself, you fo not have to fully bath

**M: Okay, to bende nitiere gik manyalo konyo mondo omi joma chuo o feel differently e weche mag riwruok gi mine sama gin e dwe, ang’o giri mauparoni nyalo konyo mondo joma chuo obedabeda gi different perception fikira tofauti kuhusu kwenda na wanawake wakiwa kwenye hedhi, nikech namba 7 owachoni en to aaa en ok onyal dhi gi dhako ka en e dwe donge koro ang’o giri mauparoni nyalo miyo joma chuo opar differently e weche mag dhi gi mine kata joma miyo sama gidhi e dwe, yes, namba 7**

**M: Okay. Are there things that can make men feel differently when having sex with women when they are in their periods, what are those things that you think can make men have a different perception about being with women when they are in their periods. Because number seven said never… he cannot have sex with a women who is in her periods not so, what is it that you think can make men think differently about having sex with women when they are menstruating? Yes number seven.**

R7: (Inaudible)

R: Ni iyawne fun

R: Switch on the fun.

**M: Liet chami, kwa yawo fun ok biwinjre maber but wanyalo yawo windows go te**

**M: Are you feeling hot, if we switch on the fun we will not be audible but we ca n open all those windows.**

R: Wafungue madirisha

R: Let them open the windows.

**M2: Oyawgi gi te**

**M2: Let all of them be opened**

R: Hizo madirisha

R: those windows.

R7: Wadhi adhia mbele

R7: Let us just continue.

**M: Yes, namba 2**

**M: Yes, number two**

R2: Iwachoni, ngama dhako sama ni e dwe ngama dichuo nyalo dhi kode

R2: You are saying that a man can be with a woman when she is menstruating

**M: Eeh koro ang’o giri mawanyalo paro manyalo miyo ngama chuo opar maopogore**

**M: Yes so what can we think about so that men can be or a different view.**

R2: Gi timo sex

R2: About having sex?

**M: Yes**

R2: Anto kor ka kora anto ka bedni angeyo ni ngane dhi e dwe adhiaadhia kode lakini ok ni achame ameditate mana gi thundego a kiss e donge …. Koro atleast dhi punguza te marum te kaimulo nyako ifeel mamit podi imule amula ikiss e ok ichame

R2: Personally if I happen to know that so and so is in her periods, I will just go with her but not like I have sex with her, I just meditate with her breasts, I kiss her, not so…so it will reduce till it all goes, when caress a woman you still feel nice, you just caress her, kiss her but not have sex with her.

**M: Yes, namba 5**

**M: Yes, number five.**

R5: An gima anyalo wacho ni ya, kisebedo gi ngama nyako samoro un gi kata mattress moro achiel koro ubet kanyo ugo mbaka donge, donge ute ang’ ufeel hi ute donge, kisenenoni donge inyalo chope e nini moro ma koro ifeel hi sana the best way maitimo en ni ya ikawo pii idhi luokri iduogo fresh

R5: What I can say is, when you are seated with a women, maybe you even have a mattress there you are sitting on telling stories right, both of you will feel the heat right, when you have seen that you can get ger to some whatever there that you are feeling heat so much, the best way to do is to take water and go and bath.

**M: Yes, namba 8**

**M: Yes, number eight**

R8: Gik manyalo timone ne maboys wa makia process moko ma yani the way ma dealing gi madema manitie e period en na to just to alert them yani unawaambia maze inakuwanga hivi na hivi then dem kama ananyesha hufai kulala na yeye yani inyiso maboys moko adieri same to the pod wadok mana e social ceremonies in the communities they can come pale mtaa maboys maboys kama dem ananyesha nini usiende na hao nini... kitu kama hiyo hapo ndio sasa unawapatia information about….

R8: What I can do for men that do not know the process , the kind that …as in dealing with women who are in their periods, it is just to alert them, as in you tell them it is always like thin and this and then if a woman is menstruating you should not have sex with them, as in you tell the guys the truth, same to…we are still going back to social ceremonies in the community then guys come to the community, guys if a woman is menstruating whatever…do not go for whatever with them…something like that, that is when you give them information about…

**M: Okay so kawadhi mbele uparo nade mine makawo tissue kata cotton wool to soyo e vagina gi iye kuch mondo remo kik wuogi sama gidwa wateja, sex workers ngato ni e dwe to okawo tissue to sundo iye kuchocho mondo kik remo wuogi mondo pod odhiadhia mbele gi sex work neno, uparo nade kuom mano? Yes, namba 8**

**M: Okay. So as we move forward, what do you think about women who take tissue or even cotton wool and puts it in their vagina so that the blood does not come out when they want clients, sex workers, someone is in her periods and then she takes tissue and puts it down there so that the blood does not come out so that she can just go ahead with her sex work, what do you think about that? Yes. Number eight.**

R8: Hiyo siwezi, siwezi kwangu kabisa so the best thing to do hapo hivyo it is either a prevent ama tu kama kutakuwa other plan B yenye inaweza saidia in that process apart from hiyo kuingiza juu sasa kuna vitu zingine hazi make sense kama hiyo cotton and whatever the tissue, unajua during sex kuna hiyo penetrate unaweza jipiga noma halafu ibaki huko ndani so unaweza fanya aje incase hiyo process …

R8: That one I can’t, personally I completely cannot, so the best thing to do there it is either you prevent or if there will be another plan B that can help in that process apart from that penetration because now there are some things that do not make sense like that cotton and whatever, the tissue, you see during sex there is that penetration, you can make a blunder then remains in there, so what will you in case of that process…

**M: Mwingine, unafikiriaje juu ya wale sex workers wenye wanachukua tissue ama coton wool wanasunda huko ndani, yes namba 5**

**M: Any other person, what do you think about those sex workers who take tissue or cotton wool and inserts in there? Yes number five.**

R5: Mimi na feel siyo sawa, juu hata hiyo tissue kwanza siyo safi sana vile nafikiria akichukua akiweka hapo chini sasa sijui kama…Yeye kwanza atapata shida, atapata shida hizo ugonjwa juu hiyo tissue kwanza siyo safi halafu wanasemanga tissue siyo hata mzuri kama unaenda kukujoa nayo juu hatuko 100% kama inakuwanga safi

R5: I feel like it is not right, because even the tissue itself is not as clean like I’m thinking, if you take it and put it down there, I don’t know if…first of all she will have problems, she will get a problem…those diseases, because first of all that tissue is not clean, and then it’s always said that tissue is not good not even to use it for short call, we are not a hundred percent if it is always clean.

**M: Mwingine, namba 6 iparo nade ewi wachno mine manie period makawo tissue to gisoyo e iye kucho mondo kik remo wuogi, kasto pod gi dhi gi watejagi kama kawaida**

**M: Any other person, what do you think about that issue, women who are on periods who take tissue and put in there so that the blood does not come outside, then they just go with their clients as usual.**

R6: Kaka aparo

R6: What I think?

**M: Mmh**

**M: Mhh.**

R6: Gi kaka aparo to gin ema be ingeni gin ema onego bedni ikwerogi kata seche moko nikech gin ema gitemo gikelo shida kendgi kendgi

R6: About what I’m thinking, it is them who…you see it is them who should be warned at times, because it is them who bring problems to themselves.

**M: Ngama Chielo manigi paro maopogore? Wawuondre ni idhi gi ngama miyo manie periods, kitieko to ineno kanitiyo gi condom ineno ka condom otimo remo to ka ok nitiyo gi condom to ineno ka your penis otimo remo, what are your thoughts? Inyalo feel machal nade?**

**M: Any other person with a different opinion? Let’s assume that you have had intercourse with a woman who is in her periods, when you have finished if you used a condom, you see the condom stained with blood, if you did not use a condom you see you penis having blood, what are your thoughts? What would you feel?**

R: Nyaka ibuok

R: You have to in shock.

R8: It depends with the girl, Kama kuna relationship na yeye unaweza shutka but kama ni virgin huwezi shutka.

R8: It depends with the girl, if you are in a relationship with her you can be shocked but if it is a virgin you cannot be shocked.

**M: Okay tuseme si virgin**

**M: Okay let’s say she is not a virgin**

R8: Hiyo ni tricky, dunia inaweza isha very soon yenyewe dem ananiwacha napata maze damu hapo kwa bolingo damu hapo hivyo ee ni noma hapo ni noma

R8: That one is tricky, the world can come to an end very soon, for real a lady just lets me get …what! In that blood on the penis…that in deed is tricky, that is tricky

**M1: Bolingo ni? Tuseme tu vitu na jina zao**

**M1: What is *bolingo*? Let’s just mention things with their names.**

R: Penis

R: Penis

**M: Venye ziko, yes**

**M: How they are, yes.**

R8: Aa hawa ni wasee ….

R8: Aa these are guys…

**M: Yes, namba 7 umemaliza unaona damu**

**M: Yes number seven, you have finished then you see blood.**

R7: Ni lazima nitakuwa shocked, kaka an to koro nyalo buoga manoma

R7:I will have to be shocked, personally that can really scare me.

R8: But I have something to add by the way

R8: But I have something to add by the way

**M: Yes**

R8: Kama mimi bado naweza seek medication attention immediately nione plan gani nione what is going on with me maze unaweza feel tu hiyo ni normal thing uwache ku assume

R8: Like personally I still might seek medical attention immediately, I see what the plan is, I see what is going on with me, and really you might just feel that is a normal thing and stop assuming.

R4: Niko na swali

R4: I have a question.

**M: Mmh**

**M: Mmh**

R4: Nilikuwa nasikia dem mwenye anatumia PrEP sindio halafu mukahave sex na yeye nasikia pia damu huwa inatoka, is it true?

R4: I heard that a lady who is using PrEP….right, then you had sex with her, I hear that she normally bleeds, is it true?

**M: Damu**

**M: Blood**

R4: Inatoka

R4: Bleeds

**M: Inatoka akiwa na**

**M: She bleeds when**

R4: Akiwa anameza PrEP hiyo time, hiyo period akihave sex nasikianga blood pia huwa inatoka nasi believe

R4: If she is on PrEPs as at that time, I normally hear that if she had sex during that period blood will come out, but I do not believe it

**M: Ooh kwasababu ya hizo dawa anameza**

**M: Oh, because of the drugs that she is taking?**

R4: Eeh

**R4: Yes.**

**M: Hapana, PrEP ni ile dawa wanatumia ku prevent kupata HIV especially to wale watu wa Key population wale wenye wanajua wako at risk ya kupata HIV. So ni dawa tu kama ARVs but sasa hizi zinamezwa for prevention purposes,** **actually they are ARVs they are antiretroviral drugs but sasa the frequency ya kumeza ni kila siku pia na wao pia lazima wakuwe tested every month wakati wanaendelea kumeza hizi dawa. Hakuna connection kuhusu kutokwa Kwa damu na PrEP hiyo ni kama myth ile tulikuwa tunasema sawasawa**

**M: No, PrEP is that drug that they use to prevent them from getting HIV, especially to the key population, those who know that they are at risk of getting HIV. So it’s some drugs just like HIV but then these ones are taken for prevention purposes, actually they are ARVs they are antiretroviral drugs but now the frequency of taking them is daily as well and they too have to be tested every month when they are going to take these drugs. There is no connection between bleeding and PrEP that is like the myth that we were talking about, okay.**

R4:Mmh

R4: Mmh.

**M: Yes, so tukiendelea kuna tofauti ya kuhave sex na sex worker mwenye ako periods na kuhave sex na your wife akiwa periods, yes namba 3**

**M: Yes, So as we continue, is there a difference in having sex with a sex worker who is in her periods and your wife while in her periods? Yes, number three.**

R3: Ingine ngama usiku Sacco donge

R3: The other one is someone who is ‘usiku Sacco’ right?

**M: Usiku Sacco ni? Sex worker, okay yes**

**M: What is *usiku* *Sacco*? Sex worker, okay, Yes.**

R3: Oh ingeni sama odhi e period mondo ifwenyni odhi e period tek, ngama dhako ma idakgo ot to ingeni fwenye bedo mayot, nikech sex workers gi ingeni kitu kama ni mingi ni 5 na hiyo 5 pia unajua anaangalia doo umemaliza umeenda na unajua bibi yako unaenda kuna makonakona unapiga na hizo makona ndio damu imetoka sasa ifwenyo piyo. Sanasana ka chiega anyalo fwenyo piyo kata girlfriend na kobiro lima anyalo fwenyo pio mopogore gi sex workers kwasababu unafanya tarar na …

R3: Oh, you see when she is in her periods it is hard for you to know that she is in her menses, but you see for a woman whom you live with in the same house it is easy to know, you see for these sex workers on the higher side it is five, and you see at that five she is focused on money , you have finished and you are gone, but you see for your wife there are corners that you make and it is in those corners that the blood is coming from, so you are able to know faster. Moreso if it is my wife I would know so fast even if it is my girlfriend who has come visiting, I can know that’s so fast more than sex worker because you do tarar and …

**M: Yes, ngama Chielo ukirealise okay is it right for your wife ama munafikiriaje bibi yako kukuambia tuseme hakujua date zake na ilianza maybe mchana sa umefika nyumbani ukijaribu kumguza is it okay munafikiriaje yeye kukuambia yenyewe leo siko vizuri na unafikiriaje sex worker akikuambia the same, gani unaona kama ni normal kwako, yes namba 2**

**M: Yes, any other person, when you realize…okay is it right for your wife or what do you think, maybe your wife did not know her dates and maybe she started during the day, so when you get home when you try touching her …is it okay, what do you think about her telling you, “Honestly today I’m not okay.” And what do you think of sex worker tells you the same, which one would you find normal? Yes, number two.**

R2: An kaneno kanyo anto kosekona in short anyalo weye kata timo gima nakoni cha, kosekona ingeni gini ok ochuno anyalo vumilia tu

R2: In my opinion for such a case when she has told me, in short I will leave her alone or even do that that I told you, when she has told me, this thing is not a must I can just persevere.

**M: Yes, namba 7**

**M: Yes, number seven.**

**M2: Ka ngama okoni sex worker koso partner**

**M2: If the person who has told you is sex worker or partner?**

R2: Donge kata sex worker donge ingeni gimoro manyalo koni sama dem olonyre cha ingiyeangiya be ngato lonyo lewni te donge mach liel inyalo ngiye kolonyo law ibiro neno remo to ipenje to ni o attend I attend koro kau mathis ok amiyi te to wawe story no ka en jaoda anyalo muleamula to ok achame we anindi

R2: Even if it is a sex worker, you see something can tell you when a lady is undressing , you just look at her when she is undressing …definitely you are on heat, you can be looking at her when she is and then you see blood the you ask her that are you attending, so take a bit I’m not giving you all of it then we just forget about that story, if it is my wife I will just caress her but I will not have sex with her , let me sleep.

**M2: Koro kimiye dau matin pod ichame**

**M2: So when you give her some money, will you still have sex with her?**

R2: Donge asegole oko kocha koro ok daweye kamano koro ka en 150 amiye mia koro kaw mia ni nini adong gi mia nani adhi

R2: Definitely I have brought her from out there I cannot leave her like that , so if it was 150, I give her one hundred shillings, so now take whatever, I will remain with this one hundred of mine, then you go.

**M: I reduce e**

**M: You reduce it.**

R: To ka in gi mia kende

R: What if you only had a hundred shillings

R2: Imiye 50 to idong gi 50

R2: You give her fifty and remain with fifty.

**M: Namba 3, yes namba 3 in gi wach**

**M: Number three, yes number three do you have something.**

R3: Ingeni sex workers gi onge ngama nyalo nyisi ni odhi e period, to be ngama dichuo kapache osetere kanyo oonge time ma ang’ inyise ni idhi e period ang’ nodwa ni one gi wang’e, koro ngama dhako manie ot to kono bedni sama idwa mule cha okuongo otimo ang’o ingeni ngama dhako sama odhi e period donge samoro onyalo monje kaionge en e ot to oonge pesa seche moko mane inyiewne ka oserumo onyisini ni ya wuon ngane par itim ang’o…ibina gi pads unajua mapema si ati unafika ingeni nitie chuo mabe seche moko ngama dhakono dichuo seche moko pachgi opogore aa mamani dak ne onyisa chon seche moko osedhi kamoro motimo ang’o… motieko haja ne koro mano koro nitie chuo moko madwani otim ang’o …gibe gine ka ginyalo tiye yani koro ngama dhako nyisi chon ma kaponi pads onge to ijipanga, idhi adhia e super market akawone akawa to asoyone mana e bagna kamae to atimo ang’o…adhinego ot.

R3: You see these sex worker, none of them will ever tell you that they are on their periods, and then again when a man’s brain is on that , there is no time that you will start telling her are you on your periods, he will want to see it with his naked eyes, so for a woman whom you live with in the house it should be such that immediately you want to touch her , you should first of all do what …you see when a women is in her periods, sometimes it can come abruptly when you are not there and she is in the house and she does not have money, and maybe the once you previously bought for her already got finished, she tells you , father to so and so, remember to …bring me pads, so you get to know early, not that you get there…you see there are some men who maybe this woman…men’s thinking are different, “why didn’t this woman tell me early, maybe she already went elsewhere and did what… relieved herself so there are men who want to do what…if they can also do it, as in the woman should tell you earlier such that if there are no pads, then you sort yourself out, you just go to the supermarket I just pick it for her then you just put it in my bag like this and then you do what…you take it at home to her.

**M: Okay namba 2**

**M: Okay, number two.**

R2: Anto wachno ok anyal wach be ingeni ji opogore gi tich, ngato kaka an kamae an japeng seche moko anyalo loro saa aboro saa ochiko, to achano adhi gi hamu to kokona ni kata ni en e dwe ingeni gino chakoga ji anytime ok ding’e koro awuok e tich to adhi e ot to seche moko ne agombo koro ka mulo odhi kweri koro an aduoko ngani odhi kweri nikech ok inyal ngeyo gimoramora nikech ok in ngama nyako iattend koro en ema nyaka okoni in ma ok iti kata iwuok e saa apar idonjo ma usiku idhi mulemule kae then icham gimoro onyisini aa ni ngani kawuono kochaka gokinyi nyaka godhiambo koro ok di ng’e kanyo.

R2: Personally I cannot talk about it, you see people are different in terms or work, like for myself, I’m a motorbike rider, I can close work about two , three, and I have planned , I’m going with the urge, if she tells me something like she is in her periods, you see that things starts anytime, you cannot tell, so I leave work then I go home and maybe I was longing for it , so when you start touching her she will stop you , so I return this guy, because you cannot know everything , because you are not the lady who is attending , so it is upon her to tell you who is not working, maybe you leave at four and come back at night you go touching her so that there after you can have something then she tells you …No, so and so, it begun in the morning till evening, so you cannot really tell in that case.

**M: Yes, namba 7**

**M: Yes, number seven**

R7: Sama osenyisi kamano to ki anto an a confirm ni gini timore adier

R7: When she has told you that, personally I will confirm is this thing really happening.

R: Jaluo

R: A luo

**M: Namba 3**

**M: Number three.**

R3: Gima iwacho mano nikech ingeni nitie mon moko ma mon opogore ngama dhako inyalo dhi ok onyisi ndio iwachoni joma chuo koseketo pache kanyo dwani mondo otim ang’o nitie ngama dhako manyalo dwaro timone chuore anyali moro ineno seche moko owuondre ni odhi e dwe okawo pads otimo ang’o oketoaketa kanyo iwinjo ngama dhako chuore gone simu ochako ong’ado koro ang’ ipar timo ang’o but nitie mon moko mondo otimne anyali yani iwinjo okawo pads oketaketa kanyo ukishika unapata kuna kitu na haendi

R3: About what you have said, you see there are some women, women are different, you can go to a woman and she does not tell you , they say that when a man has put it in their brain they need to do what…there are women who wish to mess up their husbands in some way, you find others taking pads and just putting it there, you here a man calling their wife then she hangs up so what will you think of doing, but then there are women just so that they can mess up their husbands, she just puts a pad there, when you touch there, you feel like there is something yet she is not menstruating.

**M: To mano to timore nikech ang’o?**

**M: And why does that happen?**

R3: Mano to koro …ingeni ok da ng’e ni ngato nyalo duoko nikech

R3: In that case…You see I wouldn’t know if someone can respond to that because...

**M1: Namba 8 ne duokoga**

**M1: Number eight was responding**

**M: Namba 8 konya**

**M: Number eight assist me.**

R8: Donge ka otimone anyali kamano mano obvious ia timo gimoro ma ok ber e odno either ok iwe pesa e odno iweji kech kanyo yani jomoko (inaudible)....

R8: Definitely if she does such a thing, that is obvious, you have done something that is not nice in that house, either you do not leave money in that house, you are leaving people hungry in that house as in some people (inaudible)....

**M: To ofwenyo nade namba 3, how do you know ni neokete pad to ok odhi e dwe?**

**M: And how do you know that , number three, how do you know that she has won a pad and yet she is not in her periods?**

R3: Kaka an ingeni an asebudho gi dhako mangeny donge koro nitie experience masefwenyo kuom dhako ngama dhako kaka namba 8 owacho ni ya seche moko ni ngama dhako okwaye gimoro adier iongego donge okwaye kata law moro, odwani odhi osuk wiyi moro to inyiseni ya sani pod aonge doo we walos next week koro wig no nitie anyali moro maodwaro mondo otimni mondo then wig no korumo kitimone gicha hautapata hiyo kitu tena gimoro kaila no

R3: Like personally, you see like myself I have been with my wife for so long, so there are experiences that I have seen from a woman, a woman…just as number eight has said , that a woman asks you for something and indeed you do not have it maybe she has even asked you for some cloth, she wants to go do her hair then you tell her that right now I do not have money lets plan with next, so this issue about her hair… there is some form of messing you up that she will want to do such that even if the hair is done, you will not get that thing again.

(laughter)

**M: Koro yani as in kata e udi nitie transactional sex miya amiyi, adwa pes saloon ka ok imiya to ok inind koda**

**M: So, as in even in the houses there is transactional sex, give me then I give you, I want salon money, if you do not give me then you will not have sex with me.**

R3: Ingeni ngama dhako sani nyisini ya nikech….

R3: You see a women right now will tell you that …because

R4: (Talking in murmurs)

**M1: Mmh wewe unasema**

**M1: Mhh. What are you saying?**

**M: Unasema nini namba 4**

**M: Number four what are you saying?**

R4: Iko hiyo ulikuwa unasema sijui transactional sex saa zingine hujamfanyia kitu alikuwa anataka amekuomba sana unampata saa zingine ako moody amelala kwa corner huko ameangalia huko yani hata kumshika hataki

R4: That one is there, that one that you were saying ..I don’t something like transactional sex, maybe you have not done for her something that she wanted, she has asked for it so much, you find that he is sometimes moody sleeping at a corner looking that other side, as in she does not even ant you to touch her.

**M: Okay namba 6**

**M: Okay, number six.**

R6: Moro be nitieni luregi chwanyruok manie ot, usechwanyru e ot nikech kaka wan joma chuo ngiyo mon bende nyalo bedo mangeny oko kanyo michak oyudi kata ka dhakono oyudi kata ka ichako iwuoyo gi ngat moro machielo to noyudo ka gimoro notimore kata nyoro kanyo be ugombana matin e ot kanyo to oyudi kata ka iwuoyo gi nini kata opore tu mondo mi oyud kata oyudo mesej moro e simbi kata oyudo kata kani gocho mano ema nyalo koso mondo omi otuoni kata nini

R6: There is another one where it depends with the conflict in the house, you already have a conflict with her because like for men, looking for women can be too much out there such that she might even find you talking to another one and it happens that she may have find that something already happened there that you had some sort of quarrel in the house, then she finds you talking to whatever, maybe she has come in abruptly and then maybe she finds message on your phone, or maybe she finds that you had called, that is what will make her deny you even the whatever.

**M: Bende uparoni ya nitie gima inyalo tim mondo joma chuo kik react marach sama gi fwenyoni sex worker ma gidhigo nie dwe, ang’o miparoni inyalo tim mondo kik ngato iye kik wang’ namba 2 nowachoni en ochiwo nus mar pesa mane onego bedni ochiwo, bende nitie gima inyalo tim munyalo paro minyalo tim mondo kik ngato react marach sama ofwenyo obed jaode manie ot, obed girlfriend kata sex worker? Yes, namba 5**

**M: Do you think there is anything that can be done so that men do not react badly when they realize that the sex worker whom they went with is in her menses, what do you think should be done so that someone does not get annoyed. Number two said he would pay half the amount that he was supposed to pay, is there anything that can be done that you can think about such that when people do not react badly when they realize it, be it the wife in the house, be it a girlfriend, be it a sex worker? Yes, number five.**

R5: Koro ka in ngama understand donge iwinjo, to ingeyo ngama dhako dhi e period kata ngama sex worker dhi e period gima itimo en ni kaise understand e ingeni nitie jomoko ma nigi chuny mar huruma to nitie moko bende maonge huruma koro donge huruma ni ema ang’ goli kanyo mana kendi nikech be iunderstand gi mar nyaminu moro kata gi donge kata gi chiegi moro e ot donge kata nosekawo pesa ni maidhineno gi wang’i onge tiendeni idok in makoro huruma ni cha dhi goli mayot

R5: So if you are someone who is understanding, you will definitely get it and you know that a women gets periods, even if it is a sex worker, she gets menses, so what you do is that after you have understood, there are other people who empathize, so it is that empathy of yours that will get you out of there just on your own because you understand with one of your sister’s, or even that of your wife’s that is in the house , even if she had taken the money and you have seen it with your own naked eyes, there is no point of going on with it, that empathy of yours will get you out of there easily.

**M: Namba 1**

**M: Number one.**

R1: Gima aneno gi sex workers onge chieng ma obiro nyisi ni odhi e dwe odwaro pesani (odwaro pesa from the background) seche ma odwaro pesanino ok ang’ nonyisini odhi e dwe or else ineno kendi to sama ineno kendi no sama ijam nosedhi kode e room to ineno ingeni okobiro wuotho kata kaponi isympathize e to en ok obineno mano, kanyo endo obiro goni koko ni inindo kode to okidwa chule ingeni mano be gik ma nyaka wang’e koro odhi chako kelo koko ji dhi chokore dhi chuni ni nyaka koro igol kata mangeny mohingo mane uwinjore

R1: What I see with the sex workers, there is no single day that she will tell you that she is in her periods, she wants your money (She wants money…someone shouting in the background) when she wants that money of yours, she will not tell you that she is in her menses, or else you will see it on your own and when you see it on your own, by the time you are angry you see you will be with her in the room already then you saw it, you see she is not here for a walk and even if you sympathize with her, she will not see that, she will scream at you that you have had sex with her and yet you do not want to pay her , you see those are also things that we should know, so she is going to make noise and create a scene then people will come and that will force you to bring even more than what you had earlier agreed.

**M: Koro ang’o maiporoni inyalo tim mondo iyi kik wang’ sama isenenoni ka koro ero ne e period?**

**M: So what do you think should be done so that you do not get annoyed when you see that she is in her menses.**

R1: En mana anyalo second namba 2, niseche maipoyeno samoro osedhi kode e room makoro mano to en emergency koro inyalo wacho ni ya newawinjre mia dek kata mia riyo kaw half of the money mondo an adhiadhia. Lakini ok inyal wuok awuoka ni koro iseneno ni o attend koro idwa iwuok awuoka kamano mano to kendo apani inyalo teng’e.

R1: I can second number two, that by the time you are getting surprised by it , you are already in the room and now that is now an emergency, so you can be like, we agreed three hundred shillings, or even two hundred shillings, take half of the money so that I can just leave. But you cannot just leave , that you see her in her menses and now you want to leave like that, I think in that case they can deal with you.

**M: Okay, namba 3**

**M: Okay, Number three.**

R3: An gima awachoni sex workers gi ka idhigo seche moko idhi isegolo kata punch ni moro donge isegolo mia abich to i feel ni odhi e dwe to sama koro odhi e dweni pesa be nosekawo onego bedni kaka en kaisefwenyo inyisini aa ok angeyo nikech adier moko po ji ok angeyo kor gima itim nikech seche moko an ang’ nadwa ni oduokna pesa donge to ok ang’ owinj maber to seche moko nitie ngat moro ma ok dwa ni oduok pesa odwa timo ang’o…koro en winjruok kindu kode ni gino ok anyal dhigo kama kaw siling mia ariyo nikech nyiri ok dhi e period date achiel to en gi thuol mar nyisi ni bwana we akaw siling mia ariyo ni dhi tim ang’o …inyalo dhi tieko haja ni mbele aparoni mano ema nyalo bedo maber.

R3: What I’m saying I that these sex workers , if you are going with them, maybe by that time you have already given away your five find hundred shillings, then you felt like she is in her periods, and at this point that she is in her periods, already she has your money, when you realize that she will be like , I did not know, because to say the truth there are some menses that come unexpectedly, and so she does not know what to do, because maybe I will need my money back right, but then he will not feel good about it, but then there might be someone who might not feel well but then wants what…so it depends with the agreement you have with her , that I cannot take that thing as it is, you take two hundred shillings …because girls don’t all go for periods the same time , so she will be free to tell you, let me take this two hundred shillings so that I can do what….then you can go elsewhere to sort out your urge, I this k that would be better.

**M: Erourukamano, ngama nigi paro maro manyalo medo, mondo koro adwani koro a explain weche mag period gi kaka ne awacho**

**M: Thank you all. Who has another opinion they can add, so that I can now explain this issue about period like I had mentioned.**

**M1:8 unasemaje?**

**M1: Number eight what are you saying?**

R8: Watu wako different, mbona unapeana nafasi kwa huyu sex worker umpatia pesa kidogo aa bwana ushajipiga noma chukua pesa kidogo kuna msee hawezi tolerate hiyo nonsense kuna msee anaona maze hawezi tupa pesa haende tena atafute mtu mwingine mwenye hana hiyo menstruation so mimi naona maze what we can do the best to una reason kama mtu unaweza reason na huyo dem, unareason tu kama amekataa pia unaachana tu yeye unareason tu nayeye I wanted you to satisfy me but nimeona kama uko kwa period nahujaniambia so wacha nitafute client mwingine atanisatify (**M: atakusort** ) kitu kama hiyo yani kama atakataa unamuacha tu

R8: People are different, why are you giving this sex worker a chance giving her some money , no she has messed herself up…take part of the money…There are people who cannot tolerate that nonsense, there is someone who will feel like they cannot throw money to again go to someone else who is not in those menstruation, so I feel like, really what we can do the best is to just reason, is it is possible to reason with this lady, You just reason with them and if they refused you leave them alone, I wanted you to satisfy me but I have noticed you are in your periods, yet you have not told me, so let me look for another client who will satisfy me (**M: who will sort you out**) something like that, as in if she refuses you just leave her alone.

**M: So reasons zenye… okay, namba 5**

**M: So the reasons that…Okay nuber five.**

R5: Donge a support jama ni, nikech donge ingeni gima neawachocha lingana mana gi mare donge na nyisi ni ya chuny ji donge opogore gi pachi kaka iparo ka in donge ngama nyalo understand inyalo understand gi chunyi donge ingeni nitiere jomoko ma chunygi richo ma ok ginyal winjo mano, en pesa ne osemiyi en odwaro mondo otiek haja ne pesa ne be onge ma ikano to koro lingana gi chunyi gi kaka ibe i understand koro an anyalo support jama ni

R5: Definitely I support this guy, because you see what I said is almost same as his, right, I told you that people’s personalities are different, and you reason as an individual, not so, for someone who understands they understand with their own heart, not so, you know there are people with very bad hearts that they can never listen to that, he already gave you his money , all he wants is to deal with his need, and there is none of his money that you are keeping either, so it depends with the kind of heart that one has, and your understanding, so I can support this guy.

**M: Mano ber koro kawa summarize weche ma inyalo tim kata gik ma wa paroni inyalo tim mondo okony situation aila gi, namba 2 owachonwa ni en onyalo negotiate kode okoneni koro omiye pesa nus mar mane onego amiyi nikech idhi e dwe, namba 8 konowani en onyalo kone gi wuoyo awuoya kode to okoneni kara mano we akaw ngama chielo nikech an gima nadwaro en satisfaction to koro ok inyal miya satisfaction ni, koro we akaw ngat machielo (pesa be tin in the background). To ngat machielo be nyalo wachoni koro iye owang’ infact en onge gima owacho kodi onyalo kata goni koko onyalo kata yanyi okoni dak niwachona ni idhi e dwe to oyie ma wadonjo kodi nyaka e room, namba 1 be nokonowa ni samoro koko nyalo bede ma koro (oger mangeny in the background) oger mangeny gima omiyo in okidwa miya pesa makata pesa mane uwinjoru cha iyudo ka ichulo mangeny mohingo gima nutimo ang’o…muwachodonge. Kawachopo nyaka kanyo adwani mondo a explain briefly gima timorega sama ngama miyo dhi e periods, ndalo 23-35 dwe ka dwe ngama miyo kata nyathi manyako neno gima iluongoni periods kata menses kata dhi e dwe kaka newasewacho chande periods nyalo chakore from higni 9-49 kata higni 15, 13, 12 luwore gi hormonal balancing mar nyathi manyako oseyudre ni e nonro mosegatim kata gik mosetimore e piny mangima kata ja higni 8 nyalo dhi e period, pok uwinjo**

**M: That is god, so as we summarize things that we think can be done can be done to help in such like situations, number two has said, that he can negotiate with him and tell her that he will be offering half the amount that I was to give you because you are menstruating, number eight has told us that he can suggest that they just talk because what I wanted was satisfication, but then you cannot give me this satisfaction, let me take another person (Actually there is no much money-someone shouts in the background). Then another person can be like for them they are annoyed, infact there is noting they can discuss with you, they can even quarrel you, they can even abuse you asking you why you did not say that you are in your menses, yet you greed and even came with me to the room, number one also told us that it can be such an noisy thing such that (she is very harsh in the background) she is so harsh why you do not want to give her money …you end up even paying more than the amount that you had done what…that you had earlier agreed on, right. As we reach that point , I want to explain briefly what happens when a woman is in her menses, 23-35 each month, a woman or a girl child, experience something known as periods or menses, or even menstruation like we had said, periods can start from 9-49 or even 15, 13, 12 it depends with the hormonal balancing of a girl child, it has been found, being a reserch that has been conducted or even things that happen in the whole world wide, even e eight year old can start having menses, you haven’t heard that?**

Chorus: Wasewinjo

Chorus: We have heard.

**M: Kata Jo higni 10 nyalo dhi e period, koro the fact en ni gidhi e period. Mano e saa ma ochakre. Period nyalo kawo ndalo 3-7 tegemea ni dendi chalo nade, jomoko bende nyalo dhi e period kata ndalo 10 kata ndalo 14 luwore gi kata ngama miyo matiyo gi family planning nitie joma katiyo gi family planning moko miyogi timo ang’o…chwer mangeny. To approximate days’ mar chwer mosetimne nonro gi jo health manie piny mangima en ga ji chwer ga between 3 days to 7 days. Nawinjo ka namba 6 wacho sachachande ni imiye 6 days nikech matiendeni ongeyo approximate days’ ma ji dhigago e ang’o…e dwe. Koro gimatimrega en Mae kawasengeyo the frequency en dwe, dwe iwachoni nikech en dwe ka dwe every month kata monthly period koro Sama egg osebedo formed koro Mae ineno model ni endi en kamae ekaka reproductive system mar ngama miyo chal. Wan gi vagina, ka endi iluongoni vagina kaeto wan gi cervix, cervix en kama nyathi wuok go sama inyuolo nyathi, mae e cervix, kasto wan gi ovary ma ovaries mae ovary, ovary en kuma ilose tong’ mar ngama miyo kata kuma tong’ losore, kasto to wan gi fallopian tube, fallopian tube ka tong’ oselosore ei ovary to oringogo godhi meet sperms, sperms ingeni ka ngato have sex odhi donjo gi ka ineno gik marochere gi magi chalo sperms magi are representation of sperms, and then ma round ni mae is an egg, ma egg koro ka egg obedo released from the ovary to obiro kamae to o meet sperm yudo ka sperm oseringo sperm ringo they are very very motile gin gik manigi speed kabisa to giromo e fallopian tu ka, fertilization bedoga e fallopian tube to sama fertilization timore mano ingeni ngato ose have sex ovary nosewuok …egg nosewuok e ovary kata iluongeni ovum kasto kosechopo ka oriwore gi sperm to fertilization kosetimore to bir ka to iro bedo attached e uterus, mae uterus mar ngama miyo kose attach kae koro nyathi chaka chaka timo ang’o …grow. Koro gimatimore mar periods mar dwe, kata period kata hedhi sama ang’ the ovary bedo released the ovum bedo released from the ovary to psychologically del osechako prepare incase ni fertilization otimore, egg ma fertilized cha donge nyaka bed attached e uterus koro uterus ni mondo attachment obedie nyaka obedni remo obedo thick ang’o mathicken en… remo. Remo bedo …yani en physiology ma nyasaye nochweyo go joma mine**

**M: Even a ten-year-old can have menses, so the fact that they are menstruating, that is the time it starts. Periods can take 3-7 depending on how your body is, there are people who can menstruate even for 10 days, 14 days depending , like for a woman who is using family planning, sometimes it makes them do what…bleed more. But the approximate days’ for menstruating that has been researched by the people in health in the whole world, it is that people menstruate days to 7 days. I heard number six saying at that time that she is given six days that means he knows how to approximate days that people are always in their menses. So what happens is, after we have known the frequency is monthly, you say that because it is monthly, every month, so when the egg has been formed, so you see here, this model here is the reproductive system of a woman is. We have a vagina, this place is known as a vagina, then we have a cervix, cervix is the place where the child passes when you are giving birth, this is the cervix, then we have ovary, this is ovaries, this is ovary, ovary is the place where the egg is formed for the women, or even the place where the egg is formed, then we have a fallopian tube, for the fallopian tube when the egg has been formed in the ovary then it runs to go meet the sperms, you see when someone is having sex the sperms get in here, can you see this white things, they are like sperms, they are representation of sperms, and then these round ones this one is an egg, this is now when the egg has been released from the ovary then it comes this way and meets the sperm, that is when the sperm was already running, sperm are very, very motile, they are things that are full of speed then they meet here in the fallopian tube, fertilization happens in the fallopian tube, and when fertilization takes place you see that person already had sex and the ovary is already out …the egg is already left that ovary , or you can even call it ovum, then when it reaches here it mixes with sperm, then when fertilization has taken place it comes here then gets attached to the uterus, this is the uterus belonging to a women, when it has attached here, so the baby just starts doing what… to grow. So what happens about the monthly periods, for the periods or menses, when the ovary is released ….the ovum is released from the ovary to psychologically the body starts to prepare incase fertilization takes place, the egg fertilized has to be attached to the uterus, so for the uterus attachment to happen, there has to be thick blood that thickens it… the blood. The blood does…as in it is physiology that God created for the women.**

R: Korito egg

R: As it waits for eggs.

**M: Exactly orito ang’o…the fertilized egg, koro obedo thick the uterus bedo thick nikech ka oken thick enough to that egg maobedo fertilized cha ok bi attach on the uterus, koponi sex ok otimore ma sperm okobiro ma odhi oromo gi tong maobedo fertilized to that uterus biro fall off nikech koro onge gima o attach on it ema iluongo nang’o …periods (periods in chorus) waelewana kanyo nyaka kanyo koponi ngama miyo…**

**M: Exactly, it waits for…the fertilized egg, so it becomes thick, the uterus becomes thick because if it is not thick enough, then that fertilized egg will not attach on the uterus, if sex does not take place and sperms comes to meet with the egg such that it is fertilized, then the uterus will fall off, because there is nothing that has attached on it, and that I what we call what…periods (Periods in chorus) have we understood one another up to that point…**

R: Nuona Kama itiekono

R: Repeat for me that part that you have completed.

**M: Ooh sama ang’ uterus osebedo thick, uterus obedo thicken nikech orito ang’o … tong’ maobedo fertilized cha sama ovum owuok e ovary ka to sperm be oseromo ka ma fertilization otimore obiro move to the uterus nikech mano koro nyathi chako form to yudo ka uterus nosebedo thick to receive the fertilized egg wawinjore nyaka kanyo odhi o attachon the uterine wall kasto nyathi chako grow ma dweche ochiko to inyuolo nyathi to in the event ni onge fertilization motimore nikech mae process matimore dwe ka dwe e joma mine mosechako dhi e period koda fertilization otimore or not to thickening of the uterine wall nyaka timore wawinjore nyaka kanyo, it has to happen every month samoro ngato nigi family planning otiyo godo, family planning ok bi yie mondo attachment otimore ka, koro pod obiro mana bedo gi periods ne kata o have sex or not to period cha to pod biro timore atima nikech family planning cha to pod biro interfere gi fertilization ma onego otimore no and then pod obiro timo ang’o …obiro bedabeda e periods, ema ineno ngato nigi family but odhi e period every month but ok omak ich waelewana, nikech hormone manitie ei family planning ma utiyogodo cha interfere gi thickness mar wall ni mabedo very slim obedo matin ma ok onyal timo ang’o … ok onyal attach anything koro kata ka fertilization otimore to en gima wuok awuoka ema omiyo gitiyogi family planning but in the event ni ngato ok ti gi family planning to o have sex to egg obedo fertilized in the fallopian tube ka obiro bedo transported nyaka e uterus ka kasto o form nyathi e ich maiwinjoni ngato omako ich ema omiyo ngato ma ogamo remo ok nyal dhi e periods koro, nikech koro uterus chande kaka fertilized egg cha obedo attached kacha koro ochako grow obedo nyathi. Ema omiyo mama manigi ich kata kosemiss period ne ma o confirm ni en gi ich koponi ochako bleed to en osiptal direct nikech uterus osebedo very thick to onyalo bleed mo bleed ma obedgi anaemia and this one brings as to the question sama ne wachakocha ne uwacho ni en remo motimo ang’o … molil, remo mawuok e uterus oseganeno mon monyuol ma ngato wachoni ya o bleed motho, sama o bleed mothoni en remo mana mawuok e uterus koso e the whole body (chorus: The whole body) to remo manie the whole body be olil. Uwinjo kuma myths mag remo molil ae uwinjo maber koro en remo, remo mar period en aena remo the same as remo manie body ni. Chal kaka kata dang ichak umi chwer enaena the same blood ema ominyi samora kata ka ngato bleed mangeny because of problem moro samoro en gi fibroids e iye, samoro entire gi otiyo gi family planning mamiyo o bleed mangeny nyaka daktari ng’i kaka tatua nikech sama o bleed mangeny no remo mawuok e dendeno onyalo bleed kata ma otho nikech en remo manie dende ok en remo manitie e uterus kende, uterus is part of the body mar ngama miyo wawinjore kanyo, ngama nigi penjo?**

**M: When the uterus wall has thicken, the uterus will have thickened because it’s waiting for…a fertilized egg, when the ovum leaves the ovary then they meet the sperm here and the fertilization takes place, it will move to the uterus because in that case a baby starts forming and that finds when the uterus has already gotten thick to receive the fertilized egg. Are we together up to that point, it goes and gets attached on the uterine wall, then the baby starts developing and after nine months you give birth to a baby, and in the event that no fertilization takes place , because this is a process that happens monthly in the body of a women who has started seeing her menses, whether fertilization takes place or not the thickening of the uterine wall has to take place, are we together up to that point, it has to happen every month, maybe someone is on family planning…they are using it, family planning will not allow attachment to take place here, so she will still have her periods whether she has sex or not, the periods will still take place because that family planning will still interfere with fertilization that is supposed to take place and then she will still do what …she will still have her periods, that is why you find that a woman is on family planning but she is still gets her menses every month, but then she does not get pregnant, are we getting one another because the hormones in the family planning that you are using interferes with the walls thickness in that it gets to be very slim, it is very small such that it cannot carry what…it cannot attach anything such that even if fertilization takes place it is something that will just get off, that is why they are using family planning but in the event that someone is not using family planning and she has sex then the egg is fertilized here in the fallopian tube, it will be transported to this place the uterus, then it forms a baby in the womb , that is when you here that that someone has gotten pregnant, so someone who has gotten pregnant cannot have her periods now, because now in that uterus now from the way that egg is attached there it starts growing to a baby, and that is why if a woman has missed her periods and has confirmed that she is pregnant, that one is to be taken directly to the hospital, because the uterus is already thick and she can bleed and bleed to a point she develops anemia and this one brings as to the question, when we were starting, you mentioned that it is blood that is carrying … dirty, have you ever heard about someone bleeding to a point it is said that they died, all this time that she is said to be bleeding to death, is it just blood from the uterus or from the whole body (chorus: The whole body) and is blood from the whole body dirty. Can you see where myths about dirty blood is coming from, are you getting it clearly, the blood for menses is just the same the blood in the body. It’s just the same as the way you might have a nosebleed, it is just the same blood and that is why sometimes when someone bleeds so much because of some problem, maybe she has fibroids in her stomach, maybe she is using family planning that makes her bleed so much, the doctor has to find a way to rectify it because when she is bleeding a lot the blood from her body, she can even bleed to death because it is blood in her body and not her uterus only, uterus is part of the body in a woman, are we clear on that point, who has a question?**

R: An apenjoni ya

R: I was asking that…

**M: Yes**

M: Yes.

R: Remo mar period ni ingeni gima omiyo wakawe kaka remo molil nikech ka ingado ka kopegre ma owuok mar period cha nitie pogruok nikech remo mawuok cha ochako dum mopogore gi ma kawaida ma inyalo ng’ado ka seche moko koro wakawe kaka remo molil nikech odum gi haruf moro ma okinyal timo ang’o… nikech ngama dhi e period kaponi ogolo pads moketo ka onge kaka dang wabed ka lakini remo maponi gimoro ong’ado mochwer unaweza kaa tu hapa hivi koro

R: You see the reason we take the menses blood to be dirty , because if you compared it with the blood where you are cut, the menses blood smells differently from the normal blood so sometimes we take it to be dirty blood because it smells with some kind of smell that you cannot do what…because if someone in her periods removed the pad and put it here, there is no way we will sit here, but then if it is the kind of blood that something has cut you and it is now bleeding, you can just sit there…so

**M: Koro adhi mbele, gima omiyo remo mawuok no nigi harufu ineno sama miyo dhi e period kata mana nyako maok dhi e period, wachak gi nyako maok dhi e period, nyako maok dhi e period ka ok oluokre obiro dum koso okobidum**

**M: So I’m continuing, the reason as to why this blood coming out has some foul smell, you see when a women is in her menses, or even for a women who is not in her menses, lets start with a girl who is not in her menses, for a women who is in her menses and do not bath, will she small or not?**

Chorus: Obodum

Chorus: She will smell.

**M: The reason why en ni wantiere gi vaginal fluids kata normal flora kata pi pi manie vagina makoriwore gi remo sama wuok cha ema kelo harufu no ema omiyo menstrual hygiene nyaka bed maintained sama dhako dhi e dwe kata nyathi manyako dhi e dwe nyaka obed maler nyaka oluokre nikech harufu cha biro wuok ka remo mawuok e uterus cha odhi o mix gi this vaginal fluids ema kelo harufu cha ema omiyo iwachoni sama ngato dhi e dwe donge newachako kawapenjoni ler margi onego bed nade, donge wawachoni nyaka oluokore, oluokore nang’o, oluokore nikech ok onego odum sama otimo ang’o … sama odhi e dwe. And sama ngama miyo dhi e dwe remo mawuok ok ngeny en remo matin, mae to ok remo mae reagent mawagolo e lab mae ok remo mae en mana for demonstration purposes enaena remo moro mathwis manyalo romo kama for the whole time modhi e dwe enani koro owuok matin matin, eneno sama iwinjoni ngato dhi e dwe to owinjo ka iye rame obedo gi cramps the uterus is contracting and relaxing mano e gima timore koro chal ka gima ibiyo law kae to ichak inyume e pi kibiye donge koro ineno ka olokore to ominore ominore to kichako iduoke e pi to owere koro that is what is happening in the uterus it is contracting and relaxing koro remogo timo ang’o …wuok. Koro owuok over a period of time ema omiyo nawachoni 3 to 7 days to en remo mana maromo kijikni adek just 15mls mae e remo mawuok, en mana ni koro be tegemea be gi ngato jomoko bleed ga mangeny jomoko…but approximately mae e amount mawuok te, yes namba 1**

**M: The reason why is because we have vaginal fluids or normal flora, or even some watery substance that is in the vagina that when it mixes with blood when it’s getting out then it brings about the bad smell, that is why menstrual hygiene has to be maintained when a woman is in her periods, or even when a girls child is in her menses, when a woman is in her menses she has to bath, she has to bath because that foul smell will have to be there when that blood is bleeding from the uterus then it goes and mixes with this vaginal fluids that brings about this foul smell , and that is why we say…did we not start by asking their hygiene when they are having their menses, did we not say that they need to bath, how is she to bath, she is to bath because she is not supposed when she is doing what… when she is having her menses. And when a woman is in her menses, it’s not so much blood, it is a bit of blood, this is not blood, it is reagent that we got from the lab, this is not blood, it is just for demonstration purposes, it is just a bit of blood that can equal blood for the whole time that she is having her menses, just that it is getting out bit by bit, you see that time that you hear that when someone has her periods, she has stomach pains, she has cramps, the uterus is contracting and relaxing, that is what is happening, so it is as though you are squeezing a cloth , then you put it back in the water then squeeze it, so you see that it turns then it gets twisted and twisted, then when you put it back in the water then it relaxes, so that is what is happening in the uterus, it is contracting and relaxing , so what happens to that blood…it bleeds. So it bleeds over a period of time and that is why I said 3 to 7 days, and it is blood that amounts to just three spoons, just 15mls that is the blood that gets out, it’s just that it again depends on and individual, there are some people who bleed a lot…but approximately this is the whole amount that gets out. Yes number one.**

R1: Mano e remo mawuok e period mar 7 days

**R1: Is this the blood that bleeds in seven days?**

**M: Yes, koro jomoko wuok mosmos**

**M: So for some people it gets out slowly by slowly.**

R1: Koro owuok kamano pile ka pile koso

**R1: So it bleed like that everyday or?**

**M: Aa for the whole period**

**M: No, for the whole period.**

R1: For the whole…

R1: For the whole…

**M: Mae approximate blood mawuokga but mana kaka nawacho nitiere jomoko ma bleed mangeny ee for general knowledge onego wang’eni ok en remo mangeny but koponi ngato bleed mangeny nitie reasons manyalo miyo otim ang’o…o bleed mangeny. And nitiere moko ma bleed mangeny to a level ma daktari nyaka koro donjie, iwinjo ka ngato wachoni ni nachako bleed on Monday kawuono en Monday machielo pod a bleed to a bleed mangeny to be ingeni ngato nyalo bleed ma dhi into shock ma kata mo faint. But mago koro are medical reasons manyaka tim ang’o … nyaka rangi wawinjore maber, koro kawadhi mbele sama mine dhi e periods onego bedni gibedo maler, nyaka gi bedgi pi manginyalo luokre godo, nyaka gibedgi kuonde ma ginyalo bede kuonde ma giluokrego nyaka bed private they need privacy, periods kata ka kungiyo jokma odak e marginal areas kaka Turkana giri ka nitiere a lot of period shame, mago donge unenoga kata ilando nikech they don’t have gik maonego giting’o at the same time periods no be nyaka biabiya nitie joma tiyo gi owuoyo maotuo, nitie joma ikunyo bugo to koro in ibedabeda kanyo mondo remogo otim ang’o… owuogi nikech they don’t have gik maonego bedni gitiyogo. So mine sama dhi e periods they need good hygiene nyaka gibed gi maler, number 2 they need privacy kaka ginyalo change jo pads kama opondo, kata ka en choo to obed choo manigi kaka iloro gi iye mondo kik ngato ne pad neno to kik ngato nene kaka otimo ang’o … olawre kata kaka oluokore mondo obed maler sama en e period mo change nyaka pad. Number 3 mine madhie period nyaka tigi the right things, the rights things magitiyo godo sama gin e period machal kaka pads, obed pads miwito kata pads ma ok witi abiro tang’o nu the different gik ma mine tiyogo, number 4 mine nyaka bed gi kuma giwite gik magitiyogo sama gin e dwe, samoro kata kiwuotho ineno ka jomoko owita wita pads away koso ok unegi**

**M: This is the approximate blood that bleeds out, but just as I said there are those who bleed a lot, yes, just for general knowledge, we should be aware that it is not so much blood but if someone happens to bleed a lot, there are reasons that makes what…that makes her bleed a lot. And there are those who bleed a lot to a point that the doctor has to come in, you hear someone saying she started bleeding on Monday, today is another Monday and yet she is still bleeding, and I’m bleeding a lot and do you know someone can bleed to a point they go in to shock, they can even faint. But then those ones now are medical reasons that has to be what … has to be looked in to, are we together. So as we move forward, when women are having their menses, they should be clean, they need to have water to use for bathing, the places where they are bathing should be private, they need privacy, for periods even if you look at the people who live in the marginal areas like Turkana and the likes, there is a lot of period shame, don’t you see such even n being announced because they don’t have the things that they need to use at the same time period the just has to come, there are those who use dry cow dung, there are those who dig a whole and so now you are just to sit there for this blood to do what…to get out because they don’t have the things that they are supposed to use. So when women are in their menses they need good hygiene, they have to be hygienic. Number 2, they need privacy, how they can change pads in a hidden place, even if it is a toilet, it has to toilet with ways of locking it from inside, so that no one sees that pad of hers, and then so that no one sees her do what… how she is bathing or even how she is cleaning herself, so that she can be clean during her periods and is even changing her pads. Number 3, women in their periods have to use the right things, the rights things to use when they are in their periods, things like pads, be it pads that is disposed of or pads that is not disposed of …I will show you the different things women use. Number 4, women must have a place where they through the things that they use when they are in their menses, sometimes you walk and just see some people have thrown away pads, or you do not see them?**

Chorus: Wanenogi

Chorus: We see them

**M:** **Yes, onego bedni gi bedogi kama ber magitimo ang’o…magiwite gigi. Koro adwani mondo anyisu gik ma mine tiyogodo sama gidhi e periods angeni nitie jomoko ma ong’egi but adwa mana we refresh our minds on the different items women use when they are in their periods. Cotton wool, nitie ngama pok oneno nitie ngama pok oneno pamba.**

**M: Yes, they should have somewhere to do what…to throw these things. So now want to tell you things that people us when they are having their periods, I know there are some people who know them, but I just want us to refresh our minds on the different items women use when they are in their periods. Cotton wool, is there anyone who has never seen cotton wool?**

Chorus: Waseneno

Chorus: We have seen

**M: Useneno pamba mine tiyogo sama gidhi e dwe, namba 2 sanitary pads nitie ngama pok oneno**

**M: Have you seen the cotton wool that women use when there are in their menses, number two, is there anyone who has never seen sanitary pads?**

Chorus: Waseneno

Chorus: We have seen

**M: Mulamula gi lweti Mae ler ma pok otigo, mulamula mondo ji mapok oneno**

**M: Just touch it with your hand, this one is clean is has not yet been used, just touch it so that those who have not seen it …**

R: Ok en chira yawa

R: It is not an abomination.

**M: Kasto wan gi reusable pad ma pad mailuoko, mano maiwito to ma miluoko ikawe to ikete e siruaru kama kasto nda ni donge mae suruaru tidiye gi ka**

**M: Then we have reusable pad, of which it is a pad that is washed, that one is to be thrown away , while this one is to be washed, then you take it and put it on your pant like this then is this not a pant you press it from here.**

**R: Gi oko**

**R: From outsde.**

**M: Eek koro obedo e siruaru ni, kosebedo kama otiyo kode kopong kowinjo kopong mana kaka sama pads kopong donge o feel ni onego odhi o change to odhi toluokoonego bed kodgi kata 6 a packet nigi 6. Ma be nyalo dhi round mondo**

**M: Yes, so it sticks on the part like this, when it is like this, she uses it and when it is full, when she feels that it is full, just the same way to when the pant is full, she will definitely feel like she should go and change, so she goes and changes and then washes it, she should have like six, a packet has about six, this one again can do another round.**

R: Apenjo kopong ibiyeabiya koka iduoke…

R: Let me ask, when it is full I just empty it then I put it back?

**M: Iluoke ma ibi maimo e chieng, kasto lewni donge nitiere jomoko matiyo ga gi law odhi adiya ka fundi to koneni miya viraka viraka nigo to otiyogo kaka period gima otiyo ogeng’o ne remo Sama en e period. Kasto wan gi tampon, tampon nitie ngama osegawinjo tampon kata oseneno tampon**

**M: You wash it and even air it in the sun, then for the clothes there are people who uses clothes right, they go to the tailors and when they see pieces of clothes they ask the tailor to give them those pieces of clothes, she uses those during periods if there is nothing else to use during periods. Then we have tampon, is there anyone who has ever heard about a tampon, or even seen a tampon.**

R: An pok awinjo

R: I have never heard about it.

**M: Common name en OB, angeni atiyo gi OB. Koro tampon chalo kama olosealosa gi pamba moro ma special manyalo absorb remo, abiro demonstrate nu kaka o absorb, ma tampon en osoye isoye asoya gi iye to tol ni dong koliero koro sama o feel ni opong mana kaka sama odwa change njo pad to ywaye oko owito to ochako osoyo moro, koro ka demonstrate nu kaka tampon tiyo** **sama osoye iye kuchocho kamae ekaka o absorb remo ineno kaka o expand, uneno mano kamano ekaka tampon tiyo koro sama ang’ kose pong kata o feel ni opong to ogole towite tochako osoyo machielo. Nyaka kanyo nitiere penjo ngama nigi penjo, yes namba 4 in gi penjo**

**M: The common name is OB, I know that I use OB. So now a tampon looks like this, it is just made out of some special type of cotton wool that can absorb blood, I will demonstrate to you how it does absorb, for this tampon it is to be inserted, it is just to be inserted inside there them, then this string will remain hanging, so when she feel like it is full just like when you are going to change a pad, you will pull it this way ,disposes it off and then inserts another one, so now when demonstrating to you how a tampon works, when it is inserted in there like this, that is how it absorbs blood, do you see how it is expanding, So you can see how a tampon works , so whne it is full, or when she feels it is full she gets it out throws it away them and then puts another one. Upto tothre is there any question, who has a question, yes number four do you have a qeastion?**

R4: Aa

R4: No

**M: Uko sawa. Koro kawadhi mbele wan gi gima iluongoni menstrual cup nitiere ngama osewinjo menstrual cup kata kikombe mar choko remo wan gi types ariyo, wan gi ma to wan gi ma (showing the menstrual cup) mae ema ni common mae ema nitie Kenya kae sani mae pok ochopo Kenya ka but mae maosebedo ka ji tiyogodo but joma tiyo kode nyithindo manyiri ka tiyo kode ma endi ngato ok nyal have sex korwake but we are introducing menstrual cup ma sex workers nyalo tiyo godo sama gidhi e dwe, gisoyo koro ok en gima donge ineno ka mae nigi tail, tail en iwe ma nigi iwe, en isoyeasoya e vagina kose soye to odhi tobet kama iye kucho koro ochokoachoka remo mar dwe koro ka opong to iywaye aywaya ti puke to ngato lawo to kendo chako otiyo godo another time. Koro ma endi, mawago ni mawadwa miyo sex workers mawagodo e study ni endi en unyalanyala mule kodhi round en bende ibiro soye asoya kama wabiro puonjogi kaka itiyo kode when that right time comes kawabiro miyo gi, ibiro soye to obede e cervix kama and then kopong during the time magi tiyo kode depending gi flow mar ngato wabiro puonjogi kaka isoye, kaka igole, kaka iluoke kendo kaka ikane nyaka another period comes, Yes, namba 4, namba 6 ngama nigi penjo ooh I stretch? Okay sawa koro mano Mae e menstrual cup koro akiani what do you think about it? Yes, namba 2**

**M: You are okay. So, as we continue, we have something called menstrual cup, is there someone here who has ever heard of menstrual cup or cup for collecting blood? We have 2 types we have this one (showing the menstrual cup) this one is the common one, this one is available here in Kenya right now. This other one is not yet available in Kenya but people have been using this one, but people who mostly use it are young girls, when in use someone cannot have sex but we are introducing menstrual cup that sex workers can use when menstruating, when inserted nothing… you see this one has a tail, tail is this thing that protrudes out, but this you just insert it in the vagina, and once you do it sits like this in there then it just collects menstrual blood, and when it is full you just pull it and pour it out, rinse it and then uses it another time. So this one is the one we want to give to the sex workers in this our study, you can touch it as it goes round, it will also be inserted just like that, we shall teach them how to use it when the time comes when we will be giving them, when inserted it will rest on the cervix like this and then when it is full during the time that they are using it, depending on the flow of a person we shall teach them how it is inserted, how to remove it, how it is cleaned, and how it is stored until another period comes. Yes number 4, number 6 who has a question, ooh you were stretching? Okay, that’s fine, so this is a menstrual cup so I do not know, what you think about it? Yes, number 2.**

R2: Adwa penjo, koro mano ma idwa mi sex workers koro mano iwachoni gigole kendo koso en inyalo ti atiya kode kamano.

R2: I want to ask a question, that one that you want to give the sex workers will they be removing it or that one it can just be used like that?

R: An igole to iluoke be

R: It is removed and cleaned.

R2: Aa…Osoye donge

R2: No… she inserts, right?

**M: Nawachoni mondo odhi round umule be, olose gi material mailuongoni silicon and oyom koro sam gitiyo kode sama en gi mteja to en e period osoye, kotieko gi mteja o empty e sama oseyudo mteja obiro gole to ogole remo mane osechokore ka to ochako oduoke e iye kucho kendo after sex ogole opuko remogo to oduoke aduoka koro oko ti gi pads.**

**M: I said that you take it round so that you also touch it, it has been made from a material called silicon and it is soft so when they have a client and they are menstruating they insert it, when she is done with the client she empties it, when she gets another client she will remove it and empty the blood that had already been collected in there than returns it in there and then after sex she removes it and empties it then returns it, so she doesn’t use pads.**

R2: Koro sama itimo sex cha, itime nade donge aweni gini dhi donjo kucha te

R2: So, what do you do with it when you are having sex I think that will go in there?

R: Ogole kendo ichako iduoke

R: She removes it and then she returns it back.

**M: Gima timre en ma, kelani kendo achak a demonstrate nu how it works mondo wabed e same page donge, sex ka i have, I have gi vagina koso cervix**

**M: This is what happens, bring it here I demonstrate again how it works so that we can be on the same page right, do you have sex using vagina or cervix?**

R: Vagina

R: Vagina

**M: Vagina e e, gini e isoye through the vagina to but obiro dhi o obet e cervix gi iye kucho, ineno kama obede cervix, vagina ni Kanye (Chorus: piny ka) piny ka, kor kata kai have sex okobi sore oko interfere kodi**

**M: This is the vagina, this thing is inserted through the vagina but it goes and sits on the cervix in there, have you seen where it rests on the cervix, where is the vagina (Chorus: done here) down here, so even if you are having sex it will not interfere with you.**

R2: En tiere mana iye kanyo

R2: It is just in there.

**M: Ena ena e iye kanyo**

**M: It is just in there.**

R2: Mano ema nadwa ngeyo apani igole nadwa ni ang’e kanyo maber

R2: That is what I needed to know, I thought that she removes it, it wanted to know well about that.

**M: Ng’a kendo manigi penjo, kuom kaka obet nitie ngama nigi penjo, onge. Menstrual cup ni kawamiye yes, adwani mondo umule uwinj kaka ochalo**

**M: Who else has a question about where is sits? Is there anyone with a question? No one. If we give out this menstrual cup, yes I want you to touch it and get the feel of it.**

R1: Sama ihave kode sex no, gini ni e iye kuro donge

R1: When you have sex with her, this thing is in there right

**M: Eeh**

**M: Yes**

R1: Sama ihave kode sex no, jomoko ng’okni ng’okni mituome moluar (laughter) remogi

R1: When having sex, there are people who are rough who can push it till it falls (laughter) the blood.

**M: Okay sama ihave kode sex ok ibi ngokni mode nikech sama osedonjo ei kacha to en gi some grip wawuondre inenoni kata kaimulo gini kama donge iwinjo kanitiere some (omako)…koro obiro makamaka ei cervix kucho koro kata ing’okni to okobi nikech en gima osetigodo e pinje ma oko kisetiyo kode wan ema pok watiyo kode e Kenya ka emaomiyo wadwani wa sex workers waneane ka en gima nyalo konyogi mondo giwe sundo gik ma tissue gi pamba magi sundo kande**

**M: Okay, when you are having sex you will not struggle with it because once it has gone in there it has some grip, let’s pretend you see how when you touch this thing you feel like there is some (touching it)...so it will just hold in the cervix there so even if you shake it will not come out, it is something that has been used in other countries out there, just that here in Kenya we haven’t used it and that is why we want to give the sex workers to see if it is something that can be of help to them they stop stuffing tissue and cotton wool in there.**

R8: An gi penjo moro kendo

R8: I have another question.

**M: Yes**

**M: Yes**

R8: Do you think this one is enough yani unajua kuna watu wengine wamepiga tenis sasa anaweza ingiza huko ndani unadhani inaweza kusonga

R8: Do you think this one is enough I mean you know there are some people who are playing tennis so he can push it in there, do you think it can move?

**M: Haiwezi songa**

**M: It cannot move**

R8: Ooh

R8: Ooh

**M: Haiwezi songa vile imetengenezwa haiwezi songa, so ni kitu yenye hata tukiwapea watakaa nayo like 10 years, 10 years nikech olast for 10 years and wabiro puonjogi sama kisetieko period ka girito go the next period ee again kendo ka gitiyo kode ka gitiyo kode ok gi ti gi moko gi en ema koro itiyogode kaka away of collecting blood sama ginie period**

**M: It cannot move, how it is made it cannot move, so it is something that even when we give them they will stay with it for 10 years, 10 years because it lasts for 10 years and we shall train them on how it is stored after they have finished menstruating when waiting for the next period, yes and again when using it they do not use all other methods, it is the only method you use as a way of collecting menstrual blood.**

R2: Now is then the penis will affect it

**M: No, the penis will not affect it yeah and the material motigo kode be ber it is long lasting and it is durable and then it is quality**

**M: No, the penis will not affect it yeah and the material used is also great, it is long lasting and it is durable and then it is quality**

R: Oyom

R: It is soft.

**M: Yeah oyom, yes number 2 you had a question**

M: Yeah it is soft. **Yes number 2, you had a question**

R2: Gima adwa penjo akiani odhi winjore, awachoni gini okawo futi adi yani koso ingeni ji opogore iyudo ngato nigi mashin mabor, ngato nigi mashin manyadundo ka iyudo ngama mare raboro to idhi kode to o push nyaka iye kocha

R: I do not know if my question will be clear, I’m asking how many inches is this thing I mean you know people are different some people have long machines, some have short machines what if you find someone with a long machine and he pushes it deep inside?

**M: Aa gima timore the size is standard mana kaka condom be nitie condom matin gi maduong**

**M: No, what is happening is the size is standard just like condom is there a small and big condom?**

R: Giromre

R: They are the same.

**M: Donge giromre mae be is just a standard size for any woman, yes, it is a research we are doing wadwa ng’iyo ka be gini kawamiyo sex workers biro konyogi mondo giwe sundo cotton wool nikech donge cotton wool gi sundo donge newase discuss, nyaka pamba gisoyo sama giso pamba pamba chal nade rom nade**

**M: But they are of the same size, even this one is of a standard size for any woman, yes, it is a research we are doing we want to know if we give this to sex workers it will be of help to them so that they stop stuffing cotton wool because cotton wool moves right, we had already discussed that, they even stuff cotton wool when they stuff cotton wool, what does cotton wool look like and what size?**

R: Pamba gidiyo kama

R: They press cotton wool like this.

**M: Gitimo nang’o?**

**M: What do they do?**

R: Gikuongo gi roll to gi soye

R: They first roll it then they insert.

**M: Ka gi roll e mondo gisoye, ka icompare ma gi pamba**

**M: When they roll it then they insert if you compare this one and cotton wool**

R: Pamba to donjo iye

R: Cotton wool goes in

**M: To pamba duong, namba 4 konwani pamba duong, koro donge emo omiyo wadwani wamigi menstrual cup, gima ler maginyalo tiyogo emaomiyo adwa pachu what do you think, Iparo nade 3, about miyo joma mine gini mondo otigo**

**M: Is cotton wool big, number 4 is telling us that cotton wool is big, that is why we want to give them menstrual cup, something clean that they can use, that’s why I want to know your thoughts, what do you think, what do you think number 3 about giving women this thing to use.**

R3: Aparoni gino en nikech koka en gima pok otiyoga donge mae ema itiyogo but ngeny ji ok ti ma, koro aparoni gima nyalo bedo maber moloyo tissue magisiko mondo nikech pod en gima pod watemo seche moko inyalo miye ngato kimiyi kamano mondo adhi ami dhako, dhako ok nyal ngeyo kaka itiyo kode mana ka gibiro ka opuonjgi kaka itiyo kode aparoni ka gisengeyo gibiro weyo tiyo gi tissue ka

R3: I think that is because it is something that has never been used before, this is the one that is commonly used, but most people do not use this one, so I think what can be better than tissue that they stuff in there because it is still something that is being tried out, maybe it can be given to someone and when you are given you need to give it to your wife, your wife do not know how to use it unless they come and teach them how it is used, I think once they know they will stop using tissue.

**M: To iparo nade bedoni idhi gi ngama miyo manie period oko dhi gi tissue muwachogo to otiyo gi ma, what are your thoughts?**

**M: What are your thoughts about having sex with a woman who is menstruating? She is not using the tissues that you are talking about but she is using this, what are your thoughts?**

R3: Okay gima omiyo (ok inyal fwenyo e background R: Wewe umejuaje) ok idang ginene nikech kaka wawacho chien pok watiyo kode kaka ipuonjowa sani ni to idhi imiyo sex worker moro donge to adhi kode ingeni gimoro kapok itimo ok dang ingeyo ber mare kata rach mare koro incase adhi arado gi sex worker matiyogi gino koro eka anyalo ngeyo podhruok

R3: Okay the reason why (you cannot tell from the background R: how do you know) you cannot whatever because like we said before, we are using it like we were taught, right now a sex worker will be given and then I will have sex with her, you know unless you have done something you cannot really know its benefits or disadvantages so just in case I am going to meet a sex worker who is using that thing, that is when I can know it well.

**M: To inyalo gombo ngeyo korwake?**

**M: Would you like to know if she is wearing it?**

R6: An anyalo gombo

R6: I would like to know.

R3: Nikech Ingeni nitie nyako ingeni sama udhie room gi sex worker nitie ngama unyalo goyo story donge ingeni an to adhi e but atiyo gi gima but wadhi adhia aa but kosenyisi ingiyo kaka gini act, kaka otimo ang’o … o react sama utimo hera cha

R3: Because you know there a lady who when you are going to the room with a sex worker, there is some you can tell stories with, like you know I am going but I am using this thing but let’s just go, but after she has told you, you know how you will react, how you do what… to react when making love.

**M: Koro ibiro dwaroni ing’e, namba 6 uwachoni obiro dwaroni ong’e, ibiro dwaroni ing’e kaponi sex worker orwako gino**

**M: So, you will want to be told, number 6 has said that she would like to be told, would you like to be told when a sex worker is wearing this thing?**

R6: Mmh agombo ngeyo mondo mi adwarne

R6: Yes, I desire to know so that I can look it up for her.

**M: Okay idwani owachni, namba 3 number 6 ugombo ni ung’e, namba 7**

**M: Okay, you want to be told, number 3, number 6 desire to know. Number 7?**

R7: Nyaka ang’e

R7: I have to know.

**M: Nyaka ing’e, idwani ing’e ni orwake. Namba 1**

**M: You have to know that she is wearing it. Number 1?**

R1: An gi pacha anenoni mano koro kotiyo godo gi your explanation anenoni mano safe (M: interjecting inyalo gombo ngeyo ni orwake) kopogore gi tissue tissue magitiyogodo go, gombo ngeyo tomano gima seche midhi timo sex ingeni sex work in the first gik motiyogodo okibiro penjo, hajani en gima ogoli kuma ni intiere en ang’o…donge en bedo achiel kode (mmh) koro ok inyal wachoni irwako ang’o idhi e dwe mano ok inyal penje en ni idhiyo uwinjre to itiek haja ni imiye pesa to idhi.

R1: In my opinion if she uses that based on your explanation I think that one is safe (M: interjecting would you like to know that she is wearing it?) apart from tissue that they are using, desire to know is just for that moment when you are going to have sex with her, you know sex working the first place you will not ask her about the things that she is using, your motive that has got you from where you were is just to be one with her (mmh) so you cannot start telling her what are you wearing, are you menstruating you cannot say that, you just go have an agreement, your desires are met, you pay her and you go.

**M: Yes, namba 8**

**M: Yes, number 8**

R8: On a point of understanding, nyaka ingiyangiya just on a condom koro nitie ngama kaok irwako condom hauko safe nayo aa maze lazima nivae condom ndio ni have sex same same way msee with pia hii si mbaya msee kujua

R8: On a point of understanding, you just need to know, just as a condom there are some people if you do not wear condom you are not safe so no, man! I just have to wear a condom to have sex same way with this one too, it is not bad for someone to know.

**M1: So munaona sex workers wa ambiange clients wamevaa hii kitu**

**M1: So do you think sex workers should tell their clients that they are wearing this thing?**

R4: Hawawezi kukuambia so sasa hiyo itakuwa imewasaidiaje, itakuwa confidential kwao

R4: They cannot tell you so how will that help them, **to them it is confidential,**

**M: Kwao ni confidential,**

**M: It is confidential to them.**

**R: Mmh**

**R: Yes**

**M: But do you want to know or would you want kama mwingine amevaa unaweza taka akuambie akuelezee mimi naye nilikuwa kwenye hedhi lakini kuna kitu natumia.**

**M: But do you want to know or would you want to be told if she is wearing it, she tells you I am menstruating and there is something that I am using.**

R4: Hawezi kukuambia kwasababu hautajua

R4: She cannot tell you because you will never know.

**M: But ungeweza taka kujua**

**M: But would you like to know?**

R4: Aa

R4: No

**M: Hutaki kujua, so number 7, number 6, number 8, number 3 munataka muambiwe. Number 5 unataka kujua**

**M: You don’t want to know, so number 7, number 6, number 8, number 3 you want to be told, Number 5 you want to know**

R5: Aa

R5: No

**M: Asikuambie**

**M: You do not want to be told**

R5: Mimi niko sawa

R5: I am okay.

**M1: Na kwanini munataka kuambiwa ama kutoaambiwa, namba 4 mbona hutaki asikuambie**

**M1: Why do you want to be told or not to be told? Number 4 you don’t want to be told?**

R1: Koro idhi gi sex worker e room to ipenjeni uko period, mana is same to that uko period koso idhi gomboni mondo ong’e koro which means ni gino koro kaka sani ise introduce wa on it koro sama idhi meet gi sex worker example mano en mar ngama miyo madhi e period donge, koro mano dhi example ni sama idhi meet gi sex worker nyaka ipenje ka en e period koro sama igombo neno gino nyaka obed ngama dhi e period

R1: So now you go with a sex worker to the room and you ask her if she is menstruating, that is same to that of are you in your periods or you would you desire that she knows so which means that like now you have introduced us on it, so when you are going to meet a sex worker, another example is for a woman who is menstruating right, so it is an example like when you are going to meet with a sex worker you have to ask her if she is menstruating so when you desire to see it she has to be menstruating.

**M: To ka wawuondre ni ya idhi adhia gi sex worker to ok ingeyo kata orwako gino kata ok orwako, what are your thoughts about having sex with a sex worker ma orwako gino, unto ero usebiro ka wasediscuss e ungeyoni o exist but samoro sama idhi gi sex worker ok owachoni to maybe paro moro nyalo bironi samoro orwake en e iye kucho donge nikech already ungeyo koro o exist nikech koro wasepuonjore, what are your thoughts**

**M: If we pretend that you have sex with a sex worker and you do not know if she is wearing this thing or not, what are your thoughts about having sex with a sex worker who has worn it, for you, you have come here and we have discussed about it, you know that it exist but sometimes when you are having sex with a sex worker she hasn’t disclosed and a thought just crosses your mind that maybe she has worn it is in there because you already know that it exists because you have been taught, what are your thoughts?**

R: Anto an gi penjo, awachoni ya kata ka ngato oketo tissue inyalo winjo koketo kata pamba Moro koro mano koketo donge iwinjo awinja to inyalo ipenjo koso

R: I have a question, I am saying that even if some stuffs tissue in there, you can feel it if she has stuffed some cotton wool you will just feel it and then ask her.

**M: Ka oketo tissue uwinjogo ka giketo tissue to uwinjo**

**M: Do you normally feel it when she inserts tissue, do yu feel it if she has stuffed tissue?**

R: Tissue eeh

R: Tissue yes

R: Aonge experience

R: I do not have experience

**M: Ng’a kendo manigi experience mar winjo tissue**

**M: Who else have experience feeling tissue?**

R1: It depends with the experience kaka ngato

R1: It depends with the experience someone had.

**M: Ka natto oketo tissue, okay donge koro wadwani mondo wadhi wamigi Mae kawasemiyogi to kibiro duogo magi wachnwa kata ngato nowinjo kata oko winjo kata nowachonegi norwake before gi have sex kata nokowachonegi**

**M: If someone has stuffed tissue, okay but now we want to give them this one and after we have given them they will come back and tell us their experience if someone felt it or not and if she told them or not before they had sex.**

R8: Mimi naweza sema aje as long as hii kitu imeshika imekuwa common sana itakuwa tu sawa because mimi sioni kitu mbaya nayo, as long as unajua ashavaa hii kitu anataka kuhave sex lakini ananyesha lakini anaprevent hiyo damu isitoke nje hiyo iko tu sawa hii iko tu sawa mimi naona hiyo iko tu sawa

R8: I can say that as long as this thing has been embraced, it has become common it will be okay because I do not see anything wrong with it, as long as you know you have worn it and you want to have sex but she is menstruating and she is preventing the blood not to come out, that thing is good, I think that thing is just okay.

**M: Koro advantages mage mauneno gini dhi bedogo e sex workers kawamiyogi, namba 8 osemiyowa the first ni inyalo repeat gima iwacho**

**M: So what advantages do you think sex workers will have if we give them this thing? Number 8 gave us the first one, repeat what you said.**

R8: Nimesema iko sawa yani kama dem amevaa hiyo kitu, iko common iko sawa like as long as unanyesha na umeamua kuvaa hiyo kitu huku ndani mimi nikikuja kama client nataka unisatisfy sindio so ukivaa hiyo kitu mimi niko tu sawa as long as hiyo damu hai …

R8: I have said that it is okay, I mean a lady who has worn that thing, it is common it is okay like as long as you are menstruating and you have decided to wear that thing in there, when I come as a client, I want you to satisfy me right? When you wear that thing in there I am just okay as long as that blood doesn’t…

**M: Okay namba 1 in gi wach**

**M; Okay, number 1 you want to say something?**

R1: An be a support e tu mano is better than pamba gi tissue moko magitiyogodo ka mano sawa

R1: I am also in support of him, that is better than cotton wool and tissue that they are using, this one is okay.

**M: Ngama Chielo, namba 6, not namba 6 namba 3 sorry**

**M: Who else, number 6, not number 6 number 3, sorry**

R3: An awachoni ka chako weche gi, anwoyo gima ne awacho chien kanyo, nikech ingeni eka wadhi teme donge ni nikech pamba no giketoga to ka en nyako ma in go free nikech ingeni Malaya kila tich mitiyo nyaka ibedgi customer ni donge seche moko nitie manyisini aa bwana kawuono adhi malo kik itugna remo amweke ile kitu but ingeni kila ngato kaka in in gi customer ni e tich kae donge but onyisini maber ni ya bwana leo nifanye tu polepole naona nanyesha kik itugna remo koro ema omiyo apenjoni ya en gima odhi timo sama osoye kachacha inyalo po ka tugo remo mowuok koro en gima odhi temo yani

R3: I am saying like starting these things, I will repeat what I said back then, because you know we are going to try it right, because even the cotton wool that they stuff in there but if this is a lady that you are free with because even a sex worker just like any other job you must have customers of your own, so sometimes you will find some that tells you no sir I am menstruating do not provoke my blood then she inserts that thing inside, but you know everyone like you could be having customers in your line of work even this but now she tells you clearly that sir, do it slowly I am menstruating do not provoke the blood that is why I am asking it is something that you are going to do when you get in there, you might end up provoking the blood till it starts to come out so, it is something that In will try.

**M: But en ni pachi mane wachoni owachni cha pod ni ania kamano**

**M: But do you still think that you should be told?**

R3: Donge ingeni…

R3: But you know…

**M: Ber ka ingeyo**

**M: It is good if you know**

R3: Mana kaka namba 2 nosewacho maber ni ya nitie joma rokni, ea owacho maber ni gino en size achiel donge to inyalo yudo en size achiel but ingeni en size achiel mar kila ngato but jomoko timo ang’o jomoko timo ang’o mobarre ga but en size achiel koro ema nadwa kawatemo atleast next time kuchako oduogo angeni kusechako luongo jogo ma umiyogi to umi gi time aparoni kusemigi time uchako utimo ang’o nikech kaeto ok ber ka sex worker ok onego wadhiye donge nikech gin e tich aeto o expect kila ngato obi otima ang’o …obi oidha koro kodwaro pesa kisemiyogi imiyogi time ichako itimo nonro to gichacha nitie kaka ifwenyo to ere kaka ni fwenyo

R3: Just like number 2 had said very well, that there are people that are thoughtless, she said clearly that that thing is of the same size right, but you know it is of one size for everyone but what do others do for it to break, but it is of one size that so I wanted that we at least try next time when you come back, I know if you invite those people and given it to them, you also give them time I think when you have given them time you do what again…because it is not good for a sex worker we shouldn’t go there right, because she is at work and she expects everyone to come and do what….to come and climb on top so, if she wants money after you have given the time you carry out another research about that thing there are things you will notice and how did you notice?

**M: Ah okay**

**M: Ah okay**

R8: I have a question

R8: I have a question

**M1: An nadwa penjo gimoro ma Edith penjo ne follow upowachoni un mosebiro ka usengeyo about kikombe mar dhi e dwe ni donge to koro wawachni jomani oko mapok obiro kae mondo onyis about kikombe ni, do you feel ni sex workers onego onyisgi ni girwako gini**

**M1: I wanted to ask a question that Edith asked was following, will you say that you who have come here you know about menstrual cup right, so let’s say those who are out there who haven’t been here to be told about this menstrual cup, do you feel that sex workers should inform them that they have worn this thing?**

R: Aa

R: No

**M1: Nang’o?**

**M1: Why?**

R4: For the first watu walikuwa wanapinga huwezi have sex na dem ako period kama unajua, sindio so itaprevent hiyo fear ile confidence anaendelea tu na kazi yake. Si damu haitakuwa inaflow

R4: For the first people were against knowingly having sex with a lady who is menstruating right, so it will prevent that fear and encourage the confidence to continue with her work, blood will not be flowing.

**M1: Mwingine, namba 1**

**M1: Someone else, number 1**

R1: Kanyo ok onego bedni onyisi nikech seche ma onyisi no mano mana point na mana anecha ema pod antiere nikech seche ma odwa nyisichano ochalo mana gima isedhi rado kode to onyisini an e period, to sama onyisini en e period no kata kapok idonjo kode e room ang’o madhi biro e pachi…aweyaweya amany ngato

R1: I don’t think she should tell you because when she tells you, I will still be just the same point that I was before because when she tells you it is like you have gone out to meet with her then she tells you that she is in her period, and when she is telling you that she is menstruating you haven’t even gone to a room, what will come to mind… I will just leave and look for someone else.

**M1: Namba 5**

**M1: Number 5**

**M: Hauna maoni, namba 6**

**M: You have no opinion, number 6.**

R6: An gima anyalo wacho mana kaka namba 1 be owachono nikech ka ang’ jogo ongeyo kata ka jogo owacho gino to nyaka ngama dichuo mane odwa dhigono nyaka dhibed moluor kalure gi ko odhi e dwe

R6: What I can say, just like number 1 had said because once those people find out or if they are told the man that she was about to have sex with will be scared when she is menstruating.

**M: Koro rather kik sex worker koni ni orwako gino**

**M: So you rather the sex worker not tell you that she is wearing it?**

R1: But kose kona onyalo rwake for her safety to kod safety mar ngat ma odhi bedogo achiel

R1: But once she tells me she can wear it for her safety and also the safety of the person she is going to have sex with.

**M: Ngat machielo manigi wach manyalo medo**

**M: Someone else with anything to add?**

R8: Huko majuu research inaendeleaje like hiyo kitu iko sawa huko juu ama juu wanarespond aje

R8: How is the research abroad? Like is that thing good or how are they responding to it?

**M: Hao anatumia inatumika saa hizi UK, USA na Canada hii sio lazima hata mimi naweza itumia tu hata kama mimi si sex worker ama mimi ni sex worker it is something that can be used by anybody but for our research we want to give it to sex workers so that waitumia badala ya kutumia zile cotton wool na tissue zenye wanasundo huko ndani koro ema omiyo wakele e research wa mawatimo endi ineno gini e en siling aluf agwen ma Kenya, but en gima ibiro ting’o for 10 years, otiyatiya kode to okane, otiyatiya kode to okane, pads pesadi packet mar pads pesadi?**

**M: Those ones that they are using is being used right now in UK, USA and Canada, this one I can also use it even if I am not a sex worker or am I a sex worker, it is something that can be used by anybody but for our research we want to give it to sex workers so that they use it instead of using cotton wool and tissue that they stuff in there, so that is why we bring it in this our research that we are conducting. You see this thing is selling at four thousand shilling here in Kenya, but it is something that she will use for 10 years, she will just use it and keep it, what’s the price of one packet of pads?**

R: 100, 90

R: 100, 90

**M: 90, ngama miyo tiyo gi pads adi per month, packet adi?**

**M: 90, how many pads can a woman use in a month? How many packets?**

R: Packet, as in packet per month, donge ingeni kaka niwachocha luore kaka ngato chwer

R: Packet, as in packet per month, just like you said it depends on how someone was created.

**M: Koro wawuondre ni ngato tiyo gi 2 packets in a month mano siling mia ariyo dwe ka dwe, in a year mano pesadi?**

**M: Let’s pretend that someone is using 2 packets in a month that will be 200 shillings every month, in a year how much is that?**

R: 6000 koso

R: Is it 6000?

**M: Tuseme 200 times 12, tusema for the next 10 years kaponi o bleed obiro tiyo gi pesadi konyiewo pads, haya OB ni uparoni en pesadi? OB mane atangonuni packet achiel en siling 650, kotiyo gi 650 per month times 1 year, times 10 years donge en pesa mangeny**

**M: Let’s say 200 times 12, let’s say for the next 10 years if she bleeds how much will she use to buy pads, okay how much does it cost to buy OB? The OB that I showed you one packet costs 650 shillings, if she uses 650 per month times 1 year, times 10 years is that not a lot of money?**

R: En expensive

R: It is expensive.

**M: Mae miluokoni en 650 per packet, 650 per packet but en onyalo tiyo kode continuously for 6 months eka biro bedo koti eka onyalo onyiew moko kendo mano pod en mana pesa koro kaponi wamiyo sex workers menstrual cup ni kata kikombe mitingogo remo ni odhi save pesadi**

**M: This one that can be washed goes for 650 per packet but it she can use it continuously for 6 months then it will be old she can buy new ones, and that means money so if we can give sex workers these menstrual cups, how much will they save?**

R: Odhi save pesa mangeny sana

R: She is going to save a lot of money.

**M: Pesano onyalo timo nade**

**M: What can she do with that money?**

R: Biashara

R: Business.

**M: Onyalo timogo gik mangeny donge, koro at the end of the day kawamiyo sex workers menstrual cup jomage madhi bedo gi faida? Nikech wamiye for free ngeni gini endi pok gibiro Kenya but maybe by the time magibo chopo Kenya ginyalo subsidize e mondo jomoko obedgi obed able to buy it but pesa mainyiewe go sani en about four thousand shillings’ ma Kenya. Koro mano economically uparo nade koponi wamiyo gini**

**M: She do so many things with it right, so at the end of the day if we give sex workers menstrual cup who will benefit? Because we give them for free, this thing they haven’t arrived in Kenya yet but maybe by the time when they will maybe they will subsidize them so that others may also be able to buy it too but right now it cost four thousand shillings in Kenya. So economically what are your thoughts if we give them these?**

R: This one is cheap

R: This one is cheap

**M: At the end of the day it is a cheaper option, nikech obiro tiyo kode mar higni adi …10, ngama nigi penjo nyaka kanyo**

**M: At the end of the day it is a cheaper option because she is going to use it for 10 years, who has a question up to here?**

R1: An gi penjo, aneno ka en gi buche moko kanyo sama ikete

R1: I have a question, I saw that it has some holes when placed.

**M: Buche mage**

**M: Which holes?**

R1: Sides ne go

R1: On the sides.

**M: Ooh magi ee**

**M: Ooh all these**

R1: Sama ngama sex worker okete idhi gi sex worker sama ipump cha donge buche go nyalo guni….

R1: When you are having sex with a sex worker, when you are pumping can the holes…

**M: Mae ok tigo e sex work, mae newamiyou amiya for demonstration mondo ung’e types of menstrual cups ma are available, wan gi mae manigi iwe ni, to wan gi mae, mae ok inyal tiyo godo nikech iwe ni koro ema omiyo wakelo the options ma sex workers nyalo tiyo godo magi wa just for demonstration mondo ung’e the difference.**

**M: This one is not used in sex work, this one we are only using for demonstration purposes, so that you get to know types of menstrual cups that are available, we have this one that has its tail and we have this one, this one you cannot use it because of its tail and that is why we are bringing this options that sex workers can use, these others are just for demonstration for you to know the difference.**

R1: But gitiyo kode

R1: But they use it?

**M: Mae, aa mae ok gitigo unless ni ok gidhi have sex sama ok gi have sex to they can use it but for sex mae inyalo tigo for sex ema omiyo oloso gi material ma is even softer donge omule ute uwinjo kaka ochalo. Swali lingine. Ang’o ma uparoni ok wamulo e discussion wa makawuononi ma is important be wadiscuss, yes**

**M: This one, no, they do not use this one unless they are not going for sex work, when they are having sex they can use it but for sex this one you can use it for sex that is why it has been made by a material that is even softer, you all touched it you felt it. Another question, what important thing do you think we haven’t talked about in our today’s discussion that you think we should discuss?**

R: Anto penjo mapod adwa penjo, en penjo mar nini cha kaka niwacho wach tong’ kaka niwacho wach tong, tong wuok kadhi e kuma onego obedni owuokie kadhie ich koni mondo mi ochak loso nyathi donge, koro gi jomoko magolo ich cha seche ma tong owuok ka yani donge ngano ne ich oseneno to nodwa gole ipani ere kaka otimore kanyo

R: A question that I would still want to ask is this, it is a question about whatever, like you said about egg, what you said about the egg, an egg leaves and goes to where it is supposed to go in the stomach so that it starts forming a child right, so for those who do abortion, when the egg leaves for fertilization, it means she has already conceived and now she wants to terminate it, in your opinion how does that happen?

**M: Okay, gima timore ngato osefwenyoni en gi ich, ingeni sama by the time ngato fwenyoni en gi ich ingeni fertilized egg oseimplant on the uterus, egg mane obedo fertilized cha e fallopian tube kacha kama ne egg oromo gi sperms donge osebedo fertilized kasto obiro to attach che kae matiendeni ya nyathi osechako timo ang’o… losore. Koro gima ngama golo ich timo odhi interfere gi the whole thing ma bleeding nyaka dhi bedie, kod odhi ni odhi sok iye nigolo donge ingeni ji timo abortion mopogore jomoko madho yath, jomoko dhi e osiptal ti golo gino bleeding nyaka bedie nikech that uterine wall nosebedo thick gi remo mondo otim ang’o …ogol that pregnancy koro en o interfere gi the whole process ogolo ijno ema omiyo bleeding nyaka bedie, penjo machielo**

**M: Okay, what happens is someone has noticed that she is pregnant, you know by the time someone notices that she is pregnant the fertilized egg has already been implanted on the uterus, the egg that was fertilized in the fallopian tube where the egg met with the sperm had already been fertilized then it is attached here meaning formation of a baby has already done what… begun. So for someone who is doing an abortion, she is going to interferes with the whole thing, so she has to bleed, so when she goes so that it can be pushed out, you know abortion is done in many ways, some take medicine, while others go to the hospital and it is removed so bleeding must be there, because the uterine wall was already thick with blood that has to be done what… has to be removed, so she will be interfering with the whole process, when she terminates the pregnancy that’s why there is bleeding, another question?**

R: An be an gi penjo moro kor ka nyuol koni, awinjoga niya jomoko manigi family planning mako ich

R: I also have a question concerning giving birth, I heard that some people conceive while using a family planning method?

**M: Nang’o?**

**M: Why?**

R: Jomoko manigi family planning mako ga ich

R: Some people conceive while on a family planning method.

**M: Luoko**

**M: Cleans?**

R: Mako ich

R: Conceives.

**M: Ngama nigi family planning to mako ich, okay number 1 family planning is not 100% effective ok en atamalo mar mia achiel cha (100%) oken te ni kitimo family planning oki bi mako ich pod nitiere % moro achiel kata 0.9 is it 0.1 mainyalo mako godo ich, it is minimal en atamalo (%) mapiny mogik but pod onyalo timore. Namba 2 ngato nyalo mako ich koponi ya samoro nodhi mochwoye sindan to ochwoye gi yath mose expire yadhno ok bitiyo samoro nodhi nodhi chwoye sindan samoro ngato okno withdraw yadhcha te, oketone dose mani gi piny samoro en family planning maisoyo e bat, but ose expire iwinja samoro ngato dhi timo family planning kosemako ich to okia, bingeni inyalo mako ich kawuono kasto idhi kiny nidhi timo family planning hiyo mimba itagrow tu kokifwenyo ni yawa ang’o maomiyo an gi symptoms mag ich ka idhi e osiptal to ipimi to iwachonini yawa when did you have your period last donge ibiro wachoni ma e last day mana nene period kasto ipenjini nitie mana penjo ma daktari biro mana penji kasto obiro wachoni apana wacha tupime tu mimba matiendeni nidhi e family planning ka already in gi ich koro mago gin gik matimore. Family planning nyalo bedoni ok en effective nikech ok en 100%, namba 2 idhi e family planning ka already in gi ich or itiyogi family plaaning mose expire matekone osetimo ang’o…oserumo koro ok bi kony. Yes**

**M: Someone who conceives while using a family planning method, okay number 1 family planning is not 100% effective, it is not like when you are using family planning you will not get pregnant, there is a one percentage or 0.9 is it 0.1 possibility of one getting pregnant, it is minimal, a small percentage but it is still a possibility. Number 2, one can conceive because maybe the method she used had already expired by the time she took it, or maybe the person administering did not withdraw all the content into the injection so she was given an underdose, maybe it the family planning method that is inserted in the hand but it had already expired, sometimes someone went for family planning after she had conceived and she doesn’t know, do you know that someone can conceive today and the tomorrow you go for a family planning method, that pregnancy will just grow then later you start questioning why you are presenting symptoms of pregnancy when you go to the hospital and you are tested you are told you are asked when did you have your period last, then you say the last day you had your periods and then you are asked… there are just some questions that the doctor will ask you and the doctor will tell no, let’s just test for pregnancy meaning you went for family planning when you are already pregnant so it is something that happens. Family planning can also be not effective because it is not 100%, number 2, you go for family planning when you are already pregnant or you are using a method that had already expired or whose strength is already what… is over so it won’t help you. Yes**

R1: Koro abe apenjoni sama idhi e family planning ka already imako ich let say imako ich kawuono then kikia then kiny idhi e family planning maikete donge ka remo pod liet koro yadhni ok onyal affect nini ich ma nyathi machwere kani

R1: I am asking, when you go for family planning while you lets you have just conceived today and you are not aware, and the next day (tomorrow) you go for family planning method and you use one when the blood is still hot, will this method affect the conception that has already taken place?

**M: Yeah, nitiere cases ma yath nyalo kata yath nyalo change morphology mar nyathi in terms of inyalo nyuolo nyathi manigi features moko ma ok normal ma family planning moko osetimo but nitie family planning moko kaka koro Sindan, sindan nigi projestrone kata hormone mailuongoni projestrone koponi ngato odhi e sindan kosemako ich obiro mana bedo monitored gi daktari mondo ongini ijno dhi maber nikech sama ngato omako ich it needs projestrone mondo o grow hormone no it is the same hormone manitiere e sindan, koro what they will be told ni kik idok e sindan moro but ijni ka idwa keep e yani as in you don’t have a problem with it koro ibedabeda monitored closely mondo kik bed nitiere problem moroamora especially kaka nyathi dongo e ich ema omiyo ineno ka nyithindo moko fsmily planning samoro concentration ne neni malo ma sama idhi nyuole onyalo dhi bedo gi some issues makaka ochwere mago timore but nitiere ma be nyathi inyuolanyuola ma normal.**

**M: Yeah, there are cases that the method might change the morphology of this child in terms of you might give birth to a child with some abnormal physical features this is something that some family planning methods has done, but there are some family planning methods like now the injectables, injectables has progesterone or a hormone called progesterone, if someone goes for injectables after she had conceived she will just have to be monitored by a doctor so that they see that the pregnancy is going on well, because when someone is pregnant she needs progesterone in order to grow that hormone, it is the same hormone that is in the injectables, so what they will be told is not to go back for injectables if she wants to keep the pregnancy or as in you don’t have a problem with the pregnancy you will just be monitored closely so that there will be no problem whatsoever especially with the growth of the child of the child in the womb, that is why you see some children family planning method was so high that the baby develops complication during birth, or some features could have issues but also there are children who are also born just normal.**

R1: Amen. Ikelona kuma adwaro, gima apenjoni yadhni donge onyalo weyaweya nyathini chwere Kama koso odhi nego nyathini ma…

R1: Amen. You just brought it to where I want it, my question is, will the family methods used not affect this baby and the baby will grow or it will kill this baby that…

**M: Ok onyal nego nyathi**

**M: It cannot kill the baby.**

R1: Odhi kela kela effect kuom nyathi but nyathi dhi dongo

R1: It will only affect the child but the child will grow.

**M: Effect nyalo kata nyalo bedo maonge, ema omiyo awachoni ya nitie family planning ma ngato asefwenyoni ayach but pod adhi mbele kata ka en sindan pod ichwoya achwoya monthly ema omiyo kawasefwenyoni ngato yach to ni ne en gi family planning to ikoneni owe koro kik odhi mbele gi family planning kata ma iketo e bat samoro ngato ne mwonyo yedhe moko nitiere yedhe moko be ka ngato mwonyo to otiyo gi fsmily planning moro yadhno nyalo duoko chien effect mar family planning e dende for example ngato ka obedo gi TB, TB to ne en gi implant, moro maisoyo e bet cha ikoneni oti gi another way kata kaka condoms mondo nikech nitiere yath moro e yedhe ma imwonyo mag TB ka ma reduce teko mar family planning mar bat, ma koro pod ngato nyalo mako ich en gi family planning but en gi yath ma omwonyo moro ma ko interact gi family planning cha to duoko teko ne chien koro gima timorega samoro ne omwonyo yedhe TB to ikoneni koro nyaka wagol gini nikech imako ich to koponi pok omako ich to en gi family planning ni to ibiro koneni make sure ni itiyo gi condoms during this time ma imwonyo yedhe TB gi, nikech yedhe TB gi biro duoko chien teko mar yath ma itiyogoni and the inyalo mako ich, wawinjore maber, yes nyaka kanyo**

**M: Effects could or could not be there, and that is why I am saying there are family planning methods that maybe someone has noticed that she is pregnant and she still continues to use, maybe it is injectables, she still continues to take it monthly, and that is why once we realize that somebody is pregnant and she is a family planning method, she is advised to discontinue its use including the implant, maybe someone was taking other medication that when used they reduce the effectiveness of family planning in the body for instance when someone has TB, she has TB and the implant, the one that is placed on the hands, she is advised to use another way for instance condom because there is a drug among the TB drugs that reduces effectiveness of the implant as a family planning method so with that said someone can get pregnant while using a family planning method if she is on other medication that can reduce the effectiveness of family planning method being used, so it happens sometimes maybe she becomes pregnant while she was on TB medication and using an implant, she will be advised to remove the implant because now she is pregnant, but if she isn’t already pregnant and she is using this method, she will be advised to make sure that she uses condoms during the time that she is on TB medication, because the TB medication will reduce the effectiveness of the family planning method and you might become pregnant, do we all understand, yes, up to that point?**

R1: Gin mana yedhe TB kende koso

R1: Are they TB drugs only?

**M: Aa mano mana example, nitiere yedhe mangeny koponi daktari ndikoni yath to ongeni en yath manyalo duoko chien mar teko mar family planning ma ngama miyo tiyogodo to obiro wachoni nikech dakteche onge yedhegi and sama o prescribe yadhni to obiro koni yathni idhi tiyogo to in itiyo gi family planning mane. Koro nyaka wa penji**

**M: No, that is just an example, there are a number of drugs that when the doctor is prescribing and he knows they will reduce the effectiveness of the family planning method that a woman is using, the doctor will tell you because the doctors knows these drugs and when prescribing the drug the doctor will ask you what family planning method you are using, so we have to ask.**

R1: Koro o depend gi the type of family planning maidhi tiyogodo

R1: So, it depends on the type of method of family that you are going to use?

**M: Ok o depend**

**M: It doesn’t depend.**

**M1: Adwa penjoni gigo te mawasebedo ka wadiscuss kae gi ka wa dwani jo community be ong’e yore mage mawanyalo tiyogo mondo wechegi ochopne gi, namba 6**

**M1: I would like to ask if you would like people in the community to know all the things we have discussed here today, and what methods can we use so that this information can reach them? Number 6.**

R6: Gima anyalo wacho en mana gima nasewacho chien cha, ni inyalo gima wanyalo timo mondo ging’e mopogre kodwa wan mawasiwinjo en mana kata dhi e constituency moko kata villages to utemo explain ne jogo eko

R6: What I can say is what I had already said back there, what we can do so that they know the difference between us who have heard this information and them is by going to the constituency or villages and explaining to those people.

**M1: Ngama Chielo, namba 8**

**M1: Somebody else, number 8.**

R8: Mimi naweza sema you just provide awareness, kwa ma tv, wanaweza share kwa functions in the communities, awareness tu kwa radio, kwa tv bora tu yani so long as inawezashika watu wengi

R8: I can only say that by providing awareness through TV, they can share in function in the communities, awareness on the radio, through TV provided it can reach so many people.

**M1: Kuna mtu ako na kitu ya kuongezea, na tuseme wale tuko na mabibi na bibi anahedhi, hiyo ndio time munatafuta sex workers sana ama it does not matter**

**M1: Is there someone who has something else to say, let’s say those of us with wives and our wives menstruates, is that the time when you most look for sex workers or it doesn’t matter?**

R: That is the time

R: That is the time

**M1: Mmh**

**M1: Mmh**

R: Kanyalo wacho mano be ok ochunoni sama dhako dhi e dwe ema wanyalo itimo mano, kaluore be gi yuaruok moro mane iywari kode e ot ebe okeloni wiye to oki dwa koko kode mano be miyo watimo mano

R: If I can respond to that, that doesn’t have to be when my wife is menstruating to do that, considering also conflicts that we had in the house, and she is the one proving to be stubborn that also makes us do that.

**M: Jomamoko paro nang’o, seche dhako cha dhi e dwe cha ema umanyoga jo usiku usiku koso saa asaya, namba 3**

**M: What are the others thinking? Do you usually look for night, night people when your wives are menstruating or is it anytime? Namber 3.**

R3: Nitie joma opogore, nitie joma dwa dhi e riyo, nitie ngama en oomaoma dhok ogombo koro dhako ok inyalo ket gi ilokri koni sate koro atleast ukifanya hata Leo koponi iwinjoni ni inyalo gombo to idhiadhia e mok inyal keto dhako gi nindruok sate mana jo usiku sacco go imawanyolo dhie

R3: People are different, some want to quench their thirst, there is someone who once he brings cows he wants to but you cannot make your wife to have sex with you all the time, at least if you do it today and you feel you still want to, you can just go to the others, you cannot make your wife to have sex with you all the time, we can only go to the members of *usiku sacco.*

R8: Inadepend na venye wewe pia uko, unatarget nini kwa msichana

R8: It depends on how you are too and what your target is with the lady.

**M1: Unaongea polepole yule pia anaka kusikia**

**M1: You are not able I don’t think the other person heard you.**

R8: Nasema inadepend na venye wewe uko, (inaudible) wewe ndio sahizo unaitaka na hiyo time yeye ame dimbre ikiisha sasa pia inadepend na venye wewe uko

R8: I am saying that it depends on how you are (inaudible) when you want it she is sitting pretty when it is over that now will depend on how you are then.

**M1: Kuna mwenye anataka kuongezea**

**M1: Is there anyone who wants to add something?**

**M: Koro wachopo giko wa mar discussion wa ma kawuono, aduokonu erokamano kuom participation u, kendo newa active waduto onge ngama ne ling ahinya kata ngama ne ok omiyo wa views ge. Koro kaudhi mbele kocha gima walearn kae be uwachne joma Chielo.**

**M: Now we have to the end of our today’s discussion today, thank you all for participating, and we were all active, no one was quiet or never gave us their views, as you go we said that we should share with others what we have learned today.**