**MALE PARTNERS 1**

**MODERATOR: EDITH OSIRE**

**NOTE TAKER: CYNTHIA AKINYI**

**START 11:24 STOP: 12:40**

**DATE: 12 MAY 2023**

**M: Koro waruokou duto e discussion mawadwabedo go kawuono, mana kaka ne Co moderator owachocha ka idwa kwero wadu kata ka ineno ka ok iye gi gima wadu owacho to iting’o ating’a badi kata ikwere akwera respectfully maonge koko kata gwandruok moroamora, koro gima omiyo waluongou kae aparoni wasewacho kendo wasego seyi niwayie mondo duondewa omak gi rekoda mauneno kanyo endo, koro wadwa mana chako wadwani wang’e parou kata pachu ewi dhi e dwe mar mine ere information ma ingeyo kuom dhi e dwe mar ngama nyaka kata ngama mama. Wabiro wacho awacha ngama nigi duoko to ting’o bade kata chaka chaka wuoyo to awachoni ni namba 6 ero iwache nade namba 5 wachnwa gima iparo, koro wachaka chaka to wadhi kamano koro wanyalo chako gi namba 6 mana kaka asewachono ang’o ma ingeyo e wach dhi e dwe kata information mane ma in godo kuom dhie e dwe mar jo mamiyo**

**M: We welcome all of you into today's discussion, just like the Co moderator had said, if you want to correct or disagree with what he has said you carry up your hands or you do it respectfully without it resulting into a conflict, the reason why we have called you here I think we have said and we have all consented for our voices to be tapped by the recorder that is over there, now as we start we intend to know your opinions on women menstruation, what information do you know about women menstruation? We will just mention and whoever has an answer will raise his hands or start contributing by mentioning his number, let's start with number 6 just like the way I have said, what do you know about menstruation or what information do you have on women menstruation.**

R6: An kaka a understand e dhi e dwe mar joma mine en ni gigolo chilo manie dendgi, mano e kaka angeye

R6: As number 6, I understand that women menstruation is the removal of impurities from their bodies, that’s how I know it.

**M: Namba 2, in iparoni dhi e dwe en ang’o?**

**M: Number 2, what do you think menstruation is?**

R2: Ka dhako dwa dhi e dwe koso ka dhako ni e dwe

R2: When a woman wants to experience menstruation or when she is on menstruation?

**M: Dwe en ang’o, dhi e dwe en ang’o?**

**M: What is menstruation?**

R2: Dhi e dwe

R2: Menstruation?

**M: Eeh**

**M: Yes.**

R2: Donge en dhako loko remo

R2: It is a woman changing blood.

**M1: Timo ang’o remo**

**M1: Doing what with blood?**

R2: Loko

R2: Changing.

**M1: Loko**

**M1: Changing?**

R2: Remo molil

R2: Contaminated blood.

**M: Namba 8, age mane ma dhi e dwe**

**M: Number 8, which does experience menstruation?**

R8: E dwe nyako chakre 18

R8: Menstruation for ladies starts at 18 years.

**M: Namba 4**

**M: Number 4.**

R4: 12, higni 12 ema nyathi manyako chako dhigo e dwe

R4: At twelve years a girl starts experiencing menstruation.

**M: Ooh, namba 8 kapok wa dhi mbele, 18 ni ngama nowachoni kata ne iwinje kure ni ja higni 18 ema higni 18 ema ngato chako dhigo e dwe**

**M: Okay, number 8 before we proceed, where did you get 18 years or where did you learn from that at 18 years is when someone starts menstruation?**

R8: Ja higa 18 osekoma

R8: An 18-year-old is mature.

**M: Namba 3 ne in gi wach**

**M: Number 3, you had an issue?**

R3: An aparoni dwe chako gi nyalo chako gi depend gi dhano maopogore opogore moko chako as early as 9 years to mostly en mana 12-13 years kanyo nitie joma chako chon

R3: I think that it depends and varies per individual, some start as early as 9 years and mostly it is 12-13 years, there are those who start experiencing it early.

**M: Do you think ni joma chuo ongeyo information maonego gi bedo godo about dhi e dwe, namba 1 bende iparoni joma chuo ongeyo gik ma onego gi ng’e kuom dhie e dwe**

**M: Do you think that men know information which should have concerning menstruation? number 1, do you think that men know what they should know about menstruation?**

R1: Ok anyal wachoni joma chuo ochuno ahinya nikech jomachuo ok dhi e dwe, joma mon ema mon kata nyiri ema nyaka ng’e ahinya en mana ni koro gima nyaka wang’e en mana by the time ma gidhi e dwe koro nyaka wang’e

R1: I can’t say that it is a must for men because men don’t experience menstruation, it is women who have to know only that what we have to know is that by the time they are experiencing menstruation we have to know.

**M: To do you think ni information ma gi go oromo koso nitie kaka onego omed migi information kuhusu dhi e dwe**

**M: Do you think that the information that they have is sufficient or there is how they should be given information about menstruation?**

R1: Okay, to me aparoni onego migi more information about dhi e dwe nikech ibiro nwago ni some men kata dhako kata nyako dhi e dwe en pod odwaro manani mondo ocham kata onyem koko sedewo ni sama dhako dhi e dweno kata ka ochiengni dhi e dwe en at risk mar maybe mako ich ma ok opangi kamano

R1: Okay, and you think they should be given more information about menstruation because you you will realize that some men even when a woman or a lady is on menstruation, they still want to have an intercourse without caring that the woman is on menstruation or is almost experiencing menstruation and can risk maybe being pregnant when it is not planned for.

**M: Namba 5 iparoni onego giyud information ni nade, ngama onego okonegi wachni kata information mar dhi e dweni joma chuo onego yude kuom nga’ giri**

**M: Number 5, how should they get this information? Who should tell them about this information on menstruation? Men should get it from who?**

R5: An aparoni onego yudo kuom the female counterparts nikech ingeni dhi e dwe no it’s a natural cause donge within women, koro a woman koro wawachni kata ka idak kata gi jaodi donge en ema onyalo explain ni gini kaka ongeyo nikech ingeyo ni menstrual cycles gi gin different effects gi be different nitie ngama biro yuakni mare en gi rem, nitie ngama ok feel pain iwinjo so at the end of time an a feel ni the woman ema nyalo nyisi gini time ma odhi e dwe, kaka owinjoga, ka odwani iwo kode kik iwuo kode ka adhi e dwe chunya rach koro an sama a attend kaka in chuora kinena ka akuot kodi to understand ni antiere e this process, koro communication entirely a feel ni a woman nyalo nyisi

R5: I think they should get it from their female counterparts because menstruation is normal for women. The woman who you stay with let’s say your wife should be the one who explains it for you how she knows it because the menstruation cycles have different effects, there are those that will complain of pain, and who doesn’t feel any pain. I feel that women are the ones who can tell you what they are experiencing when on menstruation, when she wants you not to talk to her when on menstruation, bad attitude, she will tell you as the husband that whenever you her in a bad mood just understand that am in this process, that entire communication I feel that the woman can tell you.

**M: Yes, namba 10 in gi wach**

**M: Yes, number 10, you an issue?**

R10: Eeh an gi wach, wach dhi e dwe ni nitie joma mine madhi e dwe okay, nitie mine ma dhi e dwe to sama gidhi e dwe moko onego ber ka ngama dichuo oriembo e ot sama iriwri kode sama odhi e dwe onego iriwri kode kosetieko

R10: Yes, I have an issue, on this issue about menstruation, there are women who experience menstruation, some women when undergoing menstruation should be chased from the house, when having an intercourse with her during menstruation, you should have an intercourse with her after she is done with it.

**M: Ngama nigi medo moro, yes namba5**

**M: Who has any additions, yes number 5.**

R5: A question and an opinion, okay iwacho biblically donge iwachoni sama nyako attend they are unclean blood koro iwachogani ok onego uriwru kode nikech ochal ngama ochido as in ok onego iengage kode biologically kae be waneno nitiere mon moko ma conceive at that ovulation conceide gi periods sama o attend no iwinjo koro iyudoni en inyalo nyise kata ni in nyathi otami yudo but time mar period ni ema onyalo yude so is it possible i explain nang’o how client nyalo conceive at this time, is it possible

R5: A question and an opinion, it said biblically when a woman is on menstruation, they are unclean blood, you should not have an intercourse with her because she is like a contaminated person you should engage with biologically, here also there are women who conceive at the ovulation period when on menstruation, you can tell her you can’t get pregnant but by the time she is on menstruation is when she can conceive. So, is it possible you explain how a client can conceive at this time?

**M: Okay, nitiere possibility no but very rare, and of course any time ma menstruation timore an a explain kaka otimore ang’ na pimnu kaka biologically kaka otimore but nitiere joma ose have sex ma obedo gi ich during that sexual intercourse but they are very few, very few cases mano it only means ni ya o ovulate at the same time o bleed which is very rare but ok wa rule out ni ki have sex sama in e period to inyalo koso completely mar mako ich but the cases are minimal kabisa and almost nil but ok wanyal rule e out completely but wadhi bedo gi session ma adhi pimonu what happens during menstruation kaka otimore physiologically kata biologically kaka iketeno sawasawa, medo moro. Okay ka wadhi mbele, adwa penjo ni ya uparo nade sama mine ni e period ang’o giri ma ok onego gi tim kata ang’o giri ma onego gi tim sama gidhi e dwe isechako nwa maber ni iwachoni sama gi dhi e dwe onego bedni inyalo explain kendo just the point ma ia wacho sani**

**M: Okay, there is that possibility but very rare, and of course anytime that menstruation occurs, I will explain for you how it happens, I will explain for you how it happens biologically, but there are those who have had sex during menstruation and they very few, very few cases and that only means that she ovulates at the same time she is bleeding which is very rare, we can't rule out that when you have sex when on menstruation you miss getting pregnant completely, the cases are very minimal and almost nil, we are going to have a session that I will explain what happens during menstruation, how it happens physiologically and biologically. Okay as we proceed, I want to ask that, what do you think should be done or avoided by women when undergoing menstruation? You had started it well for us and you mentioned that when they are undergoing menstruation you can explain and just the point you just mentioned now.**

R5: Okay, my point ka anyalo medo a explain nu, ingeni sama odhi e dwe cha the only part as in nyaka i understand a woman to koro ebe nyaka onyisi go nikech I am a human being too and am a man to koro menstruation cycle ni an aongego the process koro ema nawachoni ka en onyalo nyisi ni jaoda sama an e process nani abiro ga kuot ok abi wuoyi kodo kaka wawuoyo ga kodi pile so understand it ok en gima personal that ni ok adwari kata ok aheri but en a process ma iwachoni a sama a attend 4 days ma dhiye e dwe ni kata 1 week ni chunya dhi bedo marach adhi ling mangeny e ot, koro ingeni samoro en mama ma jovial but koro ingeni process ni bende nyalo affect i e odi kae nikech sama okuot an idhi over think ni e koso achwanyo jaoda ni you understand koro a female no en gi juhudi mar nyisi how process no dhi to kaka odwa handle e kaka un ot

R5: Okay, my point is as I can try to explain it further for you, when she is undergoing menstruation, you have understood the woman and also, she has to tell you because I am a human being too and am a man. I don’t experience the menstruation cycle and the process is what I was saying that if she can tell you when she is on the process, she will changed attitude, I will not be talking to you daily so understand it is not something personal that I don’t like or love you but it’s a process that when experiencing for 4 days or 1 week I have mood swings I will mostly keep quiet in the house, you know she is jovial woman but the process can also affect you in house because when she got mood swing you overthink that or perhaps have stress passed my partner. The female has the responsibility of telling me about the process and she will handle it when you are in the house.

**M: Erokamano, ang’o giri ma ok onego gi tim**

**M: Thank you, what is it they should not do?**

R5: Gima ok onego…

R5: What they should not …

**M: Yes, namba 3.**

R3: Apani time ma gidhie process no mar menstruation cycle onego bedni…nikech oloose blood ok onego bedni otimo sanasana strainous duties tich mapek mapek koro kaka namba 5 wacho ka onyalo communicate kodi ma ingeni this is the time ma gini timore to ka en ngama nyalo bedoga time mar luoko kata timo tich moko matek giri gi onyalo tone down mago manyaka otieki nikech sama nitie loose of blood no onyalo kata luar piny depend samoro en gi less blood koro seche ma oloose cha to en weak.

R3: I think the time that they are undergoing the process of menstruation cycle it should be that, because she losing blood, she should not be performing strenuous duties, hard work like number 5 mentioned, if she can communicate it with you for you to know this is the time that it happens. If she is a person who washes clothes or does heavy duties, she can tone it down until she finishes them because when there is loss of blood, she can even fall down depending if she has less blood, when she loses blood, she becomes weak.

**M: Yes, namba 6**

**M: Yes, number 6.**

R6: When the sickness come kaka a understand it, ipenjowani ang’o ma ok onego bedni gitimo 1, let us just go direct an anenoni ok ber ka ngama dhi e dwe have sex gi wadgi, secondly sama odhi e dwe cha ineno ka sama nyako dhi e dwe, onyalo bedoni odhi e dwe to oonge gi gik moko kaka ma onego bedni otiyogo kaka pads, moko dhi as far as yiecho law tiyo godo, moko tiyo gi pamba iwinjo to sama otiyo gigigi ma okoso pads gigi affect e gimoro kaka law, gimoro kaka pamba gigi affect e koro magi ma ok onego bedni otimo.

R6: When the sickness comes, as I understand it, you have asked us that what should they not do 1, let us just go direct, I think that it is not good when a person who is on menstruation has sex with another person. Secondly, when on menstruation and she may not be having her menstruation equipment such as pads, some do go as far tearing clothes to use, some use cotton wool, and when using these things, it affects her somewhere, something like cotton wool affects her, these are the things she should not be doing.

**M: Okay, erokamano, namba 2**

**M: Okay, thank you, number 2.**

R2: An ne apenjoni ya, kuma agoye job kucho joma nyiri gin osiepena sana wan gi mamanzi matiyo nyaka tiyo Monday to Monday kata tiyo kata dweche angwen kata dweche abich ka ok odhi e dwe koro ka oromo time ne mar dwe nitie ga yath moro ma omuonyo ga ma ok nyal miye dhi e dwe

R2: I was asking that, where i do work I have friends who are ladies, we have ladies who work from Monday-to-Monday or even work for four months or even five months before experiencing menstruation, and when her time for menstruation comes there is a medicine that she takes that makes her not to undergo menstruation.

**M: Erokamano dhi e dwe en a natural process for women, en gima timore dwe ka dwe and ok onego bedni ikung’e kik otimre yath mar stopping dhi e dwe ma daktari nyalo ndikoni to onge**

**M: Thank you, menstruation is a natural process for women, it is something that happens monthly and it should not be stopped by use of drugs because even drugs a doctor can prescribe are not there.**

R2: Onge

R2: Not there?

**M: Makata koponi nitie ngama tiyogi yath moroamora kaka iwachono to mano mare ma aparoni oparapara kende kata ngato o advice e oko kucho but daktari ok nyal nyiso ngato ni ee yath ma amiyi ni mondo istop dhi e dwe nikech it is a natural process and mana kaka ne awachocha mbele ka endi kapok watieko adhi explain nu kaka dhi e dwe timore to en cycle matimore en gima timore every month mana kaka newasewacho chande and en gima chakore from kuom a certain age to a certain age and otimore nitiere days mag dhi e dwe bende kamano koro abiro mana explain further ne jokma maybe ok ongeyo the details makaka dhi e dwe timore but ok onego bedni imiyo ngato yath mondo ostop dhi e dwe nikech it is a natural process mar joma mine matimore e dendgi**

**M: Even if there is someone who uses any drug the way you have said, that is just hers that she has recommended for herself or someone had advised her about it out there but the doctor can't tell someone this is the drug that I can give you to stop menstruation because it is a natural process and just like we had mentioned that before we conclude I will explain how menstruation happens and it is a cycle that happens every month like we have said, it is something that starts at a given age and ends at a given age and it happens for days of menstruation, that will also be explained for those who doesn’t know the details of menstruation, but someone should not be given drugs to stop menstruation because it is a natural process for the women it is happening for.**

R2: Nikech gin as in gin giluongre ni sex workers donge mano to ielewa

R2: Because as they are, they are calling themselves sex workers.

**M: Eeh mano to aelewa**

**M: Yes, that I do understand.**

R2: Lakini koro an kuma ne agoye job ngato tiyo daily iwinjo ok ine sama ndako dhi e dwe tieko 4 days owachoni an to sani agora noma we adog mtaa adhi aywe abiro duogo koro ok angeyoga ingeni to otamaga penjo gin mabeshte lakini otamaga penjo to in ok idhi e dwe nikech.

R2: Where I was working someone could work daily you couldn’t observe when a woman was on menstruation for 4 days and she says and messing up myself let me go back to house to have some rests so it always hard for me to ask, though they are my friends, it is difficult for me to ask why are not experiencing menstruation.

**M: Okay inyalo bedo abeda gi confidence mondo ipenjgi kaka gitimo sama gi dhi e dwe to pod gi dhi e job**

**M: Okay, you can just have the confidence to just ask them how they handle themselves when undergoing menstruation and attending to work.**

R2: Moro to ne onyisani ok oginene yani ka okete hii nini ya mkono anamaliza hata miezi sita

R2: One told me that she doesn’t, she puts this thing in her arm and it lasts for even 6 months.

**M: Mano to timorega**

**M: That does always happen.**

R2: Timore donge

R2: Happens right?

**M: Sama ngato ni e family planning, family planning moko nitie mamiyo ngato ok ne malo**

**M: when someone is on family planning, some family planning makes one not experience menstruation.**

R2: Onyalo tieko higni ariyo

R2: Can it take 2 years?

**M: Yes, timore**

**M: Yes, it happens.**

R2: Nikech moro nonyisa kamano to ok na understand koro ka inyalo nyisa kamano

R2: Because there is one who told me like that but I didn’t understand when she told me that way.

**M: Mano timore ngato nyalo bedo kata higni adek kata agwen ka ok oneno malo ka en e family planning mano timore**

**M: That does happen, someone can take even 3 years or even 4 years before experiencing menstruation. when she is on family planning that happens.**

R2: Lakini be ber koso rach

R2: Is it good or bad?

**M: Mmh ok anyal wachoni ber kata rach because namba 1, gima omiyo ok idhi e dwe en ni itiyo gi family planning to gima omiyo itiyo gi family planning ok idwa timo ang’o okidwa mako ich iwinja, koro koponi ineno kamano ema berni ok idwa mako ich to family planning ni moni dhi e dwe well and good to kaponi ya in ngama miya ma gombo ni odhi e dwe kata kaponi otiyogi family planning to nitie family planning ma ibiro bedo adviced mondo itim ang’o mondo itigo ma does not affect your hormones or hormonal imbalance manie dendi wawinjore maber, koro koponi ngato wachoni an pok adhi e dwe mar higni ariyo to atiyo gi family mar bat, kata mar sindan kata mar kama to agombo ni mondo atim ang’o adhi e dwe koro daktari biro advice e ni koro gima itim we family planning ma itiyogo nikech mae ema moni timo ang’o dhi e dwe, koro nitie other options maka itiyogo ibiro neno dwe every month.**

**M: No, we can't say whether it is good or bad because number 1,the reason they are not on menstruation is use of family planning, and the reason for using family planning is not to prevent getting pregnant do you understand, if you decide that the family planning is good for you against pregnancy and menstruation well and good, and incase the one who gives me and who I admire is on menstruation or when she is on family planning, there is a family planning she will be advised to use which doesn’t affect the hormones or hormonal imbalance in the body, are we together. When a person says that I haven’t experienced menstruation for 2 years with hand family planning or through injection and she desires to experience menstruation, she has to the doctor to advise her on what to do, quit the family planning that you are using, it’s the obstruction to your menstruation, there are other means that if you use you shall experience menstruation every month.**

R2: To maka ngato oginene odhi e family to kochopo time ne mar dhi e dwe to onyalo dhi kata mana two weeks mano be donge noma

R2: And when someone opts for family planning and when it reaches her time for menstruation and she experiences it for two weeks can it be a problem?

**M: Mano be noma nikech hormonal imbalance ose set in, hormones manie dend ngama miyo bedo affected with anything ma odonje e dende nikech gige gik ma mag family planning gi gin gi hormones ema omiyo gidhi interfer gi gi change jo kaka hormones timore sawasawa but wabiro bedo gi questions bang ma koro wanyalanyala dhi mbele koro ngat moroamoro mani penjo penjo ang’ ne wabed gi session ma ang’ ne wabed gi question and answer session sawa mondo wadhi mbele onge wacho, donge nyaka kanyo wan ma fine nitie ngama nigi wach moro madwa medo kapok wadhi mbele for questions wabiro kawogi bang’e donge mondo wadhi mbele, koro apenjo kamae bende nitiere gima nyalo miyo joma chuo ofeel differently kata obed gi more understanding mar joma miyo sama gidhie dwe**

**M: That is a problem because the hormonal imbalance has set in, hormones which are in the body of a woman can be affected by anything that enters her body because the ingredients in family planning has hormones that’s why they interfere, they go and change the way hormones are but we shall have questions after this so we just proceed and anyone with a question we shall a session for questions and answers, up to there are we together or there is someone with an issue to add before we proceed, we shall tackle questions later for us to proceed. Now my question is is there something that can make men feel differently or have an understanding of when women are menstruating?**

R: Pardon.

**M: Bende nitiere kaka wan joma chuo bende nitie gima nyalo miyo ufeel differently kata ubed gi paro ma opogore ewi joma miyo sama gidhi e dwe bende u understand question nano**

**M: As men, is there something that can make you feel different or even have a different opinion on women when they are menstruating, do you understand the question?**

R2: An awinji maber

R2: I have understood you very well.

**M: Yes…yes, namba 2**

**M: Yes, number 2.**

R2: Ngama gisedakgo aming’a nitie kata ka oginene kata ka en owuon pok ofwenyo ingeni inyalo fwenyone, inyalo fwenyone samoro en gi shida mar iye kaye eka odhi e dwe, nitie ngama ka nyalo dhi e dwe to oyuago rariw mago donge timore oding’e rame

R2: when you have stayed with someone for long even when she is menstruating and she hasn’t realized you help her detect, you can help help realize that she usually has a stomach complication when on menstruation, there are those who when on menstruation complain about pelvic inflammation and waist pain.

**M: Namba 7**

**M: Number 7.**

R7: Nitiere jomamiyo moko ma ka dwa dhi e dwe gibet gi marks moko e suchegi kama, koro ingeyo angeya ni aa jaberni ochieng o approach dhi e dwe.

R7: There are some women when they are almost experiencing menstruation, they get to have some marks on their faces, so just get to know that this beautiful lady is almost experiencing menstruation.

**M: Ngat machielo manigi, yes namba 8**

**M: Who else, yes number 8.**

R8: Joma minegi wangeyo kama dwa dhi inyalo yudo ka oyuago iye, iye kaye, gimoro ni e iya movement mare bende ineno kata ka in kode aneno ka ofeel in ngama dichuo iweyoneaweya kore nikech ngeyo bende ingeyo tarige en ga by tarik abich tarik apar

R8: These women we know when they want to experience it, you realize that they are complaining of her stomach ache, that something is moving in her stomach, so when with her just leaves her because you know and you her dates as date 5, date 10.

**M: Namba 1**

**M: Number 1.**

R1: Okay, erokamano aparoni maduong mogik en ni ngat ma in go no madhako kata manyako no en owuon ema nyaka oyangre ma onyisi days ge kata bedni en regular kata irregular mano eka wabiro understand gi moloyo to ka ok owachoni to mano ema feel ni samoro kelo ga koko nikech samoro idwa dwaro to ongeni en season ma onyalo conceive to ne pok oikore to nikech ne ok owachoni ibiro temo penjo to ang’o ma omiyo itama e gini iwinjo but ka owachoni chon nikech en ngama itieregodo thuolo then you will understand them better

R1: Okay, thank you, I think that most important is that the woman you're with, she is the one who has to be free to tell you her dates even if it regular or irregular that is when we shall understand them better than if they don’t tell us , and that’s what sometimes brings conflict because maybe you are in need and she is on the season she can conceive and she wasn’t ready and because she hasn’t told you, you will try to ask why are she is denying you but when she tells you earlier because she is very open with you then you will understand them better.

**M: Okay yes, namba 7**

**M: Okay yes, number 7.**

R7: Nitie mon moko makadwa dhi e dwe be yani dende yani dende ok mare yani ogombo sex matek cha, nitie moko be ka dwa dhi e dwe onyisi ni bana achiengni ineno behavior ne ot kaka otimore

R7: There are women who when they want to undergo menstruation, she become too horny and in serious need of sex, but there are some who when they are almost experiencing, they just observe the behavior of how she behaves.

**M: Namba 4, iparoni gik ma joma mine tiyogo mag dhi e dwe gi ngama onego bedni konyogigo kata nyiewo enegi**

**M: Number 4, this equipment that women use when on menstruation. Who do you think should be providing them or buying for them?**

R4: Donge en ngama dichuo ma odak godo onego bedni konye e nyiewo pads

R4: It is the man who she stays with, he should be the one helping her with buying pads.

**M: To ngama onego bedni ensure ni oyudo the right thing, nikech namba 2 ne okonowani not namba 2 namba 10 gitiyo gi gik ma opogore opogore obed pads obed law obed ang’o ngama ensure ni onego obedo gi the right things ma otiyogo sama odhi e periods**

**M: And who should be ensuring she gets the right thing because number 2 mentioned that not number 2, number 10 that they use different things like pads, cloths, or anything who should ensure that they have the right things to use when on menstruation?**

R4: Ngama dhi e period onego bedni ojipanga to ka en kod spouse kata ka en kod jakonyne to kapononi ok onyal yudo to onyal kwayo ngano to oprovide ne

R4: Whoever is undergoing menstruation should be organized and when she has a spouse or her helper or when she doesn’t afford, she can request that person to provide for her.

**M: Yes, namba 5**

**M: Yes, number 5.**

R5: Anto pod you know this is a natural cause donge koro independently pod a feel ni that woman en gi objective mar timo gino but ka en married or en gi spouse koro ibedo like support machine like wadak kodi koro moro mauriworu ni shida ni en mara but ingeni periods ni en ema ongeyo to en ma owinje koro in as a man inyalo mana come in kaka koro pads inyiewone pads and everything iwinjo kata koro samoro kochunoni en gi rem moro kaimuloga iyeno to owinjoga ka pain no ( cramps in the background) dok piny matin donge koro isupport tu e ikonye but entirely around 70-60 percentage to entirely an awe ne ngama dhako ma attend

R5: For me, you know, this is a natural cause, right? So independently I still feel that women have the objective of doing that thing but when she is married or has a spouse you become like a support machine like we stay with you and whatever problem you have is also mine,but you know periods is what she knows and feels , as a man you can come in by buying her pads and everything and maybe sometimes when she is in pain you can massage for her the stomach where the pain is,(cramps in the background) and the pain reduces , so you support and help her but entirely 70-60 percent I guarantee the woman who experiences menstruation.

**M: Namba 2**

**M: Number 2.**

R2: Lure ka udak maber kaihero jaodi gigo lorega iamua to ikaone jaodi an akawga, akawga nyaka iwinjo an ngama onyuolo madem ma by the way ok kadwa ka ni a gine ka nyithinda kadogo ngato chopo time ma osechako dhi gi pads to wiye ok kuodi ngise ni baba wa negisowa gicha chakre chon anyalo rite maber mohingo ma mangiseni mama kaka kawuono igori noma kama tafuta hata nguo ingeni ya black uvae si unaenda mahali to koro ber ka in gi nyathi manyako onego ibedgo thuolo kosechako dhi e dwe ingiseni mama usiogope kuniambia kama una nini nakubuyia pads donge koso mano awacho marach

R2: It depends with how you stay with your wife and if you love her, then you buy for your wife, I usually buy even for daughters, I am a person who has given birth to girls such that I don’t want when my daughters are grown-ups when they are starting to use pads she doesn’t feel embarrassed, they tell you dad that thing might occur early and I can maintain her better than when they tell the mother, today you have messed up yourself look for even a black cloth when you are going somewhere. It is good that if you have a girl child you should be free with her when she has started menstruation, you tell her not to be afraid to tell me when you are ... I buy you pads, or have I said it in a bad way?

**M: Ok iwacho marach**

**M: You have not mentioned it in a bad way.**

R2: Nikech wich kuot bende nyalo miyo nyari nikech… seche moko odhi, odhi e dwe to kaka in iger ga ibet ga kode oluor nyisi koro seche moko min gi tiyo tao to oonge dau mar gino to gino omonje to koro ka in ogwayi ogwayi kaka dang onyisi ni daddy niko na shida fulani koro adier gini ka ber kaka bradhe nowacho ka nyathi osechopo 9, 10 kanyo to kata igoga kode mbaka kata ka chieng moro gino omonje ka min mare onge machieng to onyalo nyisi to ijipanga

R2: Because embarrassment also can give your daughter because …. Sometimes she experiences menstruation and when you're cruel with her, she fears telling you sometimes. Some of their mothers are working in town and she doesn’t have the money for that thing and she starts undergoing the process, and how she can come to ask you daddy I have this kind of problem. If it is good as our brother has said that when a child has reached 9,10 years old even when story telling with her and that experience occurs when the mother is away, she can tell you and you adjust.

**M: Namba 9, sorry**

**M: Number 9, sorry.**

R2: Nikech chieng moro ibiro yudo ka nyathi okawo matress okete bwoye nikech oluor to okawo chilo marach cha omiye tuo moro koro kibedo kode thuolo inyiseni mamana gik moko mako ga joma nyiri gimakama koro kotimoreni kik iluor nyisa an babani

R2: Because one day you will find that the child has taken a mattress to use because she is afraid and that can infect her due to dirt, so when you are free with her you will tell her that certain things happen to ladies and do not be afraid to share with me as your father.

**M: Onge wacha erokamano namba 9**

**M: It is okay thank you, number 9.**

R9: Erokamano an ka medo sanitary pads go ber ka ngama miyo ema jipanga gago seche moko in mabor to cramps ochako kaye, ingeni ngama miyo ka cramps ochako kaye en moody en so moody kabisa koro cramps go 100% onego bedni en mojipanga go onyalo nyisi onyalo dwaro ni imiye support ni bwana jakom anto aonge pesa ka ang’ nidhi kata town iduogna gi pads

R9: Thank you, adding on the issue of pads, it is good when the woman is organized, sometimes you can be away and she starts experiencing painful cramps, she will become so moody and so she should be totally organized she can tell you that she is in need of your support like if she doesn’t have money when you will be going town, you can come back with pads for her.

**M: Namba 10 ne in gi wach**

**M: Number 10, you have an issue?**

R10: An gi wach adwa jiwo mana matin namba 2 owachono an an gi nyithindo manyiri magi nyithinda to ang’ wang’ golo pesane kayiewo negi nikech oka dwa mondo owuogo oko onyala kata dhi kwayo ngato pesa mondo miyo odhi nyiewogo, koro ber ka inyiewo gigo end.

R10: I have an issue I just want to support to a small extent, number 2 has said, me have children who are my daughters, and he will use his money to buy for them because he doesn’t want them to ask someone else for money to go buy with, so it Is good if he buys those items.

**M: Koro en responsibility mar janyuol kata partner mar ngama miyo mondo okonye mondo oyud gigi. Okay koro ka wadhi mbele uparo nade ewi nindruok gi ngama miyo kata ngama dhako madhi ni e dwe en gima ber koso, yes namba 3**

**M: It is the responsibility of the parent or the partner of the woman to assist her get these things. Okay, as we proceed, what do you think about having an intercourse with a woman when she is menstruating, is it a good thing or? Yes, number 3.**

R3: Personally an aparoni ok en gima ber biblically be aneno ka owacho ok en gima ber nikech time no nitiere process ma o undergo makata mentally psychologically ok en sawa ok en fit for that sexual intercourse, ma kain ngama riek kata ber to ok onego gaihero partner ni ok ber ka ichune kisengeyo time no

R3: Personally, I think that it is not a good thing biblically I see that it is said it not a good a thing because at that time there is a process that she undergoes that even mentally, psychologically she is not okay, not fit for sexual intercourse, such that if you are a wise person, you should not force into it when you know it's her time.

**M: Namba 8**

**M: Number 8.**

R8: Bedo gi dhako en puonj kuomwa joma chuo wangeyogo dhako kaka odhi e dwe, kaka o handle ode, koro ka tarige chiengni onego bedni ingeni aa jaoda ni en ga ja tarik makama maidwani kosebedo e tarig no kose dhi e period kanyo wachne iloro ikwano mana days ok di nind kode nikech kata kanyo ebe oonge appetite

R8: Having a woman is lesson to us as men, we get to know when the woman is menstruation, how she handles her household, so when her date is near you should be aware that my wife is always for those particular dates such around that time you completely give her space by counting the days and do not have an intercourse with her because she won’t have the appetite.

**M: Yes, namba 5**

**M: Yes, number 5.**

R5: Koro kamedo gima namba 3 owacho, ingeni period in two folds namba 10 aparoni , namba 6 neowacho point moro ngama ne owacho nyalo gonye ga o attend as in nitiere nyako ma horny sama o attend cha si we are married en gi conjugal rights objective an ema nyaka agonye donge to gini muome ma sama o attend no to koro en horny odwani ogonye ma serious cha iwinjo koro ingeni seche go koro gini biro diriyo nitie ma moody to nitie machiek maserious koro ingeni you cant judge nikech on my side as a man I feel it is messy, yes anyalo gonye gino nitie anyalo feel but after nitie aftermath mar gino the messy part of it donge lakini en mess no okodhi neno nikech tidwaroni isatisfy e be kituone to o feel ni ichwanye but gini en two folds nitiere ngama ka attend en very to normal to nitie ngama ka attend gino ok odwa ok odwa kata ni imule

R5: Adding into what number 3 has said, you know periods is in two folds’ number 10 am reminding you, number 6 said a point that there are some women who are horny when they are attending and when we are married, she has conjugal rights objective, am the one to assist her and this exceeds her only when she Is attending and she is horny and needs my attention. Now, this thing come in two ways, there are some who become moody and those who become seriously horny, so you can't get to judge because on my side as a man I feel it is messy, yes I can help her but there is an aftermath of that, the messy part but that mess she won't see because wanted you to satisfy her and if you deny her, she will feel offended but this thing is two fold there is a person who when attending she is very normal and there a person who when attending she doesn’t even want to be touched.

**M: But do you think ni nitie ma men nyalo have sex differently gi mine ma dhi e dwe**

**M: But do you think that there is a way men can have sex differently with women who are menstruating?**

R5: It is not…sex definitely ok ane difference manyalo have ka ugonye udhi chamru achama hivyo hivyo iwinjo shida en ni ya lure gi kata kaka udak idakie e room achiel iwinjo an a feel ni koro ka ochuno ni agonyi donge onego obed e ot moro ma un e bafu ingeyo hygiene at the end of it ka utieko to you freshen up nikech after kanyono ema rach to koro ni dwa gonye to udakie room achiel iwinjo kautieko donge koro ot en messed up.

R5: It is not …. sex definitely, I don’t see the difference that can have if you have a girlt have the intercourse with her, the problem depends on how you live in the one room, I feel that if it a must I have to help her, she should be in the house where there is a bathroom, you know hygiene at the end of it when you're done, then you freshen up because after that is when things might be bad, so if you want help and you stay in the same room when you are done the house will be messed up.

**M: Namba 1 ne in gi wach**

**M: Number 1, you have an issue?**

**M1: Kapok namba achiel owuoyo ni kaka as an individual ok i mind sex ka ngama miyo ni e menses**

**M1: Before namba 6 makes a contribution as an individual or don't mind having sex with a woman on her menstruation.**

R5: Anything for my woman.

R1: Eeh gima anyalo wachoni onyalo bedo both fifty fifty because one wangeyoni ok en gima ber mondo mi inyam dhako ka dhi e dwe, nikech samoro nikech kaka en tiere no one, second bende gima nyalo miyo mondo inyame ka en e dwe en ni samoro isetemo go gini ka ok odhi e dwe kata ka days ne chiengni to ok iyud nyathi because angeni moro mar ngato ka ngato ka dichuo ka dichuo nyaka obedgi dhako obedgi gi nyithindo koro abiro osiptal to okonani bwana dhakoni sama ineno ka dhi ga e dweno ochiek matek seche go en onyalo timre nade… onyalo mako ich to ka ifwenyoni mano e yo maonyalo make ich nyam mamano makosano obi obed bang’e boro ni iyudo Nyathi

R1: I can say that it can be both fifty fifty because us we know that it is not a good thing to have an intercourse with a woman on menstruation because maybe because of her condition, secondly, what can make you have an intercourse with her is when you have tried to impregnate her when she is not on menstruation or when she almost getting into it and she can’t, because I know the happiness of every man with a wife is to have kids. He will get to the hospital and tell me that when you observe her experiencing menstruation, she is always very horny, she can do what…. She can conceive and if you realize that is what can make her get pregnant, have an intercourse with her that problem to be sorted out later ultimately, she would have conceived.

**M: Yes, namba 2**

**M: Yes, number 2.**

R2: An an gi wach akwayo joma chuo wetena an kor ka koro omaoma ni madam adonjo e ot to atemo tero lweta to madam onyisani utashika uchafu nanyesha yani chunya aga e gino week

R2: I have an issue, am requesting my fellow men, on my side it has exceeded me, when the madam gets into the house and I try touching her and she says that I would touch the dirt, she is on menstruation, I get to lose a total desire for that thing for a week.

**M: Mmh**

**M: Yes,**

R2: One week yani kaka onyisano ee utanini koro amiye donge onyisa kawuono to an bende angeyoni nyoro nalimo gik moko ne beyo kawuono aduogo to rach koro amiye day no amede ndalo abich kuom ndalo no ka ne en tich agwen next week Friday eka anyalo tero lweta nikech adier nyawadu dhi e remo halafu an before ne akendi wife na ne an gi demna moro kane odhiga e dwe ne nodhi e sindan ka ne odhiga ne odhiga kata two weeks koro ingeni kosedhi two weeks kendo achako amede one week ma en three weeks nanenonega nyaka huruma an awuor kaka dang iriemne ngama golo blood mano bende in gi.

R2: One week the way she has told me that I will, I give her, she says it today and I also know that I tested something when it was good but when coming back it now on a bad situation, so I will give her that day and add five more days to that day, if it is this week Thursday up to next week Friday. Before getting married to my wife, I had a girlfriend who could go injection during her menstruation and she would go for even two weeks, and going for two weeks I again add her one week which is three, I would sympathize with her, am wondering how you can erect for someone who is bleeding, do you have ...

(Laughter)

**M: Yes, Enid(note taker)**

**M1: Two questions, one for joma ne owachoni it is possible dhi gi ngama dhi e dwe is there something mitimo differently koso en aena ga the normal way**

**M1: Two questions, one is for those who said that it is possible to have an intercourse with someone during menstruation. Is there something that you do differently or is it just the normal way?**

R2: Gi ngama dhi e dwe

R2: With someone on menstruation?

**M1: Mmh**

**M1: Yes.**

R2: Okay anto gi major trend we do it the normal way

R2: Okay, for me we do it the normal way.

**M1: Nothing changes**

R2: Onge gima change

R2: Nothing changes.

**M1: Ngama Chielo**

**M1: Who else?**

**M: Namba 7**

**M: Number 7.**

R7: An kaka achame achame ka dikra ok achame achame direct ineno

R7: I indulge but cautiously I don’t do it that directly.

**M1: Ka ang’o**

**M1: Like what?**

**M: Mano tiende nang’o**

**M: What's the meaning of that?**

R: Oketo speed governor

R: He puts speed governor.

(participants talking at the same time)

(Participants talking at the same time)

R7: Seche ma inyama cha ka sefwenyoni nyakoni dhi e dwe adier lakini na gombo to anyame anyame but anyame kadikra yani ile tu ireye

R7: When having an intercourse, I realize that this lady is menstruating but I had the desire to just have the sex but now cautiously.

R2: Ireye…to ka roho omaki…ok inyal dikri kata nyathi matin ka roho omaki ipoyapoya ka iyieche

R2: Cautiously…what if you get wild… you can’t get cautious even for a small child when you get wild you just tear her down.

**M1: Gimoro madwani obed clear maybe idhi share ngato owachoni seche mauwuoyo usikoni jaoda what of the other side apani idhi divert,**

**M1: Something that I want to be clear about, maybe you are going to share, someone said to my wife, what on the other side do you think you are going to divert?**

**M: Onge tabu**

**M: No problem.**

**M1: Okay ne in gi duoko**

**M1: Okay, you had an answer?**

R6: Hiyo ndio nilikuwa nataka kuuliza juu watu wote wameconcentrate kwa story ya nyumba, lakini hapa tulikuwa tunataka kujifundishe what about kama uko na msichana mpango wa kando nje unaelewa yule pia amekuambia hivyo hiyo ndio nilikuwa nataka kuongezea

R6: That is what I wanted to ask because everyone has concentrated on the house story, but also here we want to learn what about if you have a lady who is a side chick and she has told you the same thing, that is what I wanted to add.

**M: Namba 2 niwachoni kiyudo nyako ne in gi girlfriend mane dhi two weeks’ kendo ichako imede 1 week mano wige adek koro sama mano ne girlfriend to samoro ka in gi ngati moro kata idhi ir sex worker moro be iyudo ma maybe ni e dwe**

**M: Number 2, you said that when you had a girlfriend who was menstruating for 2 weeks you again add her one week, that is three weeks. So that was when she was the girlfriend and sometimes when you have other people or going to a certain sex worker, have you found any on menstruation?**

R2: Wawuondreni nyathi manyako kamae

R2: Let's assume like a young lady?

**M1&M: Eeh, yes**

**M1 & M: Yes.**

R2: Iluongani adhi Jemo come tao donge, tabiro tao wasechamo rech wasechamo gweno koro oromoni kuma roho osechako makoro an awuon agora noma onyisani xxxx ngoja kwanza, Jemo ngoja kwanza omaoma ang’ ni nyiseni Jemo unajua naye mimi naye agora noma ama ineno agora noma ni to roho nosemaka to roho osemaka mmh donge anyisini akiani roho ringo gi ringoga gi dhi ga Kanye yani kata mbaka mane wagoyo cha wanyalo anyala goyo mbaka no lakini koro adwa ni aweni kori ijatuo

R2: Am called to get to town, we have enjoyed fish and chicken and it gets to a point she tells xxxx to wait first. I messed up, it was when I had the confidence for it but now, we shall just talk and excuse you because you're now a patient.

R: Ingalori

R: You're being mischievous.

R2: An gi kor ka kora to an soldier boy gi kaka ang’era nikech wawuondreni kamaki ka idhi e dwe inyalo kata dedi kakoro ingima ka ingima kama ema aweyi ka ijony

R2: According to me, I am a soldier boy. By the way I know myself because let’s assume that when I get a hold of you when menstruation you get worked on because even when healthy you're left when weak.

**M: Koro gima adwa penji ka idhi ir sex worker to iyudo ka odhi e dwe to okowachoni to ifwenyo ka isetieko yes, sex work donge ne iwachoni samoro ipenjri ni nyiri gi gin gi tiyo throughout ma ok ine kata ka ngato nigi off moro, to maybe en e period to odhiadhia e tich to ok owachoni haya mae miyowa question ma next what do you think ka sex worker nyalo kawo tissue kata gimoro to osoyo kuchocho ma mondo remo kik tim ang’o kik wuogi**

**M: Now what I wanted to ask you,when you go to a sex worker when she is on menstruation and she doesn’t mention it to you,and you realize it when done,you had said that you had asked yourself that the sex workers they do work across the week such that you don’t even see If one has an off,and maybe she was on periods and just going to work and she doesn’t want to say it to you, this brings us to the question which is next,what do you think when a sex worker can take tissue or anything and insert down there so that blood doesn’t bleed out.**

R2: To mano ema gitimoga

R2: That is what they usually do.

**M: Mano ema gitimoga**

**M: That is what they usually do?**

R2: Nyasachiel

R2: One God.

**M: Gitimoga nang’o explain nwa wawinji**

**M: How do they do it? Explain for us we understand,**

R2: Inenoni si ati kwa ubaya mimi ndio chairman wa hapo juu hapo xxxx kwa hizo rooms kwa hao maboys hapo, hapo xxxx yote ama nadanganya so hizo vitu mingi huwa najionea unajua saa zingine mimi mwenyewe huwa natengeneza ndovu saa zingine hata kwa hiyo dustbin ya kutupa takataka zangu za ndovu hizo mkebe nini dustbin wa share achiel iyudo ka ngato ogolo pamba ma otimo remo ni e dustbin sama idhi witi gigi iwachoni ee iwito matimri nade koro ok inyal biro chungni ngama owito gini kae ngama owito gini ka ibe koro ilengo nikech en blood gima otimo blood ngat angata oluoro idwani igenene koro ngato kaka an abet kodgi asebet kodgi asetiyo kanyo mangeny ok anyal bukra ni sero sex worker kanyo nikech madamba be atiyogo kanyo however mana kotuo gi a mabor

R2: Not in a bad way, am the chairman of that place in xxxx, in those rooms where those boys are in xxxx area, all those things I have observed for myself sometimes we do share the dustbin and when I take my dirt to the dustbin, you see that someone has removed a cotton containing blood into the dustbin, and you can’t get question who has dumped it there and you also retaliate because no one likes anything containing blood. so, someone like me, I have stayed with them, I have worked with them for a long time. I can't seduce a worker because my lady is also working there, however only when she is sick and away.

**M: Koro idhi manyo moro mabor**

**M: You go and look for one at a far-off distance?**

R2: Sex worker ok amany, amanyo nade sex worker yawa mamani to an ema tiyo kodgi kacha an koro ok akaw kitunguu amanyo nyanya an amanyo nyanya kitunguu ok acham amanyo nyanya ma fresh atieko.

R2: I don’t look for a sex worker, how do I look for a sex worker and am the one working with them, I will just look for a one who is still very fresh then it's done.

**M: Ngatma Chielo**

**M: Who else?**

**M1: Namba 6 umecheka sana**

**M1: Number 6 you have laughed for a long time.**

R6: Kama ile come up na hiyo story yako tena ndio nisikie

R6: Come up with your story again I listen.

**M: Unafikiria nini juu ya wanawake kutumia tissue gitiyo gi tissue kata cotton wool kata gimoroamora magisoyo ie kucho mondo kik remo wuongi ka giyudo wateja**

**M: What do you think about women using tissue or cotton wool or anything by inserting it down there to stop blood from bleeding out when they have a client?**

R6: Kawawuoyo about soyo tissue an anenoni ya nyalo bedo ni mana kaka brother na neosewacho namba 2 ni wabet ga gi ma sex workers kachacha to ok wane ga kata kagi dhi e leave mara ni en e dwe mara ni nininini hii kutumia tissue si vizuri lakini yeye mwenyewe ndio anajua ni kwa nini unaelewa

R6: When talking about inserting tissue I think that it can be the way that the brother had mentioned, secondly, we usually sit with sex workers over there and we haven't seen them request for a leave because she is on menstruation, but on using the tissue is not good, she is the only one who understands why.

**M: Yes, namba 3**

**M: Yes, number 3.**

R3: An moro ma angeyo ma nosenyisani gima omiyo otiyo gi tissue kata nosewe tiyo gi tissue owachoni en ne ongeyo ni onyalo bedoni ero ochako dhi e periods kiny koro gino ne ochako earlier to e kibeti ne mano e gima ne nyalo konye koro ne ogolo tissue modhigodo aparoni public toilets gi ma otiyogo koro to akiani wiye ne owil akiani ne otiyo kode nade koso ne obuoge nikech nitiere part mar tissue no chal kagima ne odog and it became a problem mare for a while akiani gicha ne odog ma ong’injre kose ne oketo bacterial infection akia gima ne otimore but ne nitiere gi problem ma ne ochuno ni nyaka onyisa nikech anyalo paroni odhi omako kata nyach from somebody else ne obedo open ma owachoni gima time en ni time moro nadhi town to ne aonge naparoni adhi chako kiny but it happened ni nochako to ne an gi tissue e purse koro kane aketo to it was in the morning koro the whole day ka tissue ni e ie kachacha akia kata it happened ni moro ne nodong by the time ma ne ogolo nikech owachoni neogolo ka ochot ochot

R3: There is one I know who once told me the reason they use tissues or why she stopped using tissue she that she can know that she is going to start her periods tomorrow and it starts earlier than expected and in her purse that is what can help her, so she could remove her tissue for use in public toilets and uses it on herself,unfortunately there is a piece of the tissue which might have stuck inside her and it became a problem for her for a while, I don’t understand if torn into pieces or it brought bacterial infections I don’t understand whatever happened but she had a problem that forced her to tell me because she can even think that she has contracted sexually transmitted disease from somebody else, she became open and told me what was affecting her, that she got to town she would begin her periods the next day,and happened earlier and she had only purse,so she inserted it in the morning and the whole day the tissue was inside her ,she didn’t know if a piece of tissue might have remained inside her by the time she was removing it.

**M: Koro penjona en ni…sorry namba 6**

**M: My question is, sorry number 6.**

R6: Okay pod aginene aduogo chien what I know an ang’e maber ni ya tissue ok en gima isoyo e iye kalure gi kaka angeye tissue en gima gibano to bo go kanyo koro kachacha wange nga maber ni en ga kama wet sate donge koro tissue en ga gima yure, yurwuok mare cha ema seche moko ang’ dhi golo ne to iyude ka moko osedonjo iye kuchacha to mago ema dhi kelone infection to adwani wapuonjre makata en ga gima ikawo isoye koso en ga gima iboyo kanyo be nyaka ipuonjwa

R6: Okay, am still reflecting, what I know well is that tissue is not something to insert inside given how I know tissue, it is something that if you fold and place it there and we all know that the place is usually wet and when you place tissue into it , the tissue easily torn into pieces such that by the time you will be removing it it would have gone deep inside her and that is what is going to give her an infection, and we should learn about it, it something that you can insert there, you have teach us about that.

R: Nitie types ariyo nitie tampons maisoyo gi pads maiketo nitie, donge ingeni nitie moro ma isoyo kama ok tissue

R: There are two types of tampons that can be inserted with pads, you know there is one being inserted this way and not tissue?

**M: Anyway onge wach ka wadhi mbele adwa penjo kama iyudo sex worker idwa dhi kode ok okoni ni en periods, kata mana jaodi, kata girlfriend ok okoni en e period itieko iyudo ka kara ne en e period what do you think about that**

**M: Anyway, no problem, as we proceed I wanted to ask, when you get a sex worker and you want to have her and she hadn’t told you she is on menstruation, even your wife or even your girlfriend and when you finish you realize that she on her periods, what do you think about that?**

R: An mi penja

R: You’ve asked me?

**M: Reaction nyalo bedo…apenjo ji te, namba 4 iling ahinya**

**M: There can be a reaction ... I have asked everyone; number 4 you are so silent.**

R4: Donge kanyo koro kisekalo to ang’ itime ang’o

R4: When you have gone through it what will you do about it?

(laugher)

**M: Ibiro feel nade, namba 9**

**M: How will you feel? Number 9.**

R9: Kamaidhiye ir sex worker no, ka idhi kachacha idhi ni in gi riyo kech mangeny to idhi ni iywago dau ni koro in idhi ifangilia gari la moshi gimoramora ma iyudo e reru to okalogo koro idhini odhi ywago dau ne koro kata ka end product ka ang’ osetieko haja ne ang’ oaye aisulu to oyweyo mura ne to pack

R9: Where you have gone to the sex worker place, when you have gone there, you go because you have a lot of thirst. Now you go and do your serious business like a train, after you're done there are no regrets, you wipe and move on.

**M: Yes, namba 8 what do you think, isetieko maber girlfriend, wife, sex worker iyudo ka ngato kare ne neno malo**

**M: Yes, number8, what do you think, you have just finished so well then you realize that your girlfriend, wife or sex worker is on menstruation.**

R8: Kata Kawacho girlfriend samoro en ga girlfriend ni in ga kode ebe ok ongeyoga odiechienge ok ongeyo tarige e un kode time mokuongo kiwuok kuome to iyudo ka en mana gi remo, aparoni gi koro ndio atimo kuom both lakini koro aweyo gi kanyo koro in marach

R8: Even when saying girlfriend maybe she also doesn’t know her days, she doesn’t know her dates, and when with her and when you remove you realize that you are smeared with blood, I think I will consider an accident and stop at that because she is in a bad shape.

**M: Yes, namba 2**

**M: Yes, number 2.**

R2: Inyalo wacho ni ya dhano bende onego nyuol maopogore nikech kaka ineno an kaneno gima iluongoni remo hata nilikuwa napita nikaona mwenye amegongwa na pikipiki nione hiyo damu hivi sitapita mpaka nitashughulikia huyo mtu aende hossy bora nimeona damu kata ka ikwinya maneno remba migando ni i ka ngato ka ok opandi to aneni nikech anyalo kata negi,koro an ngama oluoro remo gima iluongoni remo kata wife na ongeyo gima iluongoni remo aluoro makata kaponi udwa chako dhao to akwerou dhao to ochopo dhao ma koro ji odhao ma ngato wiye obarre ngato wiye oginene kanyo adhi lokra kodu marach yani aluoro gima iluongoni remo koro ingeni chuo opogore, an to aluoro gima iluongoni remo kaneno kata otuom ngato to remono bora asenene nyaka ang’ a make sure ngano otere e hossy

R2: You can say that people are born differently, someone like me anything relating to blood even when passing next to a person bleeding who has been hit by a motorcycle I wouldn’t pass till I attend to the person to get to the hospital,even when my wife knows I do fear blood such that even if you wanted to start a fight I would caution against it because you can start and someone get his head cracked, at that point I will turn against you seriously because I fear what is called blood,and you know men are different, for me I do fear blood and once I see it I will ensure that the person goes to hospital.

**M1: Koro ka apenji ni ya idhi gi wife opore samoro tarik opogore opoyi yani kaisetieko lets say ni itieko round ni mokuongo to ineno ka in gi remo what would you do?**

**M1: Now let me ask you, you were indulging with your wife and it comes by surprise, maybe the dates have changed, and when you are done with your first round you observe that you have blood stains, what would you do?**

R2: Bwana anyalo dar kata e odno kuom seche go ang’ aduog kata mana …

R2: I can even move out of that house for hours and come back later when ...

**M: Yes, namba 7**

**M: Yes, number7.**

R7: An ka anyamo sex workers go ma ayudo ka an gi remo by the time madhi nyame si nimetumia cd, ee siwezi ok inyal nyamo sex worker ka ok itiyo gi cd donge koro stress ma odhimiya en ni ingeni sama ise have sex cha wiye kae maybe iyudo ka remo nitiere donge pachi biro dhi ni inyalo yudo tuo ama inyalo yudo nini tuoche moko ma opogore opogore nikech sama odhi e dwe remocha en remo ma biro gi gik moko ma takataka mangeny donge koro onyalo miya mana stress makiny anyalo mana mondo e osiptal stress ema onyalo goya go

R7: When I am having sex with a sex worker and find that I have blood and by the time we were going to indulge I used a condom, you, I cant have sex with a sex worker without a condom,so the stress it is going to give me is when you’ve had sex and you realize that you have blood, your mindset will just ring that you might get an infection of different kind because when she on menstruation that blood comes with all impurities, so it can only give me stress such that by morning I would get to the hospital.

**M: Okay, namba 5**

**M: Okay number5.**

R5: Anto gi ma feel this thing wa understand ni it is a natural cause nyalo wuok ka okia iwinjo koro we should not judge ingeni koro ka i judge e en bende ne okia either in gi option mar weyo kata endelea but ok onego bed subjective moro ni koro en gima rach iwinjo, nikech ero nokia en sex worker ochako bleed in the process in gi option pod ariyo you stop it or kata ka isegone to iyudo ka you have that blood donge macha en mana waste iwinjo nikech ingeni people tend to overthink you know when you see blood kaka owadwa owachono en gi phobia ingeni mano en nitiere ngama ok oluoro remo kaka an iwinja anto remo ok aluoro but I will feel it different ka o threaten life kaka sijui ogand ng’ut ngato lwete mano side no ema aluoro but to mar natural cause ni to me a feel a feel la an ingeni adongo e family am the last born to wan gi e nyiri 8 koro gigi en gik mane aneno about this women kuom nyithindwa gi tetete kanitiere moko yuogo periods moro attend to nyiero anyiero moro sama attend to ok nyal timo any duty en obet oyuak moko nindo e tile nindo dwa ng’ich kor this thing biro differently en odwa ni onind aninda e tiles kanyo ngich ne marach duk iwinjo koro understand gini kik wa judge ngato angata wa believe ni gini is a natural process ma we cannot avoid we will stay with it forever koro ingeni sama a judge je nikech iwachoni Malaya the next day anyalo wachoni anyami nade to i attend ok achuli donge inyalo timri kamano an ne adwaro dek ma real dek ma genuine in imiya dek ma ok real

R5: For me I feel that this thing we should understand it as natural course, it can happen when you don’t know, so we should not judge, when you judge her and maybe she was also not aware, you have an option or proceeding or quitting but you should not be subjective that it is a bad thing, because maybe she didn’t know and she is a sex worker, she starts bleeding in the process, you have two options, you stop it or even when you’ve told her and find that you have blood, that is just a waste because people tend to overthink, when you see blood just the way my brother has mentioned that he has a phobia, there are some people who doesn’t fear blood even I don’t, but I will feel it differently if it threatens my life like for example a persons head is cut, his hands that is for that side which I fear but for a natural course I just feel okay, you know have been brought in a family where am the last born and we had 8 girls and these were the things I was observing from my sisters about these women, when they were on periods . one attends and she is just okay she just laughs, another cant even do anything, some lie on the floor for the coldness, we should not judge this thing and the person we should understand that this is a natural process that we cannot avoid, we will stay with it forever, when you judge her because she is a sex worker the next day I can say that how did I have an intercourse with you while bleeding am not paying you, you can behave like that, I wanted something so real but you have given me something not real.

R: An ichudo chuth

R: I pay in advance.

R: Ichudoga chuth

R: Payment always made in advance.

R5: Ingeni ok inyal insist ni ichudo chuth nikech there are people would agree ingeni this is a conversation mi have ga gi sex worker nitiere korka conversing mitimri iwuoyo kode ma o feel as in aka ku trust tu donge ibiro dhi kode to ichule to nitie koneni in ogwang ogwang miya daf na mondi eka ichuona nyiri go bende nigi psychology iwinjo gingeyo ngama gi trust nikech gin jokuoge be when the deal is to good onyalo opimi sama ichule cha oneno ka in gi mabuku ni moko kara kadha ni fara ni o bargain nyaka ruabe to aneno ka ogolo mabukubuku ne nikae donge ochori gin gi jogi ma gitiyogo oko donge ingeni sex worker gi jakuo gin one thing iwinjo gibiro neni gi gimoro and when you are walking to there is a communication gin gi codes gi moko mag communication nitie fara ma ichori achora to ikwali mbele kanyo moro ne aseneno xxxx kuma iwachono ineno room ineno to ingeyo xxxx club (angeyo kanyo) pub ma nikanyo no nilikuwa nakunywa hapo to ingeni bar no en bar halafu rooms like idonje e bar then rooms ni tug kucha to nyako cha wawinjo mana uwiii omera to ngacha ringo duk koro ipenjo ni ang’o matimore ati ume nitomba bila cd kara dem cha goye asere ingeni dem cha mwonyone soo umenitomba to cd to boys cha oruako but idwaro kikwale nikech nyakoni bende dwaro realise ne public ni kuwuok oko ingeni nindo gi sex worker bila cd ingeni koro public dhi feel ni nyako ma strange mi biro abira manyoni inindo nade kode ingeni oyuagoni cd ni in inyame bila cd to omiyi cd donge ikwali e that mix mar go koko no kara jokma go koko kara joma ma go koko gi nitie joma riti bende joge en bende en gi mtonyo ne moro idhi miye iye kanyo iwinjo

R5: You can’t insist on advance payment because there are people who would agree, this is a conversation that you have with the sex worker, there is the side of negotiating with her to the point that she can trust to go with her, then you pay her, and they observe that you give them money is when you indulge with her the ladies also have psychology, they know who to trust because they are also thieves. When the deal is too good, she can time you when are paying her and observe that you have a lot of money and bargain up to a desired amount, these sex workers are thieves and they know how to communicate in a coded language once they see you are walking into the room, they scheme on how to steal from you. Do you know xxxx club(I know that place) the pub which is there, I was drinking there and you know there bar and rooms on the far end, and the lady just a wail and the guy ran naked so it being asked what has happened , that the guys has fucked her with a condom, the lady was pleading falsely to steal because the boy had worn the condom, you know it’s an embarrassment to have sex with a sex worker without a condom before the public, out that they can manage to steal from you and she will again receive her cut from it.

R: Mano tinde onge mano idar an mangisi, koso ariambo bro

R: That is not there these days, if you attempt it, you relocate, or I am lying bro?

R5: I have seen it.

R: Mago yudre

R: Those are there.

R: Mano idar

R: That one you relocate.

**M: Onge wach wadhiuru mbele,**

**M: No problem, let's proceed.**

**M2: Koro namba 5 in iwacho ka itieko have sex gi mama madhi e dwe ni to ilawri alawa, idhi adhia mbele gi life**

**M2: Now number 5, you have that when you are done having sex with a woman on her menstruation you will just go freshen up, and go one with your life normally?**

R5: Anto ok anyal nindo aninda gi nyako moro amora ma dhi e dwe, to me I feel that woman of mine imanyalo sacrifice ne because of the messy part of it I can do it but the messy side of it koro mondo a sacrifice mwanda ni ema anyalo dhini mabor kamano to ogwang ma oko mamana dhir adhira saga ni ibiro miya death ka osebedo real

R5: I can’t just have sex with any lady that is on menstruation, to me I feel that a woman of mine is the one I can sacrifice for because of the misery part of it, I can do it but the messy side of it is what I sacrifice for, only your personal person is the one you can go into extreme ends for, an outside will have to do things its own way till death becomes real.

**M2: Sama idhi to ogwang ni ne onge e dwe sama iwuok eka ifwenyo ni itimo remo**

**M2: When you were going inside there was no wild cat on menstruation then you realize when done that you have blood stains.**

R5: Ogwang ma oko ni

R5: This is an outside wild cat.

**M2: Eeh**

**M2: Yes.**

R5: Koro ang’ natho, a freshen up gigi ok gin suicide mission

R5: Will I die? I freshen up, these things are not suicide mission.

**M1: Adhi kwayoni seche ma wawuoyo haki nitie terms moko mautiyogo ma abe ka ang’ a translate dek wawachawacha gik moko kaka gin**

**M1: I am going to request that when we are talking there are some terms that you are using that even translating is hard, we just use a simple language as things are.**

**M: Suicide mission ni to mane, awinjo ka ngato owachoni en suicide mission**

**M: What is this suicide mission? I have heard someone mention that it is a suicide mission.**

**M2: Ok en suicide mission, ni ok en suicide mission**

**M2: It is not a suicide mission, that it is not a suicide mission.**

R5: Ok en suicide mission ok goye ati koro ni agonyi then ayudo ka i attend in the process ingeni nitie chweto moro jomoko chweto gi jodalagi oluwo nyaka kwargi

R5: It is not a suicide mission, you beat her because you’ve found out that she is on menstruation, in the process some people can work on you like he is with all his community and grandfather.

**M: Chweto e mane**

**M: What kind of caning is this?**

R: Nyemo

R: Fucking.

**M: Wachni jokmoko nyemo**

**M: Say that some are fucking.**

R5: Nitie joma nyemo gi jodala gi great great late grandfather jogo biro in full ginyalo omo kata periods mane ……. (participants talking at the same time)

R5: There are those who fuck like he is with his great great grandfather those people come in full they can even take the periods that was…. (participants talking at the same time)

**M: Okay sawa namba 2 wabeduri gi meeting achiel, namba 2**

**M: Okay, number lets have one meeting, number2.**

R2: Namba 2 iwachoni wachodhe ema ibiro loke maber mama,

R2: Number 2, you’ve said that we are using terms that you properly translate?

M: Mmh

M: Yes.

R2: Adier an to korka kora namba 8 nosewinjo bradhe awinjo kowachoni gigo oneno kuom masiste kata kodongo manor emo makawaida anto rubber bullet osetingre kasechiek donge uwachoni wawach kasechiek to awinjo wach remo akiani ne nochweya nade like gacha sim ga asima ni viiiii koro ok angeyo ni an to nonyuola nade a feel ga nyaka ilamo nyasachiel

R2: Honestly from my perspective, number 8 heard him say that those things he saw them from his sister when growing up, that is a normal bleeding, for me when i'm erect, you have said that we say when am erect and I hear about that issue of blood, I don’t how I was created like I easy just get discouraged, I don’t know how I was born, I always feel even praying.

**M: Onge tabu koro ka wadhi mbele adwani a explain nu to you briefly what the cycle is all about, ka ngato nigi penjo obiro penjo kawatieko. Koro nyothindo manyiri kata joma mine from the ages of 9 moko chaka kata at 8 tinde waseneno kata ja 7 years gitin but gintie mana kaka ne namba 3 nowachonwa kawachako cha mana apenjou what do you know about menstruation kata dhi e dwe mar joma mine luore kaka nyathi dongo kila nyathi kila nyathi manyako nitie kaka entie kaka ne ochweye koro iyudoni jomoko chako chon jomoko chako molewo iyudoni ja higni 11 osechako neno malo kata dhi e dwe ja higni 18 moro pok ne otemo kata koro en gima timore e ndalo 23 to 35, 23-35 days en cycle jomoko dhi nitie kata jomoko after 21 days to gineno malo kata gidhi e dwe jomoko between 23-35 mano ema osebedo standardized kata ma oseng’i ni ngeny joma nyiri chako neno periods kasto every 23-35 days period biro koro en gima timore every month ema omiyo jomoko luongeni monthly period wawinjore maber, koro every month gima omiyo ngato dhi e dwe en ni ne egg obedo released this is a female model mar the reproductive health ma endi en reproductive health mar kamae e kaka duong mar ngama miyo chalo koro gimatimorega every month ma iluongoni monthly period no egg kata ovum mosebedo mature bedo released from the ovary ma endi e ovary ineno ma (points at the ovary in the diagram), this is the ovary, this is the ovary koro egg kobedo released kae obedo transferred to here in the fallopian tube mae e fallopian tube ( points fallopian tube in the diagram) koro ngama nyako ko have sex gi ngama dichuo to the sperms biro wuok gi e vagina, ma vagina to ma cervix to mae uterus koro biro wuok gi e vagina to ringo kabiro malo kamae, ko biro malo kamae to obiro wuok wuok ma ochop nyaka kae, kae ema gibiro rome gi egg koponi egg cha nosebendo released from the ovary, koro gibiro room kae fertilization timre e fallopian tube ka the egg and the**

**M: There is no problem as we proceed, I want us to explain for you briefly what the cycle is all about and if someone has a question, he will have it when we are getting it. Now, young girls or women from the of 9 years some even start at 8 years, we have seen even a 7 years old they are few but they are there as number 3 has mentioned when we were getting started when I was asking about what do you know about menstruation for women, it depends on how the child grows up, every child who is a girl there is how she is created so find that some do start early other also start late, you find that an 11 years old has started experiencing menstruation, an 28 years old somewhere has never even tried, so it something that happens on these days 23 to 35 days is a cycle. For some people, there are those that even after 21 days they do menstruate some also between 23-35 days that is what has been standardized or has been confirmed that most girls do menstruate then after every 23-35 days’ period it is now something that happens monthly. That’s why some people call it a monthly period, are we together? The reason why every month someone menstruates is because an egg has been released, this is a female model of reproductive health, for a woman it happens every month because the egg or ovum has matured and being released from the ovary, this is the ovary (points at the ovary in the diagram) this is the ovary, and the egg gets released from here and gets transferred to here in the fallopian tube, this is the fallopian tube (points the fallopian tube in the diagram). So, when a lady is having sex with a man the sperms will come from the vagina, this the vagina and this is the cervix, and this is uterus, when it leaves through the vagina it runs up coming here and when it comes up it reaches here, this is where they meet with the egg when the had been released from the ovary, they come to the fertilization room here, fertilization happens at the fallopian tube when the egg and the.**

All: Sperms.

**M: Giromo kae to gi fertilize ka gise fertilize to gima obedo fertilized no tong ma obedo fertilized no biro biro nyaka ei uterus to obiro attach itself e wall mar uterus ka ema ochake grow kolokore nyathi wawinjore nyaka kano**

**M: They meet then they fertilize, after they have fertilized what is being fertilized that egg comes up to the uterus and comes and attaches itself on the wall of the uterus, this is where it starts to grow and it transforms into fetus are we together up there?**

All: Mmh

All: Yes.

**M: Koro in the event ni egg nobedo released from the ovary ma obiro nyaka ka to ok oromo gi sperms ok obedo gi sex gi ngama dichuo nyathi manyako ni ok obedo gi sex to egg no biro duogo aduoga ka kose duogo ka to obiro wuok gi the linning of the uterus ineno uterus ni ineno gi ma red gi magi are all blood vessels to sama nyako ovulate to already the uterus is preparing just in the event ni sex otimore mondo attachment cha odhi otimore mondo gicha odhi lokre nyathi nyaka uterus obed well vascularized kata remo nyaka bed mopong’ kae mondo hold ang’o fertilized egg cha koro kaponi fertilization cha ok otimore donge ingeni uterus to noseikore ni incase ni fertilization otimore nyaka attachment dhi tim ang’o dhi bede, mano ema wuok cha e monthly period ema omiyo giwuok gi remo gi ring’o ring’o moko matindotindo the uterus kama ne oselosi ni nyathi nyalo bedo cha bedo shed off koro mano e monthly period wawinjore nyaka kanyo en remo ma wuok cha nikech en remo ma uterus linning ni obedo thick en aena natural process ma nyasaye ema ne ochweyowa godo koro uterus bedo thick kasto kaponi fertilization otimore e fallopian tube ka to tong ma obedo fertilized ringo to biro o attend itself in the uterine wall koro kose attach kae ochako biro to obedo nyathi. To kaponi sex ok ne otimore maonge sperms mane odhi fertilize egg to koro the uterus wuok ka timang’o ka ginene shed off. Koro remo mawuok en between 2-3 spoons of blood enani koro ok owuog dichiel ema omiya nyaka ang’ gi ti gi pads daily nyaka orum te en natural process and during this time nitiere kaka contraction bedo nikech linning of the uterus sama ogolo remo ka orelax to ocontract ema omiyo gibedo gi cramps pain magibedo go magiwachoni iya rama jomoko bedo gi ich ram mangeny ahinya jomoko margi ok ngeny ahinya jomoko margi manageable but mano e cramps no en ema okelo pain. Yes, xxxx in gi wach, okay mano e menstruation no matimoreno and it is a process matimore every month 23-35 days on a monthly basis jomoko nyalo dhi for 1 week, jomoko nyalo dhi for 2 days, jomoko nyalo dhi for 3, 4 depend gi ngato but mano e physiology behind golo remo kata dhi e dwe mar joma miyo kata joma mine.**

**M:** In the event that the egg has been released from the ovary till it comes up to here and it hasn’t met sperms, the lady didn’t have sex with a man, that egg will just get back here or here or it will come out with the lining of the uterus, do you see the uterus, you see the red with all the blood vessels and when the lady is ovulating, already the uterus Is preparing just in the event that sex happens so that the attachment occurs, and for it to turn into a fetus the uterus has to be well vascularized even blood has to be full here to hold the fertilized egg, and when the fertilization doesn’t occur, you know that the uterus had already prepared incase fertilization happens, the attachment will have to be in place, that is what come out as monthly period, that is why it comes out with blood with some meat particles that’s the uterus where the preparation had been made for the child to be sheds off, so that is the monthly period, are we together up to there? It is a blood that flows because the blood in the uterus becomes thick then when fertilization occurs the fallopian tube the egg fertilized comes and gets attached on the uterus wall, and when it has attached itself on the wall it transforms into a fetus. And when sex doesn’t happen such that there are no sperms that fertilized the egg the uterus comes out as it sheds off, the blood that comes out is between 2-3 spoons of blood only that it comes out once and that’s why you have to use the pads daily until its over.it is a natural process and during this time there is hoe contraction happens because lining of the uterus when releasing blood when it is relax and contracts that is why they do have cramps pain, that’s why they complain of stomach pain, some theirs is manageable while some it can be severe that is cramps bringing that pain. Yes, xxxx you have an issue? Okay, that is menstruation which happens as a process for every 23-35 days a month, on a monthly basis, some can experience it for one week, some 2 days, some 3,4 days it depends on the person but that is the physiology behind menstruation for women.

**M2: Ka anyalo medo matin ka e somo mawawinjo no kapok wapenjo penjo to mana kaka opimo maber ni ka fertilization ok otimore e fallopian tube to layer mar remo mane oselosore mane dwa rito nyathi no chwer oko donge koro ne kane wachako tu ne uwacho maber ni jomoko tnitie iyo gi family planning ma ok ne remo to physiology no pod timore layer mar remo mane oselosore mane dwa rito nyathi no chwer oko donge mano ne wasomo kawachako koro family planning gi tiyo nang’o gitiyo mondo mi line mar remono olosore mondo kata ka fertilization otimore to tong molosoreno madwaloso nyathino kik yud kuma betie donge ne wasomo ni line mar remo no ema support nyathino mondo obedi koro kamano ekaka family planning tiyo koro omiyo line no ok losre koro kata ka fertilization otimore to tong’ no ang’ ne wuok awuok kende maonge kuma ang’ ochung e mondo olosre obed nyathi koro ka linning no ok olosore to donge obvious onge remo madhi wuok e koro kamano e kaka family planning tiyo.**

**M2: Just to add a little on what we have been taught before ask questions, just as she has explained it so clearly that if fertilization doesn’t happen in the fallopian tube, the layer of blood which was in place to carry the child bleeds out. When we were starting you said that some people are using family planning such that they don’t menstruate but physiology still happens, the layer of blood that was in place to carry the child sheds off right? That we learnt as we are starting that how does family planning work for the line of blood to be okay such that even if fertilization does not happen the egg that was ready for fertilization doesn’t get where it can get attached, we have learned that it is the blood which supports the baby to be in place, that is how family planning works it makes that line not to form, even if fertilization occurs the egg will just by itself come out without anywhere to attach itself to form and transform into fetus. So, when the lining is not formed obviously there is no blood which is going to come out that is how family planning works.**

**M: Erokamano Cynthia(Study nurse), kendo sama apart from cramps mane awacho chande sama mine gi dhi e dwe jomoko nigi mood swings, donge ne uwachoni jomoko igi wang sate jomoko ok dwani owuo kodgi, jomoko bedo nyaka gi gnenen gi diep, jomoko diewo sama dhi e dwe, nitiere kaka jomoko nyalo bedo gi ich kach chande nyalo miyo gi gibe gi diew nyalo bedo gi cravings ngato koni an a gombo chiemo ma kama sama odhi e dweni ni ema ochiwmo mangeny ogomb ma ogamb ma ogomb ma maopogre opogore wawinjore maber nyaka kanyo. Yes, and again sama gidhi e dwe onego bedni gibedo gi pi magi luokrego especially jok madhi e dwe mangeny onego bedni giluokore maler gibedo gi pads kata gik magitiyogo magi loko at the right time menstrual hyigiene is very important sama ngama miyo timo ang’o… dhi e dwe onego gibed gi kuma gi nyalo wito gik magitiyo godo obed pad obed ang’o gima gitiyogodo no onego gi bedni nitie kuma ber mitimo ang’o… miwite ok onego bedni iwite kuma kailoko ng’eyi to paka oting’e kata guok moro odhi ongweyo dustbin kuma nenitiere ka iwuok e dhodi to iyudo gigo opukre e laro te onego bedni gitimo ang’o … gibedo gi kuma ber maginyalo dispose se pads gigo endo. Koro adwani mondo awuo kodu adwa pimoni gik ma mine tiyogo the what is normal, gik ma gitiyogodo during menses, donge ngama nitiere mapok oneno pads gi wang’e, sanitary pad, ung’e gani bech pads en pesadi**

**M: Thank you Cynthia(study nurse), again apart from cramps which I said when these women are on menstruation, some have mood swings, you have said that some have a constant anger, they don’t want to be spoken to. Some even experience diarrhea when on menstruation, there is how some people can experience the stomach ache which can make them to diarrhea, it can be cravings someone can tell you that I have a strong preference for this type of food when on menstruation, she eats a lot and craves for different foods are we together up to there? Yes, and again when they are on menstruation they should have water for bathing especially those menstruating to should have pads or their equipments they are using at the right time, menstrual hygiene is very important when a woman is on menstruation, they should be in a place they are able to dispose whatever they have used, there should be a convenient place where they can dispose them not where after disposing them a cat or a dog can carry them and litter the compound with it. Proper disposal is also important. Now, I want to discuss with you what women use during menstruation like the pads which are normal, is there anyone who has never seen pads with his own eyes? What is the price of a sanitary pad?**

R: 80 bob

R: Eighty shillings.

**M: 80 bob mano mating’o adi**

**M: How many does eighty shillings carry?**

R: 6 pieces.

**M: 6 pieces, haya 80 bob otiyogi adi per day, pieces adi ma otiyogo per day**

**M: 6 pieces, okay on these eighty shillings how many does she use in a day? How many pieces does she use in a day?**

R: Mbili

R: Two.

**M: Koro kaponi otiyo gi ariyo per day en 80 bob to gin auchiel matiendeni within three days orumo donge haya aka iyudo ngama tiyogi adek per day pieces adek per day matiendeni mar 60 bob mar 80 bob odhitiyogo ndalo adi…ariyo to odhi e period ndalo abich goyane kwano odhi tiyogi packets adi every month otiyogi packets adi …adek donge kata ariyo, otiyo gi adi namba 2**

**M: When she is using two pieces a day it is eighty shillings and they are six pieces meaning within three days they are over right? And when you find a person who uses 3 pieces a day meaning that eighty shillings will go for two days, and she menstruates for five days, do that calculation that how many packets is she going to use every month, two or three, how many will she use? number 2.**

R2: An ok angeyo nikech…

R2: I don’t know because ……..

**M: A wagoyo agoya kwano**

**M: No, let us just do the calculation.**

R: Adek

R: Three.

**M: Onyalo tiyo gi adek donge, adek kai multiply gi piero aboromano pesa adi**

**M: She can use three, right? Three if you do multiply that with eighty shillings it is how much?**

R: 240

R: Two hundred and forty.

**M: 240 ka imultiply gi 12, mano 12 months nikech each month otiyogi 240 mano donge pesa mangeny, haya mano mana pads unyalo nitie ngama pok neoneno pads ok udwa kata mule yawa ne kaka ee just pass it around**

**M: 240 if you multiply that by 12, that is 12 months because each month she uses 240, that is a lot of money, that is only pads, is there anyone who has never seen pads, you don’t even want to have a touch surely, have a look at it and pass it around.**

R: Anene anena lakini pok amule

R: I just saw it but haven’t touched it.

R: Kel amule pads no

R: Bring that pad I have a touch of it.

**M: Ero apart from pads wan gi cotton wool kata pamba mae bende jomoko tiyogodo mar menstruation donge gitiyogodo cotton wool nitie ngama pok oneno pamba**

**M: Then apart from pads we have cotton wool which some people also use for menstruation, they do use cotton wool, right? Is there anyone who has seen cotton wool?**

ALL: Pamba waseneno

ALL: We have all seen cotton wool.

**M: Pamba useneno, wan gi law jomoko tiyo gi law, law mar kiraka odhi kata ka gine ka tailor kata jok matwang’o lewni to gikwanyo lewni ka to gi timo ang’o… gi dhi tiyogo giluoko gimoyo to kitiyogodo haya wan gi disposable magi wan gi reusable pads, pads ma iluoko inyalo tere round mondo umule uwinje kaka ochal ma endi pad ma ngato tiyogodo to luoko to kosetuo obiro chako tiyogodo kendo iluongoni reusable pads mano e kaka ochal okawe to oketo e suruaru ndaa minenono nitie ndaa kanyo**

**M: You’ve seen cotton wool, we have clothes, pieces of cloth that when you visit a tailor they will pick a piece ... They go to use, wash and iron to dry to use. Then we have disposable, reusable pads. You can take it around for you to see how it looks, this is a pad that someone uses, washes and after it dries, she can use it again. It is called reusable pads that is how it looks like, it is being placed on the short you see pin it over there.**

R: Ndaa

R: Pin it?

**M: Ndaa, eeh gi piny eek a iketo e suruaru Note taker inyalo konye mondo one kae to isoye ero kamano**

**M: Pin it, yes, times are hard, you place it on the short, Cynthia, you can assist him to see how it is being inserted like that.**

(laughter)

**M2: Next time abiro ting’o siruali**

**M2: Next time I will carry a panty.**

**M: Eeh mondo wakonu kaka itiyo kode, and then watiere gi tampons, nawinjo ka namba 3 oluongo tampon, ji adi ma ongeyo tampon,**

**M: Yes, so that we show you how it is being used, and then we have the tampon, I heard it when a number mentioned tampon, how many people know tampon?**

R: Mago to ang’ono

R: What are those?

**M: Eeh nitie joma pok oneno tampon koro tampon chalo kamae, kamae ekaka tampon chalo. Tampon ni bende itiyogo kaka itiyogi pads, kaka itiyogi reusable pads ma iting’o e lweti no, kaka itiyo gi cotton wool kata law but mae koro ngama miyo soye kamae koro ka osesoye to o expand sama osechako bedo gi remo to o expand wanyalo kata demonstrate nikech wan gi pi moro kae ma ok en pi marach ok en remo koro sama ang’ ngama miyo osesoye to adwa ngisou what happens sama otiyo kode kaka yore mar dhi e dwe kosoye to kaka remo medo donje to o expand ku uneno kaka o expand**

**M: Yes, there are those who haven’t seen a tampon, it looks like this, this is how a tampon looks like. The tampon is used just like pads, like the reusable pads that you’ve carried on your hands, the way cotton wool and clothe is being used, but this the woman inserts it like this after inserting it expands when it flows into it,we can even demonstrate because we have some water here but its not blood,after a woman has inserted it I want to show you what happens when she uses it as her tool for menstruation ,when she has inserted it the more blood flows into it the more expands as you can observe.**

ALL: Mmh

ALL: Yes.

**M: Koro mano ose absorb ang’o …remo kasto sama ang’ ifeel mana kaka gitiyo gi pads jomoko after 2, 3 hours gi change o koro en be obiro gole agola nikech tolni biro dong ka liero donge sama osoye kama tolni biro liero aliera gi piny kanyo koro oywaye aywaya to otimo ang’o …odispose, koro mae e tampon. Koro apart from mawacho gi te koro adwaroni mondo a explain to you moro kae ma iluongoni menstrual cup ma sani watimone nonro ewi sex workers. Koro abiro dwaroni mae odhi round to mae bende odhi round. Menstrual cup chalo kama iluongeni kikombe mar choko remo mar dwe koro kikombe mar choko remo mar dwe ni ema wadwani mondo sex workers otigo moloyo sundo lewni sundo pamba kata sundo tissue kata serviette sama gi dhi e dwe koro ma endi ema wadwani mondo gitigo. Kikombe mar remo ni ka gitiyo kode adwani mondo a explain nu mae e vagina to mae cervix kae kuma nyathi kalogo sama inyuolo koro wadwani mondo sex workers wabi wapuonjgi kaka itiyogi gini gisoye, ka gisoye through the vagina gibane kama kagise bane to obiro donjo through here, kochopo kae to odhi obedo kama e iye kucho ei vagina kuchocho koro ochoka choka remo makoro ok gisund ang’o …tissue, cotton wool gik magi sundogago kata lewni koro sama o feel ni ginene gini osepong mana kaka gitiyoga gi pads cha to odhi ogole olawe to ochako otimo ang’o …oduoke . Koro kata e sex work ni odhi mana mbele gi sex work maonge problem moroamora. Ma endi biro konyogi e first e hygiene ler mar sama gidhi e dwe, mar ariyo en gima inyalo tigodo mar higni apar obiro tiyo kode continuously for 10 years’ kapok o change e wabiro puonjogi kaka iluoke, kaka gi maintain e, kaka gi kane koro every month otiyoatiya kode kosetieko period ne wabiro puonje kaka ikae oluoke, ka okane kendo ka oritogo another period. Koro ka wangiyo gigi te uparoni the cost of nyiewo tampons, nyiewo pads, nyiewo reusable pads kata cotton wool prices go uparoni chal nade are they expensive koso do you think every woman can afford, namba 4 what do you think**

**M: That has absorbed blood and just like when using pads for others after 2,3 hours they change, for this she will just remove it because this string will just remain hanging from outside when it's inserted, you will pull it and come out. That is the tampon, apart from that which I have said I want to you another one here called the menstrual cup which as of now we are doing research about with the sex workers. I will request that this goes around and this one too. Menstrual cup looks like a cup for collecting menstrual blood, it is the one we recommend for sex workers to use mostly as compared to the cotton wool or cloth or even tissue or serviette when on menstruation. The menstrual cup I want to explain for you how it is being used, this is the vagina and this is the cervix where the baby through during birth, so we want to train the sex workers on how to use this item, you insert it through the vagina by folding it like this and it will enter like through here, once its inside it will be like this inside the vagina, and it will just collect blood until you feel that it is full, just the same way you use pads you go and remove it, you rinse it and re-use it again. With this the sex worker proceeds with her work without any problem. This will help them first, with their menstrual hygiene. Secondly, they can use it for ten years continuously before changing it. We shall teach you how it is being washed, maintained, and how to store it so that she can use it every month when on menstruation. We are looking at all these things, do you think the cost of buying tampons, pads, reusable pads or even cotton wool is how? Are they expensive or do you think every woman can afford it, number 4 what do you think?**

R4: Gite ok ginyal afford gi, ji te ok nyal afford

R4: Not all of them can afford them, not all can afford them.

**M: Prices go inenoni chal nade, especially pads nikech pads kaka mane wabirogoni en packet moro moting’o 14 cha to nyiewo siling 220, koro 220 kaponi ngato tiyogi achiel kata ariyo kata achiel per month ki multiply by 12 mano pesa adi at the end of the year about 2300, yes namba 10**

**M: How are the prices especially with pads because pads like the one we came with, it is a packet that contains 14 pieces and it is bought at 220, now, 220 suppose someone is using one or two per month, if you multiply by 12, how much is that at the end of the year? About 2300, yes number 3.**

R10: En hasara nitie jokmoko ma yuto gi tin samoro pesano ok onyal yud ok onyal onyiewogo gigo koro en hasara kuom jok moko be

R10: It is a loss, there are some people who are challenged financially, maybe they can’t be able to raise that amount of money to buy those things so it is not profitable for some people.

**M: Yes, namba 5**

**M: Yes, number 5.**

R5: Anto a feel ni government onego subsidize gini obedabeda free nikech ka ingiyo the poverty index right now anybody ma live below a dollar en ngama poor. Ngama survive gi life 120 shillings a day in ngama odhier to wan kod gi ji ainago donge koro gini government onego o subsidize e mondo obedabeda free nikech ichopo e option moro makoro in gi 120 no ero pad isewachoni nitie joma nyalo attend 3 times a day iwinjo koro ang’ onyiewo pad koso ochiem koro kanyo ema ngato biro opt ni okaw tissue ni oketi but ochiem iwinjo koro kitu me na feel ok en affordable kata kaero giduoke piny kaka gintiereno but a feel ni onego bed free

R5: I feel that the government should subsidize this thing so it becomes free because if you take a look at the poverty index right now, anyone living below one dollar is a poor person. Whoever is surviving on 120 shillings a day youre a poor person and we do have those kinds of people, right? The government should subsidize it for it to be free because you get an option whereby you have 120 shillings, and you've said that with pads there are those who can attend three times a day. Will she buy the pads or food? It is at that point that one will opt for tissue and have food. What I feel, it is not affordable even if they reduce the price the way they are, I feel they ought to be free.

**M: Yes, namba 7**

**M: Yes, number 7.**

R7: An anenoni pad ni aneno ka mokuongo okonyowa jo nyemo go, koro ok unyal dhi ok unyal okonyowa e yor ma ni ok nyal sonwa pamba ineno okonyowa kanyo bende halafu nitie sex workers moko ma be yani owuok e ode oonge pesa to yani by the time odhi manyo pesano ok onyal afford golo 60 no ineno mondo onyiewo go pad mae nyalo konyogi be

R7: My perspective is, this pads first of all it is helping us the sex workers, you can’t help us by, you can’t insert for us cotton wool, that has also helped us, then there are some sex workers who leaves her house without money and by the time she is going to look for money, she can’t afford setting aside that 60 shillings to buy pads with, this can also help them.

**M: Yes, namba 6**

**M: Yes, number 6.**

R6: An anenoni ma endi go ma ikeloni nigi advantage to nikech kidhi gi nyako moseketo let’s say nodhi e dwe to otiyogi gi pamba gini go, ingeni nitie ga sama nyiri moko gologa after ka gino osebedo kuome, ok angeyo effect mar ma nikech ma ema endi eka koro odonjo e market lakini gik moko kaka pamba, law, Pads kuna harufu hizo huleta koro ka maendi nyalo bedo ni oonge gi effect moroamora onyalo bedo maber sana

R6: I am of the opinion that the one you have brought has some advantages because if you go with a lady who uses let’s say cotton wool when on menstruation, you know there are sometimes when girls remove it when it been with them, I don’t know the effect of that because this one is when it has entered the market but things like cotton wool, clothes, pads there is a smell they do bring, so this one if it can have no any effects, it can be very important.

**M: Yes, namba 5**

**M: Yes, number 5.**

R5: To gigi gimoramora niga gi side effect, donge koro menstrual cup u ni donge onyalo bedo gi side effect, secondly you have said gino bedo pushed destination maonego okete nikech ok kete aketa idhire sijui ni nyaka kure donge ka ok obet kaka in ni expect in gino iparoni ang’ ne odhi kaka itere ingeni in itere gi pachi to del be nitie kodhi tolokore kar mondo olokore cup koro ikethe i understand koro ok en cup

R5: And with these things everything has side effects, like this your menstrual cup can have a side effect? Secondly, you have said it is being pushed to the destination it should be at because it is not just being placed, when it is not positioned as expected it changes from being a cup you would have destroyed it, I understand that it won’t be a cup now.

**M: Koro a explain, adwani gini odhi round adwani umule first I want you to feel it let it go round, sama odhi round no ineno this vaginal model ni sama wasoo gino kae before wami sex worker the menstrual cup wabiro puonjogi how it is inserted and wabiro gombo ni mondo giti kode kapok gidhi kode gi ngato wawinjore maber mondo ging’e how to insert it and how to remove it, and how to wash it and then again wabiro penjogi after every month wabiro penjogi kaka gidhi gi menstrual cup kaka gitiyo kode and wabiro yudo opinion gi be sama nidhi kode be jadiri ma nidhigo cha kata ngama ne odhi kodi cha bende ne ofeel e kata what experience did they have with it wawinjore maber, koro magi gik ma ibiro tim sama isoo gini kata sama ngama miyo soye to nitie kaka isoye ka osepuonji kaka isoye ok onyal tami ok onyal tami ni koro**

**M: When explaining I want this thing to go round, I want you to touch it first, I want you to feel it, let it go round. When it is going round you see this vaginal model when we are inserting that thing here before we give it to sex workers the menstrual cup we will teach you about it, how it is inserted, we will admire that they use them before they use it with another person are we together? So that they can get to know how to insert it and how to remove it, and how to wash it and then again, we will ask them after every month how they are finding the menstrual cup by using it. We will also get their opinion about when you have a client do, he feels it or what experience do they have with it. Are we understanding each other well? These are things that will be done when inserting the item when the woman is inserting it there is how it is being inserted, when taught how it is done it can’t defeat you.**

R5: Onyalo tamo

R5: It can defeat.

R: Apenji

R: Can I ask you.

R5: Dakika achiel, onyalo tami in the sense ni ya nitie joma nogwedhi gi tie stool

R5: One minute, it can defeat you in the sense that there are those who were blessed by a big penis.

**M: Gi**

**M: With?**

R5: Tie stool, yani chunde iwinja yani koro donge nyalo bedoni gin gi stunde go dhiloko gini koro iyudo ka osechoko remo cha koro gicha ogoye maoloke

R5: I meant penis, it can be that it has collected some blood and the penis hits it till it changes.

**M: Ok onyal loke, ma a explain ineno gini research moro nosegatim kata itiyo kode loka sama wawuoyoni and kuom experience ma ji ni godo onge ngama osedhire ma oloke ma oluar, koro wadwa mana ni ya wayud mana experience maru ok watim niya ok warit mondo watiyane wane ka olokre**

**M: It can’t change it, what I have explained has been done for research even abroad it is being used as we are speaking, and from experience that people have no one has pushed it until it changes to fall, we just want to get your experience why can’t we wait, we use and see if it can change.**

R3: Exactly.

**M: What do you think, yes namba 2**

**M: What do you think, yes number 2.**

R2: We apenjie ok marach, gini kaka in daktari isetiyo kode

R2: Let me just ask you, have you ever used this item yourself as a doctor?

**M: Eeh asetiyo kode to koro ok anyal explain ni asetiyo kode** (laughter)

**M: Yes, I have used it but now I can’t explain it to you that I have used it. (laughter)**

R2: Mano example ma ber

R2: You have explained that well.

**M: Eeh adwani mondo kila ngato obedgi experience ne kuom tiyogi gini, experience na may not be same as ngama Chielo wawinjore maber anyalo koni experience na but in oki dhi experience e kaka ne a experience samoro kata xxxx nosetiyo kode to ok anyal angeyo ni oyudo experience machal nade, gima atemo wacho en ma what is your thought on using a menstrual cup during sex especially ka ngato ni e periods ka wadhi mbele, yes namba 8**

**M: Yes, I want everyone to have his own experience on using this item, my experience may not be the same as that of another person, are we together? I can tell you about my experience nut you are not going to experience it like me, maybe even xxxx have used it and she can’t know she has what kind of experience, what I am trying to say is, what is your thought on using a menstrual cup during sex especially when someone is on menstruation? As we proceed yes number 8.**

**M2: Kapok namba 8 owuoyo, we amedane point mar lokruok no kadwa tiyo gi example moro kae wasomo kawatiyo gi gicha kaka kila ngato nena kaka duong mar ngama miyo female reproductive system chalo donge koro adwa tiyogi chupa ni kaka example e duong ngama miyo cervix nitie kaka olodhore oko kaka wi chupa olodhore ni, kaka oweyo chupa ni koro iye kae en uterus kasto ka iduogo e cervix olodhore oko kaka dho chupani olodhore ok en kama flat kama cervix ok chal gi ka cervix chal kama koro kikombe ni kisoyo ngama miyo ka osoyo to cervix no nyumore iye kama kasto around kama nitiega bur kasto vagina chakoga kama, koro piny mar kikombeni en vagina ma wi chupani en cervix koni en uterus sawasawa koro ema omiyo onge kaka tie stul dhi biro madonj e kid cervix gi vagina ka malok gini ataro odhi kalo Kanye ineno ka cervix ni geng’e kama ok en gima o hang e diere ka to cervix ni malo to vagina ni piny nikech ka ohang ka to onyalo bam mopuk oko kata gi koni koro odonjo ma cervix ni lal e iye ka ( explaining using a diagram)**

**M2: before number 8 speaks, let me also add a point of bathing when i want to use another example here,we study by using that item as everyone can see me like the female reproductive system looks like,now I want to use this bottle as an example on the vagina of a woman ,there is how the cervix adjusts on the outside like the bottle top behaves, when I leave the bottle now inside the uterus then you get back to the cervix has adjusted outwards like the opening of the bottle is not a flat surface,cervix is not like that,cervix is like where the cup is being inserted into a woman the cervix disappears inside then around where there is always an opening,then the vagina starts like this,now the bottom of the cup is the vagina and the top of the bottle is the cervix, this side is the uterus okay? There is no way the penis will penetrate between the cervix and vagina until it changes the item upside down, where will it pass? You can observe the cervix blocks it, it not something hanging in the middle and the cervix is up and the vagina is down because if it hangs it can not be straight it will por out even from this side that enters such that cervix disappears into it (explaining using the diagram)**

R: Koro iye kanyo nitiere gi lock moro ma gino dhi to donjo kama to

R: On the inside is there some lock that the item goes and is placed like this?

**M2: Eeh around cervix gi vagina kama nitiere bur moro**

**M2: Yes, around the cervix and the vagina there is an opening.**

R: Sasa in aka hivi

R: Now it looks like this?

**M2: Eeh so inaka hivi**

**M2: Yes, it looks like this.**

R: So by the time una duong’o duong’o

R: So, by the time you are repeatedly hitting it?

**M2: So ukipump huku chini unagonga tu hii part soft**

**M2: So, when you pump from the bottom you will just hit the soft part.**

R: So by the time una igonga hivi ok onyal puko remo

R: So, by the time you are hitting it like this it can’t pour out blood.

**M2: Ema omiyo gini wangisogi ni giloke before and after, nikech ok ni idhi have sex for 6 hours nikech ema omiyo wawachogani ngama miyo onego bedni owilo pads atleast after every six hours’ pad onego bedni pong thich koro mae idhi yudo sama itieko kode no to owuok gi remo moro matin kamae kasto donge odhi gole to oluoke maler to ochako oduoke to ochako**

**M2: That is why we tell them that this item you have to change it before and after, because you are not going to have sex for six hours, that is why we are saying that a woman should be changing the pads at least after every 6 hours the pad should be full of blood, like this you are going to realize when you are done with it, it comes out with small stain of blood then she removes it and washes it clean and re uses it again.**

R: Matiendeni gini ok nyalo loro alora remono ma giduong’e cha to lazima damu zingine zitoke kidogo kidogo

R: Meaning that this item you can’t just block it until the blood starts to smell, but some blood has to come but in a small small portion.

**M2: Eeh itatoka kidogo kidogo nikech cervix cha ok wa dino, cervix pod timo tije**

**M2: Yes, it will spill in small quantities because the cervix has not been blocked, the cervix still does its work.**

**M: E to remocha to wuok awuoka kaka ne a explain nu cha en donge en process**

**M: And the other one just comes out the way you had explained it right? It is a process.**

**M2: En pod ochwer achwera lakini koro obiro to ogudore e iye ka koro kata ituome to ok ongeny ma onyalo kalo ema omiyo space moro ni ka makata ka ituome othulre athula matin to ochako oduogo ichako itume to obiro to oko overflow**

**M2: It still bleeds but it comes and collects inside here such that even if you hit it, there is not that much to pass that is why there is some space here so that even if you hit it, it just lightly comes up and gets back and it doesn’t overflow.**

R: To jok moko ma kaigone nyako to winjo gino

R: And those who are having an intercourse with the lady do they feel it?

**M1: Mana ena story**

**M1: That is a story.**

R: Ena ena story

R: It is a story?

R: Iliche alicha nikech nitie

R: You just hype it because it is available.

R: Ne bradhe adwa nyisi gino en gima true donge an anyisi ni an abet ga majuu kucho nitie kagibet to gikuodhoni ni mano to dawe mano nyako mawendo

R: My brother, I want to tell you that, it is something true, I have been abroad and there is how they can tell you that not that one, she is a new girl.

R: To ema anyiso jogi ni bwana nitie mashinde.

R: Is what I am telling these guys there are machines.

R: Donge esaganeno jama moro ma tall cha ka gipinge cha en onenoga mana welo ineno ka ubiro nie ingeni in pod ikiaye ………...

R: Have you ever been the tall guy opposed to it, he always just sees visitors the way you’ve come and you still don’t know him.

**M: Namba 3 ne in giwach**

**M: Number 3, you had an issue?**

R3: E introduction mar cup no feeling; test is the same onge gima change

R3: On the feeling about the introduction of the cup, the test is still the same, nothing changes.

**M: Onge gima change**

**M: Nothing changes.**

R3: Ooh

R3: Okay.

**M: To wadwa winjane from their experience**

**M: But we want to get it from their experience.**

R3: From the horses’ mouth

R3: From the horse’s mouth.

**M: Ka bende nitiere gimoro ma ochange, nikech kaka newasewacho kaka nasekonou menstrual cup achiel is about 1500-2000 shillings and en gima biro konyo ngama miyo for the whole of 10years en gima itiyogodo tiluoko tikano, ichako irito period machielo itiyogodo iluoko tikano hivyo hivyo. Kata tampons gi uparoni mae pesadi packet mar tampons gi iparoni en pesadi mae siling 650**

**M: Is there something that has changed here, because the way we had said the way I had told you one menstrual cup is about 1500-2000 shillings and it is something that can a woman for 10 years, it is something that is being used and washed and stored, you wait for another menstrual cycle to use it again just like that. Even the tampons, how much do you think is the price for a packet of tampons? This is 650.**

R6: Moja hivyo

R6: One like that?

**M: Hii packet moja pengine mtu anaweza tumia mbili ama moja na nusu**

**M: This single packet, maybe someone can use two or one and a half.**

R: That is expensive

R: That is expensive.

**M: 600 per month kai multiply gi 12 donge mano pesa mangeny, to ingeni ya menstrual cup ni endi kata ka ok en sex worker ma tiyo kode wawuondre kata ok in sex worker ni in aina a woman madwa tiyo gi menstrual cup you will spend about 1500 to inyiewo kata mana 2000 to en gima itiyogo for 10 years donge en more**

**M: 600 per month if you multiply by 12, that’s a lot of money. You know the menstrual cup even when a sex worker uses it and assumes that any other woman wants to use the menstrual cup, you will spend about 1500 shillings to buy or even 2000 shillings, and it is something that you use for 10 years.**

R: Cheaper.

**M: En economical donge, koro mana ema omiyo wapenjou ni ya what do you think as men kaponi iyudo a sex worker matiyogi gini would you want to know ka otiyo gi gini kapok idhi kode, bende iparoni idwani ing’e ni e in malo to itiyo gi gini would you wish ni owachni kapok odhi kode koso it is just okay ni ibiro dhia dhia kode**

**M: It is economical right? That is why we are asking you what do you think as men if you get a sex worker using this item? Would you want to know if she uses this item before you go with her? Do you think that you would want to know that she is on menstruation and she is using this item? Would you wish that she tells you before going with her or is it okay if you just go with her?**

R3: An I would wish nikech eka sani angeyo more about it I would want to know kaka itime, kaka oreact kaka kaa en open

R3: For me I would wish because when I have known more about it, I would want to know how it affects her, how she reacts when she is open.

**M: Namba 8 what do you think?**

R8: Aparoni onego owachna nikech angeyoga ka gin gine to akadho lweta to ayudo ka mbele ne kanyo odin ma tingeni ngiyo gi oko oonge

R8: I am thinking that she should tell me because I always know when they are and when my hands get there and I realize that there is a blockage then you just know it ain't there from an outside observation.

**M: Ngiyo gi oko onge gimoro, ineno kaka Note takerno explain cha**

**M: Observing from the outside has nothing, do you realize how Note takerhad explained it?**

R8: Angisoni nyaka onyisa nikech en gi iye

R8: Meaning that she has to tell me because it is inside.

**M: Ooh okay, yes, namba 7**

R7: Gimo kotiyogi gini ok inyal ngeyo ni oketo gini mano e gima kendo challenge mantie ka oseketo gini ok inyal ngeyo ni otiyo kode nitiere moko be ok bi nyisi en odich gi dau ni donge koro lure ni bor mar nyima in godo obiro feel ni once ni isoye ni ingeni nitie ngat ma yani okuongo osoye direct eka omanyo yo ma odwachako go tugo tugo ni ineno koro ka an kaka asengeye ni kaponi adhi kocha koro akuongo asoye komondi nyaka iye (laughter) a feel nikech ibiro winjo gimoro e iye kanyo adhi chich anyiseni apana nitiere gimoro e gini

R7: If she uses this item, you can’t know that she has placed the item that is what challenges me again, when she has inserted this item, you can’t know that she is using it, some will also not tell you she will be focused on the money that now it depends on the length of the penis that you have to feel it. Once you have inserted it there is a person that inserts it direct first is when he starts the play, like me the way I have now known it, when I get to go the other side, I will first insert it deep inside(laughter) I feel it because you feel something on the inside, I will suspect it and tell her there is something inside her.

**M: Koro inyalo gombo mondo onyisi ni gimoro to asoyo kae**

**M: So, you can admire that she tells you that she has inserted something here?**

R: An anyalo gombo

R: I can desire that.

R: Anto to ok anyal gombo mondo onyisa

R: For me I can’t desire to be told.

R: To ang’o ma imanyo e iye kucha

R: And what will you be looking for inside there?

R: Aa nitie ngama ok nyal nyisi ni asoyo gimoro kae odich gi pesani

R: No, there are those who won’t tell you that she has inserted something here, she is in need of your money.

**M: Onge wach kawadhi mbele questions mage ma un godo about menstrual cup mondo watieki wach menstrual cup ngama nigi penjo kuom menstrual cup mapok openjo, namba 1**

**M: Okay, as we proceed, what kind of questions do you have about the menstrual cup so that we can get to the end about the menstrual cup, who has a question about menstrual cup that he hasn’t asked? Number 1.**

R1: Menstrual cup aneno ka ober but odhi bedo gi challenges mbele kacha nikech en gima okaw to soyo e there kucha donge kamano tuseme ibiro nwang’o ni ochode kata Malayche masani kata joma timo ohala mar nyamruok kokegi gipidho maboyo sama koro ang’o odhi wuodhe e there kucha donge koke ni nyalo gwaro walls mag there ni kata nyala tucho menstrual cup ni

R1: I can observe that the menstrual cup is good but it going to have some challenges ahead because it something being inserted there, and you will come to realize that the sex workers have long nails, when they will be removing their nails might scratch the wall inside or can even spoil the cup.

**M: Mano wabiro keto into consideration ngat manigi penjo machielo**

**M: We will put that into consideration, who has another question?**

R5: A think ni ok pod an study gini ok asupport e by virtue side effect ne donge gini nitie point manyalo lokre ka okikete ma definite nikech ok en program gik watimre ni ochal bul donge, donge en gima physical onyalo lokre

R5: I think that when I study this item, I don’t support it by virtue of its side effects, this item can change if you don’t insert it properly because it is not a program, it is something physical it can change.

**M: Gima timore en ma, menstrual cup ni osebedo used in other countries and from the reports ma osebedo filed kata kapok wakele ma wamiye sex workers’ ma Kenya kae onge ngama osebedo gi shida moroamora it is very safe koro why don’t we allow mondo wane kabende onyalo dhi mbele yani ka sex workers go be nyalo tiyo kode mondo waget report nikech onge gini endi ok nyal kel ni itiyo kode ir anybody kaponi en harmful mano to rest assured.**

**M: What is happening is this, the menstrual cup has been used in other countries and from the reports that has been filed even before we brought it and gave to the sex workers in kenya, there no one who has experienced any problem, it is very safe so why don’t we allow that we observe if it can proceed if the sex workers can use it so that we can have a report because this item can’t be brought to be used by anybody if it harmful, about that be rest assured.**

R5: Ok en harmful my point en niya ober ngane ne obiro gi lony ma nyasani donge issue na en lokruok ok awachoni ingeni lokruok onyalo lokore ema gima atemo wacho

R5: It is not harmful. My point is that it is good they have brought a modern ideology, the issue was change, not that change it can change, that is what I am trying to say.

**M: Note takercan you ….**

**M2: Koro gini bende onego wangeni kaponi ikete kaka onego bedni ikete to kata wuotho ok inyal wuotho, ok inyal bet, ok inyal timo gimoramora nikech ibiro winje kaopong’o piny kanyo mano biro nyisini obet marach koro nitie technique ma ikete godo ma the only way ma iweye kanyo en ni kai se confirm ni obet maber ma koro ok iwinje**

**M2: You should know that when you place this item in the wrong manner, you won't be able to walk, you won’t be able to sit, you won’t be able to do anything because you will feel it down there and that will tell you that it is not placed well. So, there is a technique that it is being placed such that the only way that you let it there is when you confirm you placed it properly such that you don’t feel it.**

R5: Koro ka isekete ma obet maber

R5: Now, when you have placed it properly?

**M2: To ok onyal lokre, ok onyal lokre at all kaluore gi kaka a explain seche mane achung cha, ok onyal**

**M2: It can change, it can’t change at all according to how I have explained it when I was standing, it can’t.**

**M: Yes, namba 7**

R7: An gi penjo moro ka koro gini iwachoni iluonge nade

R7: I have a question, what is the name of this item?

**M: Menstrual cup**

R7: Menstrual cup, koro nyathi matin bende nyalo tiyo kode ja higni 15 kata ja higni 9

R7: Menstrual cup, can a small child of age 15 or 9 years also use it?

**M: Yes, nitiere**

**M: Yes, there is.**

R7: Kata ja higni 9 ma ochako dhi e period bende nyalo tiyo kode

R7: Even a 9-year-old who is beginning to experience menstruation can also use it.

**M: Ochiko to pok awinjo but ja higni 15 to nyalo tiyo kode wasebedo gi study moro xxxx e Siaya county kuchocho mawamiyo menstrual cup to teenagers but ok wami gi this time imiyogi moro manigagi en gagi gimoro e bwoye ka nikech you don’t expect them to be having sex at that age koro ma endi is specifically, specifically for sex workers because onge gima biro chuoyo nyim ngama dichuo ka**

**M: 9 years I have not heard of but 15 years old can use it, we have had a study in xxxx in Siaya county that has focused on menstrual cup to teenagers but we are not giving girls this time, they are being given another one that has something beneath it because you don’t expect them to be having sex at that age. So, this is specifically for sex workers because there is nothing that will prick the penis of a man here.**

R7: Makoro gini oketo mana ne sex workers kende mondo otigo

R7: Meaning that this item is only for the sex workers to use?

**M: E study ma wati particularly but ngat angata nyalo tiyo kata an anyalo tiyo kode kata ka ok an sex worker kata mana jaodi manie ot nyalo tiyo kode**

**M: In the study that we have in particular anyone can use it, even me I can use it even when I am not a sex worker, even your wife at home can use it.**

R7: Koro apenji ni ya ukele ni mondo okonywa mondo wa feel gimoro ni e iye kacha kose

R7: Now have you brought it to help us with it so that we can get to feel if there is something inside there or?

**M: Gima omiyo wakelo menstrual cup ni wadwani mondo sex worker sama gine period to chunogi mondo gidhi e tijgi mar sex work they have something hygienic to use ok di sund cotton wool, ok gi so tissue ok gi so serviette they are using a hygienic thing gima ler mabiro also prevent infections. Gik machal kaka cotton wool donge nuwachona kae ni tissue chodore chodore nyalo miyo ngato infection serviette the same thing donge koro wadwaro ni giti gi gima ler mondo gibed gi menstrual hygiene maber mondo gi bed gi reproductive health gi bedo maler yani gibedo joma are not prone to infections, ngato nigi wach yes namba 6**

**M: The reason why we have brought the menstrual cup is because we want the sex workers when they are on menstruation, they can still attend to their job of sex work, they have something hygienic to use, they wont stuff in cotton wool, tissue or even serviette, they are using a hygienic item that is clean and prevents infections. Things like cotton wool, you said that tissue gets torn apart easily and can give a person an infection, same to serviette. We want them to use something clean so that they can have good menstrual hygiene and good reproductive health, and not be prone to infections. Does anyone have an issue? Yes, number 6.**

R6: Lastly kane wadhi e session moro kendo ne opuonjwa about female condom gini act kaka female condom cha koso female condom to …

R6: Lastly, when we went to another session, we were taught about female condoms. Does this item act like the female condom? or the female condom is…

**M: Sama isoye sama ipuonjo ngato kaka soyo female condom ikonenani odiye iye kamae to osoye donge that is the same technique ma isoyo godo mae but mae**

**M: When being inserted you have to be taught how to insert the female condom, you get instructed on how to place, that is the same technique that it is inserted with but this one.**

R6: Ma en bende ok onyal wuok kaka female condom

R6: It can’t come out like the female condom?

**M: En bende ok onyal wuok kaka female condom to mae to ok bi prevent HIV. Mae ok bi prevent pregnancy, mae ok bi prevent gik ma condom timo ka en ok en oting’o mane menstrual blood remo mar dwe, yes namba 1**

**M: It can’t come out like the female condom, this item won’t prevent HIV, it won’t prevent pregnancy, it won't do what the condom does. Here it only carries the menstrual blood. Yes number 1.**

R1: Is it all sizesnikech ingeni nitie mine moko ma dendgi dongo is it ni mon ma dendgi dongo go kosoye to maybe nitiere gap manyalo dong ma remo chako kalo koso

R1: Is it all sizes, there are some women who have huge bodies, is it that women with huge bodies when they insert it maybe there is a gap that can remain that the blood can get through or?

**M: It is a standardized size, actually let me tell you one thing about the female organ, female organ kaka olose kaka nyasaye ochweyowa ka ingiyo the skeleton of a human being, be ingeni skeleton chalre achala gima pogorega en ga muscles and parts and everything kata ka ingiyo the female reproductive organ ineno mane atemo tang’o godo picha mane model mane wan godo en ga mana standardized size mae en ga standardized koro bedoni ngato chwe thin it is just the same size and it will work the same way onge gimoro ni ngama chwe you need a fatter one or a bigger one, yes namba 5**

**M: It is a standardized size, actually let me tell you one thing about the female organ, female organ how it is created by God, if you look at the skeleton of a human being,do you know skeletons are just the same what differs is the muscles and parts and everything even if you look at the female reproductive organ, you see the one I was trying to show with the model that we had is a standardized size, this item is usually standardized so being that a person is fat or thin, it is just the same size and it will work the same way. There is nothing like you are fat, you will need a larger one. Yes, number 5.**

R5: Koro an to an gi penjo Moro be, to a virgin ma dege tin odhi soo gini nade nikech virgin ni iyudo ka nini samoro soo lweteni is a problem donge

R5: I have another question also, how does a virgin insert this item because you realize that sometimes even inserting your fingers is a problem.

R: We wachoni dege wach there

R: Just say her vagina, don't mince words.

R5: Eeh koro kangiyo gino idhi riye e yo mane nikech iwachoni nyithi

R5: Yes, when looking at that item, how are you going to insert it because you have said that children.

**M: Virgin ma jahigni adi**

**M: A virgin for how many years?**

R5: Virgin onge age

R5: Virgin doesn’t have an age.

**M: Yes.**

R5: Donge in gagi virgin dalau

R5: Do you have a virgin at your home?

**M: Okay, what I can say about that ingeni you men sama ngato manyo Note takerkonya**

**M: Okay, what I can say is that you know hymen, when someone is looking. Note takerto assist me.**

**M2: Koro virgin by the time odwaro have sex for the first time mano nyisoni en virgin donge biro have sex for the first time koso by virgin i mean ni**

**M2: So, by the time a virgin wants to have sex for the first time that confirms she is a virgin, she will have sex for the time or what do you mean by this virgin issue.**

R5: Pok neobile…pok ne otuche

R5: she hasn’t been tasted, she hasn’t been broken.( she has never had sex)

**M2: Pok nobile, pok ne otuch in ema idwa tucho**

**M2? She hasn’t been tasted, she hasn’t been broken, you want to be the one to break it?**

R5: Aa odwa tiyo gi gini adwani aywe to adwani oti gi gini be okonye

R5: No, she wants to use this item, and I also want to fuck her and she wants to use this item, will it help her?

**M2: Sama en e menses.**

**M2: When she is on menses?**

ALL: Eeh

ALL: Yes.

**M2: Gini obiro tiyogo nikech gini ok osoye ka en round kamano**

**M2: she will use it because she doesn’t insert it when it is round like that.**

R5: Gicha aseneno gicha bana kata lwetini ok chopo point gicha ok kadhi gini kama gicha odinore

R5: I have seen that even your hands can’t reach a point; it can’t pass when there is a blockage.

**M: Gicha onge vagina gini ok wasoo e vagina**

**M: the item is not in the vagina; we don’t insert it in the vagina.**

R5: Donge nyaka okadh through vagina kaitere kucho

R5: It has to pass through the vagina.

**M: Hymen onge e vagina e dho vagina ka ka hymen nigi malo, donge ema ituchoga**

**M: It is not at the hymen, vaginal opening, the way vagina is, it is upwards, that is where it is being broken.**

R: Donge ema ngadre samoro kaeto blood moro dong

R: That where when cut sometimes there is blood stain remains.

**M: Eeh ok en e vagina**

**M: Yes, it is not the vagina.**

R5: Okay nyime no si ni vagina donge nyaka okadhi

R5: Okay, her anterior part is the vagina right, it has to pass.

R: Yani opening

R: I mean the opening.

R5: Eeh opening

R5: Yes, opening.

**M: Ineno opening mar vagina**

**M: You see the opening of the vagina.**

R5: To gini a feel ni duong

R5: I feel that this thing is big.

**M1: Eeh just to nini nitie different types of menstrual cups ma wamiyo nyiri opogore gi ma moro cha moro cha en ga corn shaped ineno kaka ice cream ginene chalo**

**M1: Yes, just because there are different types of menstrual cups that we give girls, different from the other one which is corn shaped, you’ve seen how the ice cream looks like.**

**M: Ase nyaka explain ne gi te en gi gine ma iywayo kama**

**M: I have explained to all of them that it has a string that is pulled this way.**

**M1: Miywayo cha**

**M1: The one being pulled**

R: To koro olos maduong ne joka

R: And now the larger one has been made for those people.

**M: Mae specifically mar mine**

**M: This is specifically for women.**

R5: For sex workers?

**M: Sex workers.**

R5: Kata ngama osenyuol donge

R5: Even for someone who has given birth right?

**M: Eeh kata ngama osenyuol…**

**M: Yes, even for a person who has given birth.**

**M1: Nitiere different types**

**M1: There are different types.**

**M: Namba 7 ne in gi wach**

**M: Number 7, do you have an issue?**

R7: An ne an gi wach e penjo mar gini

R7: I have an issue about questioning this item.

**M: Penj apenja**

**M: Just ask.**

R7: Iwachoni en pesa adi wa

R7: You said it is how much?

**M: Mae kaponi okele sama by the time wabiro miyo sex workers to akiani obiro bedo pesa adi to sani en around 4000 shillings**

**M: If it is brought by the time, we will be giving it to the sex workers. I don’t know how much it will be, but right now it is about 4000 shillings.**

R7: 4000.

**M: Yes.**

R7: Eeh beche ni malo seriously

R7: Its price is so high.

**M: Nikech ober.**

**N: Because it is good.**

R7: Koro apenji ni ya

R7: Let me ask you,

**M: Kasto ibiro tiyo kode for 10 years**

**M: Then you will use it for 10 years.**

R7: Koro apenji ni ya ka iyudo sex workers’ ma ya ni kaka ma xxxx ka gionge pesa ok onyal golo 4000 no immediately

R7: I am asking that, when you get a sex worker like that from xxxx when they don’t have money, she can’t manage getting 4000 immediately?

**M: Wabiro miyo gi free of charge joma nie study te, joma wan go e study ka wabiro miyo free of charge**

**M: We will give them free of charge, all those in the study, those we are with in the study we shall provide for them free of charge.**

R: Oh, to wabe idhi miwa achiel achiel

R: Okay, and you are also to give us one each person.

**M: Aa un ok wa miu**

**M: No, we are not going to give you.**

R7: Iparoni gini, to gini ngato nyalo share

R7: Can someone share this item?

**M: Aaa**

**M: No.**

R: Ok ginyal share

R: They can’t share.

**M: Ok ginyal share**

**M: Ok, they can’t share.**

R: En mana mar ngato achiel

R: It is only for one person.

**M: En mana mar ngato achiel, koro**

**M: it is just for an individual, so**

**M2: We amed gimoro achiel kawatieko wach menstrual cup ni onego wang’e maber ni menstrual cups gi gibiro tieng ma opogore opogore sani kuma wantieni Kenya mawantieni nitie mana types ariyo kata adek manie e e chiro to types wa manie chiro gi ok gin mek timo sex ok inyal have sex kodgi koro kik wawuogie e sombwa ma wasomo kawuono maber kabisa ni to wadhie chemists gi 1500 waritore go to wanyiewo menstrual cup ni mondo waterne nyigwa gi kata joma monde ma wadak go e udiwa gi ni mondo okonygi gipogore wa wachiwo e study ni pok ochopo Kenya en mana mar mono ma wan godo e study, koro ka idhi nyiewo menstrual cup kawuono e chemist ibiro yudo ndio lakini ok inyal have kode sex mana kaka awachoni mani Kenya sani nitie gi nini gimoro ma iywagigo ma bith ma ok inyal have godo sex mano mana ma omake ka ogole godo sawasawa**

**M2: Allow me add something as we finish, the issue on the menstrual cup we should should know it better that the menstrual cup comes in different phases, like in kenya now we have only two types or three types which are in the market, and the types which are on the market are not for doing sex, you can’t have sex with them, so let us not leave here and get to a chemist with 1500 shillings to buy the menstrual cup for our daughters or even our wives for you to help them. They are different, the one we give in the study is not in Kenya, it is just for the study. So, when you go to buy the menstrual cup today at the chemist you find but you won’t be able to have sex with it. Just the way I have said the one available in kenya right has a string which you pull it out with, you can’t have sex with it okay?**

Chorus: Mmh sawa

Chorus: Yes, okay.

**M: Erokamano Cynthia (study nurse)for that addition koro kawadhi mbele kata kawa dhi kawatieko nyiri gi joma mine have sex every four weeks, they can have sex between 23-25 days every month, moko nyalo dhi 3 weeks depend gi**

**M: Thank you Cynthia(study nurse), for that addition, as we proceed towards finishing, these ladies and women have sex every four weeks, they can have sex between 23-25 days every month, some can go for three weeks, it depends.**

**M2: They can have menses.**

**M: Yeah, they can have menses sorry, wasewuoyo awuoya about sex makoro en sex makoro sex ema koro ni e wiwa they have their menses every four weeks and the menses can take approximately 3 days to 7 days depending gi ngato sama gidhi e dwe gi need privacy, gi need gik ma gitiyo godo, gi need understanding mar kaka joma wuone kata the males mondo gi dhi yani cycle gi no odhi ma smooth maonge wach moroamora. Kendo gi need gik ma gitiyo go be gi need gik ma hygienic kata gik maler mondo gi tim ang’o gi dhi e dwe maonge shida moramora nikech ngama nowachoni en gi nyithindo ma nyiri ma nyaka ne en namba 10 gi namba 2 ni gin gi nyithindo manyiri manyaka gi make sure ni nyithindo manyirigo ongeyo kaka gi manage their menstrual hygiene to gik magi tiyo godo koro gima watemo wacho quality mapiny kata gik marichoricho ma itiyo godo ka gin e period be changia vaginal infection kata bacterial infection manginyalo bedo godo sama gidhi e dwe ema omiyo wa promote kata wanenoni ber mondo ka gini nyalo biro mondo wakony godo nyaka sex workers nikech gin gidhi gi ji mangeny in a day donge , gi nyalo dhi gi ji mangeny in a day jomoko bende tamore tiyo gi condoms jomoko bende yie tiyo gi condoms koro ingeni gin life gi onego bedni nitie gik ma gi konyrego maber sama gi dhi e dwe. Koro mano kawacho kamano akiani nitie ngama nigi penjo kata medo kuom menstrual hygiene kata gik ma minewa tiyogo sama gi dhi e dwe kata kaka wanyalo konyogi sama gi dhi e dwe. Ngama nigi medo kata penjo apani wan makare waduto nyaka kanyo, yes**

**M: Yeah, they can have menses sorry, we have talked too much about sex that only sex is on our minds, they can have their menses every four weeks and the menses can take approximately 3 -7 days depending on someone. When they are menstruating they need privacy, they need what they use, they need an understanding like that of the males for the cycle to go smoothly without any problem. They also need to have hygiene equipment for use or clean items to avoid problems. Someone said that he has daughters, it was number 10 and 2, they have to make sure that the daughters know how to manage their menstrual hygiene and whatever they use er are trying to say that they be of good quality to avoid vaginal infection or even bacterial infection during menstruation, that is why we promote or dim it fit to assist the sex workers because they have so many clients in a day. They can have so many clients in a day, some people also refuse to use a condom, some also agree to use condoms, so in their lives there are things that they should use to make their menstruation experience better. Is there anyone with a question or an addition about the menstrual hygiene or the items our women are using when on menstruation or even how we can help them when they are menstruation. Anyone with an addition or a question, are we all okay up to there? Yes.**

R3: Koro apenjoni once ni gini isetiyo godo menstrual cup, itiyo gi ang’o e luoke just normal pi detergent kose

R3: Am asking that once you have used this menstrual cup, what do you use in washing it, just the normal water, detergent or?

**M: Okay sama otiyo kode ma odhi go mbele kaka ne koro Note takero explain ni inyalo change e after 6 hours or immediately ma idwa bedo gi ngato to ipuke to ilawe alawa gi plain water to iduoke e iye kucho chonde kae to after sex be ichako igole ilawe ichako iduoke iye kucha nyaka itiek periods the day ma itieko wabiro puonjogi ni watiyo gi mkebe, mkebe moko kata mag jam ka kata mag nun donge ingeyo mkebe cha ee ikawo mkebe achiel to ikanakana mano mkebe ma itiyogo e chwako gino en ichwake for 10 minutes sama isetieko periods completely kise luoke maler gi pi plain water no ma ilawe maler to inyuma nyuma ei mkebe no gi pi kasto o boil for 10 minutes to igole ti dry e ti kane nyaka the next cycle. Koro ok kete detergent go, ok kete jik wawinjore maber mano is… donge aduoki**

**M: Okay, when she is using it the way Note taker had explained that she can change after 6 hours or immediately if you want to have an intercourse with someone you pour it and rinse it with plain water and you place back there, then after sex you also remove it and rinse it and place it back till you get over your periods, the day that your periods comes to an end we shall teach that we use a tin, the jam tins you just take one and use it for storage, and it the same tin that you use to boil it for 10 minutes when you are done with the periods completely,when you have washed it very clean with clean water is when you rinse it and place it inside the tin and boil it for 10 minutes then you remove it to dry then you store it till next cycle. You don’t put any detergent, not even jik, do we understand each other well? Have I answered you?**

R3: Eeh

R3: Yes

**M: But wabiro puonjogi before we give them the menstrual cups wabiro puonjogi kaka iluoke, kaka isoye, kaka igole, kaka imaintain e, kaka ikane nikech ka ikane marach oyieyo be nyalo dhi kode**

**M: But we will teach them before we give them the menstrual cup, we will teach them how to wash it, how it is being inserted, how it is being removed, how to maintain it, how it is being stored because if you store it carelessly the rodents can eat it.**

R: Omit

R: Is it sweet?

**M: Donge ne oyieyo donge ingeni oyieyo en rubber donge oyieyo chamoga gik machal kamano koro wabiro puonjogi all that kasto obiro gi pack maber obiro gi giri ma wasoye maber ma ka isetiyo kode to isoye asoya e kibeti neni tikane maber nyaka next cycle. Koro kawatieko akiani nitiere gima ok wamulo manu uparoni onego wa discuss**

**M: For the rat, you know it is rubber and the rat eat things of that kind, so we will teach them all that then they come and pack them well, you come with your item where you properly place it that after using it you just place it on your purse and keep it safe for the next cycle. Now, as we conclude, is there something we have not mentioned that you thought we were to discuss?**

R: Time ema rach wan ingeni walawo saa

R: Time is bad; we are chasing time.

**M: Onge wach**

**M: No problem**

R: Donge ingeni nagolo gini gi time ne, time mane unyisa kaka ne oromo to angolo gini

R: I removed this thing it has its time, the time that you told me ran out I removed it

**M: Onge wach, koro aduokonu erokamano kuom biro, aduokonu erokamano kuom the participation wabedo gi participation maber, koro abiro miyou refreshment matin kasto Note takerubiro kalo ir Note takeryou just write your number namba manie kori no ka isendiko namba manie kori no to obiro miyi transport ni kae to watieko atieka erourukamano God bless you.**

**M: No problem, I say thank you for coming, thank you for your participation, we have had a good participation. So, I will give a little refreshment then you will get to Note taker , you just write your number, the number on your chest and she will give you transport then we are done. Thank you, God bless you.**