**6TH MALE FGD**

**Moderator: Edith Osire**

**Note taker: Cynthia Akinyi**

**DATE: 30 JUNE 2023**

**PARTICIPANTS: 8**

**START 11:10AM**

**STOP: 13;12PM**

**M: Habari zenu nyote**

**M: How are you all?**

Chorus: Mzuri sana

Chorus: We are fine.

**M: Mimi naitwa Edith Atieno nafanya hapa UNIM, nafanya katika utafiti ya wanawake ambao wanashiriki ngono kama njia yao ya mapato. Popularly known as sex workers, kuna research tunafanya nao hapa UNIM na najua mshaelezewa mbona mko hapa na mshapiga sahihi kwenye karatasi ya kukubali kurekodiwa na tena kuwa hapa siku ya leo. Wangapi hawaelewi kijaluo? Hawaelewi kijaluo kabisa, ni wangapi?**

**M: My name is Edyth Atieno, I work here at UNIM, I work in this research on women who have sex as a way of earning income, popularly known as sex workers, there is a research that we are doing with them here at UNIM and I know you have been told why you are here and you have signed consent forms aggreging to be recorded and also being here today. How many of us do not understand Luo? How many of us do not understand Luo completely?**

R: Tunaelewa sisi wote, sindio

R: We all understand, right

R: Tunaelewa kijaluo

R: We understand Luo.

R: Tunaelewa

R: We understand

**M: Kuna mwenye haelewi, kuna mwenye haelewi Kiswahili, kizungu?**

**M: Is there anyone who doesn’t understand, is there anyone who doesn’t understand Swahili, English?**

R: Wach awacha dholuo

R: Just speak in Luo.

**M: Koro wate wawinjo dholuo?**

**M: So, we all understand Luo?**

R: Mmh…dholuo ber

R: Yes…Luo is good.

**M: Hauelewi kijaluo**

**M: You do not understand Luo.**

R: Naelewa lakini si kuna mambo zingine ambazo labda hauta tamka vizuri kwa lugha ya kijaluo

R: I understand but there are things that maybe you will not pronounce well in Luo.

**M1: Sasa kwa hiyo, huyu atauliza kwa lugha yoyote lakini wewe utajibu kwa ile language uko comfortable nayo, sawa**

**M1: So because of that, he will ask using any language but you will answer using the language you are comfortable with, alright?**

**M: Si hiyo ni sawa, wakati nimeuliza unaweza jibutu kwa ile lugha uko comfortable nayo na pia nitakuwa na nix, nitakuwa na mix kijaluo kidogo pale, kizungu kidogo pale sindio natunaendelea vizuri, sawa. Tukianzia nilikuwa nataka tu niwaulize ama adwa penjouni dhi e dwe en ang’o? Kata ngat manyako kata nyathi manyako kata ngama miyo ka dhi e dwe mano tiende nang’o? Koro kapok wachako duoko ka in gi duoko inyalo ting’o badi kata inyalo chaka chaka wuoyo kaponi ngat machielo ok losi donge ka idwa tofautiana gi ngato to itime in a respectable way mangato ok winj ni ngato nyone tiende ahinya, donge. Koro dhi e dwe en ang’o? Yes, namba 6**

**M: Is that okay, when I ask a question you can just answer using any language you are comfortable with, and I will also be mixing, I will be speaking in Luo and Swahili as we continue well, alright. As we start, I would like to ask you or I want to ask you, what is menstruation? Or what does it mean when a lady, a girl, or a woman is menstruating? So, before we start responding, if you have an answer kindly raise your hand, or you can just start talking provided no one else is talking right, if you want you disagree with someone, you have to do it in a respectable way in such a way that the other person doesn’t feel like you are stepping on their toe, right. So, now what is menstruation? Yes, number 6.**

R6: Nimeona nikutoa damu mbaya

R6: It is losing bad blood.

**M: Kutoa damu mbaya, mwingine. Namba 4**

**M: Losing bad blood, someone else, number 4.**

R4: A period that a woman shed blood

R4: A period that a woman shed blood

**M: Yes, namba 3**

**M: Yes, number 3.**

R3: Mimi naona damu mbaya inakuanga ile uchafu ile inakuanga inatoka, yenye inakuanga inatoka juu inakuanga iko excess kwa mwili inatoka inakuwa damu chafu

R3: I think bad blood is usually the dirt coming out, it is usually coming out because it is in excess in the body, so it comes out as dirty blood.

**M: Namba 7**

**M: Number 7**

R7: Monthly period is a process where ladies or women goes during their monthly period to remove the dirty clots that are inside their system so that they can have a clear system

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**M: Miaka ngapi ama watu wa which age group wanaenda period? Namba 8**

**M: How old or which age group of people menstruate? Number 8.**

R8: Inategemea kuna ambao wanaanza mapema wakiwa na umri wa miaka 9, wengine wanaanza wakiwa na umri wa miaka 12, wengine pia unapata wamechelewa mpaka wanaanza wakiwa miaka 15 hivi

R8: It depends, there are some who start early like from the age of 9, some start at the age of 12, some also get it much later, they start when they are 15 years old or thereabout.

**M: Namba 1, miaka gani wanaenda period?**

**M: Number 1, what ages menstruate?**

R1: Wanaanza kama miaka 10 kuenda mbele na sasa inalingana na yeye mwenyewe na maumbile yake

R1: They start from the age of 10 years going up, and now it depends with each person’s body system.

**M: Na wanaenda mara ngapi? Kwa wiki, kwa mwezi, kwa mwaka**

**M: How many times do they menstruate? In a week, a month, a year.**

R1: Mara moja kwa mwezi

R1: Once a month.

**M: Namba 9**

**M: Number 9.**

R9: Wakati hizo damu zimeanza kutoka kuna wale ambao wanaenda kwa muda wa siku 3, na kuna wale ambao wanaenda kwa muda wa siku 5, na mwenye naenda zaidi ya hizo masiku anafika siku 7 pengine ako na shida Fulani.

R9: Once the blood start flowing there are some people who bleed for 3 days, some bleed for 5 days and some go for longer than those days some go for even 7 days and maybe she has a problem.

**M: Sawa, namba 5 miaka gani wanaenda periods?**

**M: Alright, number 5, what ages menstruate?**

R5: Mmh okay, wawachni chakre gi 10 kadhi mbele

R5: Mmh okay, let’s say from 10 going forward.

**M: Okay, namba 2 any idea?**

**M: Okay, number 2, any idea?**

R2: Naweza sema 9, tuseme kama amefika adole amefika hiyo maturity

R2: I can say from 9, let’s say after she has reached adolescent stage, she has reached that maturity.

**M: So hii information munasema mumepata wapi, hii information about periods, periods ni nini, ni siku ngapi wanawake wanaenda period information ni ne iyudo Kanye? Namba 4, ooh namba 3**

**M: So, where did you get this information that you are talking about? This information about periods, what is period, how many days women menstruate, where did you get this information? Number 4, ooh number 3**

R3: Information kama mimi nimewahi kuwa kwa ndoa, mwanamke anaweza kuwa period anakuwa siku tatu ya nne ndio amemaliza, nimewahi kuwa na familia anakuwa siku ya kwanza, ya pili, ya tatu, ya nne inapata amepona sasa nilijulia hapo

R3: Such kind of information, I have ever been married, a woman can be on periods for 3 days and finish on the 4th day, I have ever had a family, she menstruates on the 1st, 2nd, 3rd, on 4th day she is healed, that is where I knew about it from.

**M: Ulijulia kwenye ndoa. Yes namba 8**

**M: You knew about it in your marriage. Yes, number 8.**

R8: Hii maneno nilianza kujulia wakati sikuwa nimeingia kwa ndoa wakati tulikuwa tumeanzana mambo na marafiki na wasichana pengine unasikia story yake akikuambia yeye huwa pengine amekutembelea na hiyo mambo ikamuanza akaanza kudischarge hizo damu akiwa na wewe sasa pengine alikuja kukutembelea kwa muda wa wiki moja wewe pia unaweza muuliza hii mambo yako ikianza hivi inaenda muda gani, sasa atakuelezea mimi yangu inakuanga siku fulani hapo ndio nilijulia. Manake unapata anaweza kuambia kuna wenye wanamaliza siku tano, wenye wanamaliza siku tatu hivo hivo

R8: I started knowing about this thing even before my marriage, when I started having relationships with girls, maybe sometimes you could hear a girl saying that she came visiting and that thing started, and she has started to discharge blood when she is with you, maybe she came visiting you for one week, you also ask her how long will that continue for, so, she will explain to you, personally it takes this number of days, that’s when I knew about it, because she might tell you that there are some who go for 5 days, others 3 days just like that.

**M: Namba 7**

**M: Number 7.**

R7: With me, most of us got an opportunity of going to school so with me I started knowing about period while I was in school I was taught about period what is it, how period it takes thereafter I engaged with girls in the collage, I could notice what is happening thereafter I got myself into a relationship so that process, when in the society we have to interact with ladies and sometimes a girl tells you know this is happening with me and this is why it happens yeah that is how I came to know about the period

R7: With me, most of us got an opportunity of going to school so with me, I started knowing about period while I was in school I was taught about period, what is it, how period it takes thereafter I engaged with girls in the college, I could notice what is happening thereafter I got myself into a relationship so that process, when in the society we have to interact with ladies and sometimes a girl tells you know this is happening with me and this is why it happens yeah that is how I came to know about the period

**M: Namba 6**

**M: Number 6**

R6: Mimi nilianza kuona wakati yenye nilikuwa na girlfriend, girlfriend alikuja akaniambia wakati bado mwanzo kama niko 21 girlfriend akakuja kuniambia ninunulieko pads sasa nikamuuliza pads mimi sielewi ni nini sababu mimi nilienda na yeye nikaenda tu na yeye juu mimi siku mnunulia nikaenda na yeye akapata mimba.

R6: I started seeing when I had a girlfriend, my girlfriend came and told me just at the start, when I was 21 years old, my girlfriend came and asked me to buy for her pads, so I told her I don’t understand what pads are and because I just went with her, I just went with her because I didn’t buy for her and went with her she got pregnant.

**M: Yes, namba 7**

**M: Yes, number 7**

R7: There is something there I wanted to ask

R7: There is something there I wanted to ask

**M: Yes**

**M: Yes**

R7: You know we knew that the way it is, but nowadays it is quite challenging because we interact with ladies and they will tell us you know when this issue of FP came this thing keep on challenging challenging us you might think it is not coming and that is the time you might think it is ending and is when is beginning so nowadays it is quite challenging to predict when it starts or when it ends. And even the dates keep on changing even you you understand that.

R7: You know we knew that the way it is, but nowadays it is quite challenging because we interact with ladies and they will tell us you know when this issue of FP came this thing keep on challenging, challenging us you might think it is not coming and that is the time you might think it is ending and is when is beginning so nowadays it is quite challenging to predict when it starts or when it ends. And even the dates keep on changing even you, you understand that.

**M: Mmh**

**M: Mmh**

R7: Yeah up to now we used to know before but now it is quite challenging with your lady it can mess you up. Thank you.

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**M: Okay, sawasawa. But do you think men in general know much what menses are, what periods are, frequency wanaume wako na information ya kutosha kuhusu hedhi ama period? Do you think wanaume wako na enough information? Namba 1**

**M: Okay, alright. But do you think men in general know much about what menses are, what periods are, frequency. Do men have enough information about menstruation or period? Do you think men have enough information? Number 1.**

R1: ...(inaudible)

R1: ...(inaudible).

**M: Namba 2**

**M: Number 2.**

**M1: Ongeeni kawa sauti hii haita….**

**M1: Be audible this thing will not…**

R2: Sidhani kama wako na information yoyote

R2: I don’t think they have any information.

**M: Hawana information yoyote**

**M: They have any information.**

R2: Pengine kidogo tu kiasi

R2: Maybe just a little bit.

**M: Namba 5, wanaume wako na information**

**M: Number 5, do men have information?**

R5: Aah

R5: Aah

**M: So munafikiria wanafaa wajue au la? Onego gi ng’e kuom wache mag dhi e dwe gi?**

**M: So, do you think they should know or not? Are they supposed to know about menstruation?**

Chorus: Mmh…

**Chorus: Mmh…**

R: Tunafaa tujue

R: We should know.

**M: To kor information gi gibiro yudo nade? Yes, namba 7**

**M: So, how will they get this information? Yes, number 7.**

R7: Through kwa kupitia wale ambao, wanafundishwa na ambao wako na idea washajua kama sisi. We have to tell them and take them through this and let them know it is true hiyo percentage watu wengi hawaelewi hii mambo ya to…kwasababu wanaume wengi wetu tunachukua vitu juakali inapita hivi hivo tu so we are the ones to tell them we go to the world to preach it. Thank you

R7: Through those who have been trained, they are told by those who have an idea, those who know like us. We have to tell them and take them through this and let them know. It is true that a percentage of people do not understand this issue because most of us take issues lightly, it just passes us by, so we are the ones to tell them, we go to the world to preach it. Thank you.

**M: How else can they get the information apart from nyinyi kuwaambia? Namba 4, information wanaume watapata vipi pale kwa community, how will they get to know what is happening??**

**M: How else can they get the information apart you telling them? Number 4, how will men in the community get information? How will they get to know what is happening?**

R4: The information, they can get them from the health workers who are educated like this one

**M: How else can the information reach them at the community level? Yes, namba 8**

R8: I think the information can reach them out there through radios, experts like you can go to the radio station and teach about this.

R8: I think the information can reach them out there through radios, experts like you can go to the radio station and teach about this.

**M: Yes**

**M: Yes**

R9: Even through continuous programs, having field activities so that they can get them to the grassroots. You know this one we are doing here is selected people so when you want to reach the grassroot you go to everybody in the entire community to the grassroot I hope you understand what I mean by grassroot.

R9: Even through continuous programs, having field activities so that they can get them to the grassroots. You know, this one we are doing here is selected people so, when you want to reach the grassroot you go to everybody in the entire community to the grassroot I hope you understand what I mean by grassroot.

**M: Yes, I understand. Yes, namba 3**

**M: Yes, I understand. Yes, number 3**

R3: Mimi naona tu ni sawa kenye ningejibu hawa wenzangu washajibu sisi ndio tunafaa tupelekee hawa majibu

R3: I think it is just okay, my colleagues have already said what I could have said, we are the ones who should share the information with them.

**M: Sisi tunafaa kuwapelekea, mwingine amesema grassroot kwa community, tuseme meetings zile tunakuwa nazo pale tunawaelezea, mwingine amesema media?**

**M: We should share with them, someone else is saying grassroot in the community, let’s say we share with them during meetings that are held, someone else said media?**

R: Yes

R: Yes

**M: Yeah, gani tena, just think out, think think think, how can the men who are not here or who are in the community get information about menstruation? Watapata vipi ujumbe kuhusu hedhi? Gibiro yudo nade information mar dwe kama gitie e community kuchocho, nikech wasediscus kendo wawachoni information to gi in godo donge, eeh chuo mangeny ok ongeyo kata information ma gin godo tin koro kaka wachopo negi ujumbe ni odhi chopo nade? Yes**

**M: Yeah, what else? Just think out, think, think, think, how can the men who are not here or who are in the community get information about menstruation? How will they get information about menstruation? How will they get information about menstruation where they are in the community, because we have discussed and agreed that they do not have enough information, right? Yes, most men do not know or they do not have enough information, so how will this information reach them? Yes.**

R: Awachoni kaka usepuonjowa ka, abe an gi osiepe moko kocha koro anyalo dhi nyisogi ariyo adek nikech abe nopuonja abe angisogi ne en kama kama tim kama, kama, kama rach koni ber

R: I will say that as we have been taught here, I also have friends there, so I can go and share a few things with them, I was taught so I also tell them that it is this and that and you should do this and that, that is bad and this is right.

**M: Namba 8**

**M: Number 8.**

R8: Another way of spreading this information can be through newspapers, yes so, everyone out there can read and know what is going to happen.

R8: Another way of spreading this information can be through newspapers, yes so, everyone out there can read and know what is going to happen.

**M: So in the information that you are going to give to them, what are the points or what do you think they need know? Ang’o giri monego joma chuo ong’e kuom dwe, mon madhi e dwe kata nyathi manyako madhi e dwe, what are the basics or what do you think? Ang’o giri ma uparoni maonego bedni wawacho negi? Yes, namba 8**

**M: So, in the information that you are going to give to them, what are the points or what do you think they need know? What are some of the things you think men should know about menstruation, a girl or a woman who is menstruation? What are the basics or what do you think? What do you think we should tell them? Yes, number 8.**

R8: Okay, gima onego bedni iwacho koluore gi ka nyako ni e dwe, en ni kadiponi samoro oromo gi ngama dichuo gi bedo e intercourse, sexual intercourse to the repercussions after that onego bedni ilando to ingeyo ni bang mano ma gi ma nyalo timore ama infection makama nyalo bedo. Nikech thothne oko ka wan wawinjoni kiromo gi nyako ka en e dwe to iyodo tuo mar sigete gimoro aila no

R8: Okay, what you should tell them about a lady who is menstruating is, if in case there are repercussions if a man had intercourse, sexual intercourse with a lady during her menstruation, these repercussions should be publicized, that after that this or that might happen or you might get such an infection, because out here we are told that if you sleep with a woman when she is menstruating you will suffer from pelvic inflammatory disease or something like that

**M: Ngat machielo, information ma idhi migi.**

**M: Somebody else, what information will they be given?**

R7: Nyako ma nie dwe, ka inindo go uko rahisi sana kupata ugonjwa

R7: It is very easy for you to get diseases when you have sex with a lady during menstruation.

**M1: Ugonjwa kama gani?**

**M1: What kind of diseases?**

R7: Syphilis, gonorrhea tunakuwa tena, nyako ma nie dwe sama inyame no I enjoy oywak iweni in ema ituche to iweni ni ema ihange to kara sama remo no owuok irudho gi tonda ma series manie iye, to ka ok inyise ok onyal ngeyoni en gi adhola moro e iye kanyo koro sama en gi remono sama ipump e ikawo syphilis e iye kuome lakini sama en dry cha inyalo nindo kode kata 5 times mar 6 koro eka omiyi tuo lakini sama ochwero remo cha iwinjo kata ka harufu no opogore tik moro wuok maopogore

R7: Syphilis, gonorrhea, when you have sex with a lady who is menstruating, she really enjoys it she really moans you might even think that she is a virgin doing it for the first time, but you see, when she is bleeding you are rubbing against the wounds that she has in there, if you do not tell her she cannot know that she has a wound in there so, when she is menstruating when you are pumping you are getting syphilis from the inside of her but when she is dry, you can have sex with her 5 times but only on the 6th time will she get you sick, when she is menstruating there is even a different smell coming out.

**M1: Joma moko paro nang’o e gima owacho? Tuanze na 7**

**M1: What do the others think? Let’s start with number 7.**

R7: Kwanza kabisa lazima tuhakikishe ya kwamba wale ambao wako nje pale kabla kumwambia repercussion ama vitu ambayo hiyo period inaleta lazima waelewe what is monthly period, ni nini haswa ni ugonjwa, ni njia, ni furaha ama ni nini. So the first thing we have to let them know, you have to let them understand what monthly period is the way we were taught here, the way vile tumeelewa sasa so baada ya kujua after knowing what is monthly period thereafter we let them know tunawaelezea ya kwamba mwanamke ama msichana akiwa kwa monthly period inafaa ufanye moja, mbili, tatu ama nne. Kwanza kabisa kwangu inafaa kama msichana ako kwa monthly period, kwangu venye nilifundishwa ya kwamba hamfai mkuwe pamoja kwasababu iko na repecussions vile wenzangu wamesema wameeleza, na hizo repercussion washasema zingine pia ni kama ukiungana na msichana ambayo ako kwa monthly period saa zile damu zinatoka kwa mwili, hizo damu zenu … zao…sio zenu… zao (laughter) mahadhara ambayo inaleta ni ya kwamba uki pump zina rudi meaning wangu washanielezea ya kwamba if you are fucking up when she is on her period the blood does not get out they retreat, you see I don’t know if that one happens or she was just telling me to quit the talk. It gets back it clots it develops an infection of which in our language is called rariw, I don’t know what is rariw in English, rariw and that one is one of the infection. Two, it makes a lady skips, it challenges when it comes to date now if you have an intercourse with her when she is going, so the date challenge inamaanisha it interfers with the system of the dates, two you can pick other infections the way because those are dirty blood you can pick sometimes there was an infection in the uterus wall and you pick them from there, yeah so those are the infections and other things. So and again we need to let them know when a lady is in her periods it is not a disease yani it is just a process, you know sometimes ladies wanatuwekanga ya kwamba wakiwa kwa period yeye ni mgonjwa I don’t know if it is a sickness you will let us know. Wanasema hao ni wagonjwa…I am sick so that one lazima tuweke. Then ya mwisho when a lady is in her period we need to let men knows that this thing is within a certain period itaisha tu, it is not permanent ile turudisha ile njaa yetu, ile njaa yenye tuko nayo yenye hata kama mtu ana attend you have to, it is a bad idea. Kwasababu umemuita hoteli amekula kuku so you want to get back. So that is it.

R7: First of all, we ensure that those who are out there understand what monthly period, what it is exactly is it a disease, is a way… is it happiness, or what is it, before we tell them about the repercussions or things that can be brought about by period. So, the first thing we have to let them know, you have to let them understand what monthly period is, the way we were taught here, the way we understand it now then so, after knowing what is monthly period thereafter we let them know, we explain to them that what they should do when a girl or a woman is menstruating. First of all, in my opinion, if a girl is menstruating we taught that you should not be together because there are repercussions like my colleague have said, explained and they have also mentioned some of those repercussion like if you have sex with a lady who is menstruating, when she is bleeding, your blood, not yours blood but their blood (laughter), that damage that it brings is when you pump it comes back meaning she explained that, if you are fucking up when she is on her period the blood does not get out they retreat, you see I don’t know if that one happens or she was just telling me to quit the talk. It gets back it clots it develops an infection of which in our language is called pelvic inflammatory disease, I don’t know what is rariw in English, rariw and that one is one of the infection. Two, it makes a lady skips, it challenges when it comes to date now if you have an intercourse with her when she is going, so the date challenge that means it interferes with the system of the dates, two you can pick other infections the way because those are dirty blood you can pick sometimes there was an infection in the uterus wall and you pick them from there, yeah so those are the infections and other things. So and again we need to let them know when a lady is in her periods it is not a disease to mean it is just a process, you know sometimes ladies tell us that menstruating is a disease, I don’t know if it is a sickness you will let us know. They say they are sick…I am sick so that one so we have to pause that. Then lastly, when a lady is in her period we need to let men knows that this thing is within a certain period and it will end, it is not permanent so that we control our desire that makes us want to even when she is menstruating, it is a bad idea just because you have called her to a hotel she has eaten chicken so you want to get back. So that is it.

**M: Wasichana wanapenda kuku sana?**

**M: Ladies really like chicken?**

R7: Sana

R7: A lot

R: Sana na chips

R: A lot with fries.

**M1: Hizo vitu zote mumesema about vitu munaweza pata mki have sex during period hizo rariw, hizo sigete, moderator ataweza kuwaelezea huko mwisho Kama ni ukweli ama uongo, ni sawa**

**M1: All those things that you have said that you will get when you have sex with a lady who is menstruating, like pelvic inflammatory diseases, moderator will explain to you later if it true or not, is that okay?**

Chorus: Okay…thank you

**M1: Tuendelee**

**M1: Let's continue**

**M: Sasa tuendelee, what do you think about women who are menstruation, uparo nade ang’o giri ma onego bedni gitim to ang’o giri ma onego ok gitim? Kata ang’o giri ma ji obelieve ewi mine manitiere e dwe? What are the taboos or myths majiparoni ngama miyo madhi e dwe kata nyathi manyako ma dhi e dwe onego otim ma to ma ok onego gitim madhi? Yes, namba 8**

**M: Now let's continue. What do you think about women who are menstruation, what are some of the things they should or should not do? Or what do people believe about women during menstruation? What are the taboos or myths about the things that you think a woman or a girl who is menstruating should or should not do? Yes, number8**

R8: Asante sana. Mimi ningependa kusema ya kwamba mwanamke au mtoto msichana akiwa kwa menstruation period anafaa akuwe msafi, manake kama hawezi kuwa msafi hata chakula siwezi kupenda anipikie chakula aniletee, nitafikiria tu pengine zile damu zake amegusagusa amegusagusa nazo zile food kitu kama hiyo.

R8: Thank you. I would like to say that a woman or a girl who is menstruating should be clean, because if she cannot be clean I wouldn't want her to even cool my food and bring to me, I will think that maybe she touched the food with her blood, or something like that.

**M: Okay, yes namba 7**

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

R7: Okay, I just want to say about the myths, when I was gowing up out there were some myths that were … I don’t know if they are reality or they are not facts, we were told that when a lady is under period she should not, okay theologically we were taught that when a lady is on her period or a woman is in a period she should not stand infront of the people preaching the gospel, that is theologically. Two, we were taught while in school that if a lady is in her period, she should not attend the farm because everything kila kitu itaungua kwa hiyo nini

R7: Okay, I just want to say about the myths, when I was growing up out there were some myths that were … I don’t know if they are reality or they are not facts, we were told that when a lady is under period she should not, okay theologically we were taught that when a lady is on her period or a woman is in a period she should not stand in front of the people preaching the gospel, that is theologically. Two, we were taught while in school that if a lady is in her period, she should not attend the farm because everything will burn in that whatever…

**M: Kwa hiyo shamba**

**M: In the farm.**

R7: Kwa hiyo shamba, ilo shamba kama ana attend hizo ni myths zao aa kile ambacho anafaa afanye ni ya kwamba ile kitu rahisi ni lazima akuwe msafi, usafi inakuja hivi yeye anakuwa wewe kama mwanaume ama yeye mwenyewe kama ako na pesa anafaa anunue pads sanitary towels na anafaa anajua saa ya kubadilisha kwasababu hizo damu zinanukanga ile mbaya hata nyinyi mnajua (laughter) eeh this men, so let us assume hajaweka pads nazimeflow kwa pant na anakuletea nayo chakula huyo ni bibi yako, kwanza harafu yenye atakupiga nayo you will say something is messy somewhere na yeye atakataa na wewe ushajua, kama unajua unajua so the only thing yenye wanafaa wafanye they have to be clean

R7: In that farm, in the farm during her menstruation, those are their myths, so what she is supposed to to do is that the easiest one is ensuring that she is clean, cleanliness comes in this way, she or you as her man or if she has money, should buy pads sanitary towels, and she should know when it is time to change it because the blood has a very bad smell you also know that (laughter) eeh this men, so let us assume she is not using pads and it flows to her pant and she comes to serve you food like that, now that is your wife, first of all from the smell you will say something is messy somewhere and she will deny it but you already know, and if you know, you know so the only thing that they are supposed to do…they have to be clean.

**M1: Mwingine?**

**M1: Someone else?**

**M: Namba 2, ni vitu gani mwanamke ama msichana mwenye ako kwenye hedhi anafaa afanye ama hafai kufanye?**

**M: Number 2, what are some of the things a lady or a girl should or should not do during her periods?**

R2: Kitu ya kwanza anafaa a maintain cleanliness juu kununua sanitary towels juu wengine kama wamama ushago yani hizi mambo ya sanitary towels wengi wao hawanunui unapata ka wengine amekosa pesa hiyo ya kununua hiyo pads anatumia hiyo tissue, si haiku poa sasa anafaa amaintain tu hiyo pads ndio akuwe sawa.

R2: The first this is to maintain cleanliness by buying sanitary towels, because some of them like I mean the women in the village most of them do not buy things like sanitary towels, you that one doesn’t even have money to buy a pad so she is using tissue, that is not good she, is supposed to maintain pads so that she can be okay.

**M: Namba 1 …aaa si hati kila wakati…**

**M: Number 1… aaa it is not all the time…**

R1: Ashajibu

R1: He has already answered.

**M: Wewe sema yako, yako ile**

**M: Say yours, that one of yours.**

R1: Mwanamke amaintain tu usafi

R1: A woman should maintain cleanliness.

**M: Namba 4, uko na jambo, mumenyamaza sana jamani mbona hamtaki kuongea it should be interactive everybody to participate, tu participate wote sio namba 7 na 8 pekee yake ndio wanaongea**

**M: Number 4, do you have something to say? You are very quiet surely, you do not want to talk? It should be interactive everybody to participate, let’s all participate, not just number 7 and 8 are the only ones talking.**

R1: Unakuja kama swali moja hao tayari washajibu ile tunge….

R1: You know for that question, they have already answered what we would have…

**M: Ile yako tu, ile yako ile iko unique**

**M: Yours, yours that is unique.**

R1: Ile ningejibu ...(inaudible)

R1: What I would have answered…(inaudible)

**M1: Unaweza sema hata tu una support**

**M1: You can even just say that you are in support.**

**M: Eeeh, yes**

**M: Eeeh, yes**

R8: What a lady should do when she is attending, she should always change the panties after every two hours

R8: What a lady should do when she is attending, she should always change the panties after every two hours.

**M: Panty?**

**M: Panty?**

R8: Yes, panties

R8: Yes, panties.

**M: So tukiwa hata hapa kazini hapa two hours tunachange panty**

**M: So, even when here at work they should we change panty after 2 hours?**

R8: Si mnatembea nayo kwa kipochi (laughter)

R8: But you walk around with it in your bag. (Laughter)

**M: Unasema panty ama pads?**

**M: Are you saying panty or pads?**)

R8: Panty and both of them. (more laughter)

**M: Okay, yes namba 7**

**M: Okay, yes number 7**

R7: And again I understand the dates fluctuate ina change change but a lady should understand when it has to be ili ukiwa kazini hivi si ati ndio imekushtua sasa ndio unakimbia kwa wash room you are going unaenda kumess up our wash rooms after cleaning them. You have to understand your period when it comes and when it ends so that you don’t make things difficult for the entire environment. (Laughter)

R7: And again, I understand the dates fluctuate, they keep changing but a lady should understand when it has to be so that you don’t her surprised it happens while at work, you start running to the washroom you are going to mess up our washrooms after cleaning them. You have to understand your period when it comes and when it ends so that you don’t make things difficult for the entire environment. (Laughter)

**M: Yes, namba 8**

**M: Yes, number 8**

R8: Jambo ingine ambayo mwanamke anafaa kufanya ama msichana inafaa unajua mchana namna hii kila mtu sanasana sisi wanaume tunaenda kutafuta na inafaa anakujulisha wakati hiyo mambo imemuanza wakati umetoka anakuprepare unajua manake pengine wewe huko nje unasema kimoyomoyo leo inafaa nipate my conjugal rights unaona na asipokuambia ukifika kwa nyumba ama ukikutane na yeye ama ukimpigia simu kama ni girlfriend ndio ataanza kukuambia sijui an marach. Sasa hiyo an marach imekuwa shauri yako itabalore.

R8: Something else that a woman or a girl should do, she should know that everyone especially us men, we are going to work during the day and we should be made aware when that thing starts so that you are prepared for it, you know maybe you are telling yourself while out there, that today I should gate my conjugal rights, you see so if she doesn’t tell you, you reach home or meet her or call her if she is your girlfriend and that’s when she starts telling you oh things are bad. So being that things are bad on her end it will be end up that you have to cancel your plans.

**M: Yes, namba 4**

**M: Yes, number 4**

R4: Mimi naye niko na swali

R4: I have a question.

**M: Eeh**

**M: Yes.**

R4: Hii menstruation period inaweza fanyika usiku kama unalala ama ni mchana tu

R4: Can menstruation period happen at night when you are asleep or just during the day.

**M: Okay, inaendelea tu ikianza inaendelea tu mchana na usiku mpaka siku itaisha**

**M: Okay, it just continues, when it starts it continues day and night util the day it ends.**

R4: So usiku pia kama unalala pia unavaa pads?

R4: So, you wear pads even at night when you are sleeping?

**M: Eeh**

**M: Yes.**

R: Niko na swali

R: I have a question.

**M: Yes**

**M: Yes.**

R: Does menstruation or hii mambo ya period does it come with other challenges for example when you are in your period you feel dizzy, you feel malaria

R: Does menstruation or this issue of period, does it come with other challenges for example when you are in your period you feel dizzy, you feel malaria

**M: Yeah, yeah we will talk about it, we will talk about the whole process of menstruation. That time is going to come.**

**M: Yeah, yeah, we will talk about it, we will talk about the whole process of menstruation. That time is going to come.**

R: Okay

R: Okay

**M: So as we continue is there anything that would help to make men feel differently about menstruation, ni vitu gani kata gik mage manyalo miyo joma chuo obed gi paro maopogore kuom mine kata nyiri madhi e dwe? Ang’o giri ma uparo manyalo miyo kipar paro maopogore, nikech namba 7 asewachonwani wach dok kor ka kanisa iyudo niwachonwani mama ma dhi e dwe ok onego timre nade…dhi e altar.**

**M: So, as we continue, is there anything that would help to make men feel differently about menstruation? What are some of the things that can make men change their perception about women or girls who are menstruating? What are some of the things that you think can help men change their perception? Because number 7 has told us that when it comes to church, during a woman’s menstruation period she should not do what… she shouldn’t go to the alter.**

R: Apenji

R: Can I ask you a question?

**M: Yes**

**M: Yes**

R: Ango maomiyo sama uchako attend ubedoga mager, ang’o maomiyo ubedoga mager koro kata sama iluoko sande in ikun ikuot, ang’o maomiyo gino keloga ang’o maomiyo…

R: Why is it that at the start of your menses you are so harsh? Why is it that you become so harsh that even when you are cleaning utensils you are just sulking, why does that thing bring, why is it that…

**M: Gino timore ema omiyo nawachoni wabiro discuss the menstrual cycle and kaka obiro kaka otimore to iparoni ang’o manyalo miyo ipar maopogore moloyo ng’iyo kaka iwache osewang’o iyi chuth, ang’o maomiyo ubedo …iparoni ang’o giri ma inyalo tim**

**M: That happens and that is why I said we shall discuss the menstruation cycle and how it comes about. But what do you think can make you change your perception instead of looking it at like you are saying it is already bothering you, why is that you become…what are some of the things you think can be done?**

R: Sama ingeni ok odwani ing’e donge en onindo e kor ot to en onindo koni, sama odwa kalo odhi layo koro ochikre kuomi ngwech ngwech koduogo oduani onindi …..ema omiyo gino kelo tuo mane e yoo mangeny

R: When, you know, she doesn’t want you to know, she usually sleeps on the side of the wall while you sleep on the other side, when she wants to go for a short call she jumps over you very fast and when she comes back she wants to sleep… that is why that thing they being about diseases in many ways.

**M: Donge ema wachoni ya sometimes nyalo bedoni iye rame nikech sama ngato dhi e dwe to onyalo bedo gi gimoro miluongoni cramps kata ich mor, ngato naylo bedo gi mood swings kaka iwachono okodwa wuoyo mangeny samoro bede ochwer mangeny iye rame to chwer be ochwer mangeny, en aena gik moko matimore gi kaka hormones but wabiro discuss sama ang’ wawacho about menstrual cycle wabiro wacho mago duto. But gima pod apenjo, ngama ne oting’o bade? Namba 4, yes**

**M: That’s is why I am saying, maybe she has stomach pains, because during menstruation one can have what is called cramps or stomach pains, someone can have mood swings like you are saying she doesn’t want to talk much, sometimes she even over bleeds, these are things that happens depending on the hormones, but we shall discuss when we shall be talking about menstruation cycle, we shall talk about all those things. But my question still remains, who had lifted his hand? Number 4, yes.**

R4: Uliza tena

R4: Ask the question again.

**M: Aah**

**M: Pardon**

R4: Uliza tena

R4: Ask the question again.

**M: Niulize tena? Okay, wayudoni ji mangeny nigi paro maopogore opogore kuom mine madhi e dwe, ngato wachoni kata ni ka idhi e dwe to ilil, ka idhi e dwe ok onego idhi ewi altar, ka idhi e dwe ok onego bedni…namba 8 nokonani inyalo paroni omulo remo to ochako obiro omulo go chiemo. Ang’o manyalo miyo wapar maopogore gi paro mawan godo? Wawinjre nyaka kanyo**

**M: My question is, okay, we have found out that different people have different perception about women who are menstruating, some say like you are dirty when you are menstruating, you should not go to the altar during your menses, when you are menstruating you shouldn’t… number 8 told me that you might think that she is touching blood and then touch your food. What can make us have different thoughts from the ones we are having? Are we together up to that point?**

Chorus: Eeh

Chorus: Yes.

**M: Ni nini inaweza tufanya tufikirie vi tofauti? What can make men think differently concerning menstruation? Yes, namba 8**

**M: What can make us change our thoughts? What can make men think differently concerning menstruation? Yes, number 8**

R8: Gima nyalo miyo samoro nyalo paro maopogore kata bedo mabor gi ngama female ka en e dwe, nitie ndiko moro ma iyudo ka wachoni ok onego imule kaimule to igak nyaka godhiambo, gimoro ailano

R8: What can make, sometimes, you think differently or be far with a female when she is menstruating, there is a verse that say you should not touch her, if you touch her you will stop unti evening, something like that

**M1: Gak ken ang’o?**

**M: What is *Gak***

R8: Gak yani iling, gimoro ailano. Nitie muma matiyo gi dhok no, koro gino an bende adhi abedo kode e pacha ni koponi ageyo ngama dhako modhi e dwe to adhi bedo molil nyaka tong seche fulani ma muma owacho koro mano bende miya kata bute yani ok adwani ogeya sanasana an gima ni kuoma ni ka ngama dhako ni e dwe to ok adwani ageye

R8: Stopping to mean you are quiet, something like that. There is a bible that uses that terms, so it stuck in my mind that if I know that a lady is menstruating then I will also become dirty until the time when the bible states, so that makes me not to want to even be close to her, I mean this thing is in me to an extend I do not even want to know when a lady is menstruating.

**M: Matiendeni pachi ingeni olil**

**M: Meaning you think she is dirty?**

R8: Aluore

R8: I am scared of her.

**M: Ang’o manyalo miyo moni iparni ni ok olil nikech kaka wamedo puonjore donge wamedo puonjore, yes, namba 7**

**M: What can make you think that she is not dirty, because as we continue talking we continue learning , yes number 7.**

R7: Swali kata penjo ma ipenjono, e pod achambua e lakini asewinje, ipenjoni you asked that what can make men think differently about the monthly period?

R7: For that question that you have asked, yes I’m still thinking about it but I have heard about it, you asked… you asked that what can make men think differently about the monthly period?

**M: Yes**

**M: Yes**

R7: The only thing that can make them think differently like the one my brother is talking about here, is one the bible says I will quote on the bible our people perish and they perish because of lack of knowledge so let them know make them understand thereafter they will have to understand, that is the only thing because tunakuwa na hizi myths nyingi even not only this point even on different point like political, health wise whatever because we don’t know we lack someone to let us understand yeah, first thing is whatever we are doing here, vile tuko hapa thereafter we go to the community to make them understand then after with time men will understand that when a lady is on her period is just a normal thing, is not a big deal. So after that we will just get on.

R7: The only thing that can make them think differently like the one my brother is talking about here, is one the bible says I will quote on the bible our people perish and they perish because of lack of knowledge, so let them know, make them understand, thereafter they will have to understand, that is the only thing because we’ve heard so many of these myths even not only this point even on different point like political, health wise whatever because we don’t know we lack someone to let us understand yeah, first thing is whatever we are doing here, as we are here, thereafter we go to the community to make them understand then after with time men will understand that when a lady is on her period is just a normal thing, is not a big deal. So, after that we will just get on,

**M: Thank you**

**M: Thank you**

R7: So its needs more time, more teachings and more information. Thank you.

R7: So, its needs more time, more teachings and more information. Thank you.

**M: Namba 2 ulikuwa na jambo then we go to namba 4**

**M: Number 2, you had somethings to say, then we go to number 4.**

R2: Mimi nadhani tu watu wenye wanafeel ni awkward kitu abnormal how comes msichana anableed hapo lower part yani bado huwa hawa understand unajua watu wengine si unajua ni illiterate kitu kama hiyo, anafeel yani how come asibleed na place ingine anableed tu na hapo kwa lower part.

R2: I think some feel that it is awkward or abnormal, how comes girls bleed on their lower part, I mean they still do not understand, you know some people are illiterate, something like that, they feel like how comes they can’t bleed from somewhere else but just their lower part.

**M: Yes, namba 4**

**M: Yes, number 4**

R4: For me to think positive about the menstruation, women also should take it as a process not a disease because if you take it as a disease I myself I cannot come near a disease. Thank you.

R4: For me to think positive about the menstruation, women also should take it as a process not a disease because if you take it as a disease I myself I cannot come near a disease. Thank you.

**M: Okay so at least women themselves should accept that it is not a disease do it helps also the men who interact with them**

**M: Okay so at least women themselves should accept that it is not a disease do it helps also the men who interact with them**

R: Yes

R: Yes

**M: Okay, thank you very much. As we continue kama wewe ni mwanaume, in ngama dichuo in gi partner ni, in gi jaodi, kata mana sex worker ma iterorigodo idhigo, yeah for sex (inindo go from a participant) ngama onego bedni nyiewo gigi gik maitiyogo e menstruation?**

**M: Okay, thank you very much. As we continue, as a man, you have a partner, you have a wife, or even a sex worker that you have sex with, yeah for sex (You have sex with from a participant) who should be buying the things that they use during menstruation?**

**M1: Namba 2**

**M1: Number 2.**

R2: Watu tu kama sisi ka yani kuwasaidia sisi ndio tunafaa tununue hizo vitu.

R2: People like us just to help them, we are supposed to buy for them those things.

**M: Namba 8, who should buy?**

**M: Number 8, who should buy?**

R8: It depends ni gi esechego ngama nigi pesa, nikech you know gini oko apply kodwaro gini enaena gima pore, koro ka an gi pesa e seche go to adhi anyiewone kata amiye pesa odhi onyiewo to ka an gi pesa to anyiewone to a stock ne e ot kanyo. To ka en madam ma sex worker to konyisa gimoro ailano to nikech nadhi ire ka an gi pesa mondo adhi atiek kech agolo to amiye ni dhi nyiew

R8: It depends with the person who has money at that time, because you know she doesn’t apply for this thing when she wants, it just starts suddenly so, if I have money at that time then I will buy for her or give her money to go and buy, or when I have money I buy for her to keep stock for her in the house. If she is a sex worker, and she tells me that and because I am going to see her when I have money to quench my thirst, I just give her the money to go and buy.

**M1: To kech?**

**M: What about your thirst?**

**M: To kenjcha**

**M: What about the thirst you had?**

R8: Keja koro awera go

R8: I let it go.

**M: Yes, namba 6**

**M: Yes, number 6**

R6: Yeye mwenye ndio anajua ataniambia

R6: She is the one who knows, she will tell me.

**M: Akishakuambia utamnunulia**

**M: After she has told you, will you buy for her?**

R6: Eeh namnunulia na mbuyia

R6: Yes, I will buy for her.

**M: Namba 1**

**M: Number 1**

R1: Sasa dem ukimpata kwa club sasa itabidi umnunulie tena jamani?

R1: So when you meet a girl in a club, will you really buy for her surely?

**M: Aji buyie huko**

**M: She should buy for herself there.**

R1: Aji buyie anajipanga siku anaenda …(inaudible)

**R1: She should buy for herself, she plans for her menstrual days …(inaudible)**

**M: Namba 5**

**M: Number 5.**

R5: Swali na ni ya, nitie madems moko be ma kia chieng magi dhi e period to nitie ma ongeyo chieng ma gidhi e period, koro gine ma ber ka onyisi ni ya anto day makama kama achako period chieng makama koro ijipanga chon.

R5: My question is, there are these ladies who do not know their period dates and there are those who know their period dates, so it is up to them to tell you that, on this date I will be starting my periods, so that you plan early.

**M: So in short onego ginyiew kendgi jomoko kaponi nigi pesa onego ginyiew negi kata ginyiew kendgi ka gin godo ibe samoro inyalo koso. Namba 7**

**M: So, in short, they are supposed to buy themselves, if others have money then they should buy for them or buy for themselves if they have money because you can also lack money. Number 7.**

R7: It is a collective responsibility, because intercourse ni yenu kila kitu ni yenu so haifai sex una enjoy na pads huwezi nunua, hiyo unadanganya vile una enjoy sex nunua pads na pant yote

R7: It is a collective responsibility, because intercourse is for both of you, so everything is or you both, it shouldn’t be that you enjoy sex but cannot buy pads, that is a lie, the very way you enjoy sex also pads and also panty.

**M: You buy the panties, the pad (R7: Everything ) and enjoy the sex,**

**M: You buy the panties, the pad (R7: Everything) and enjoy the sex.**

R7: Enjoy sex, infact if you cannot bank on a woman with those things then don’t expect anything, so it is a collective responsibility infact my brother said it you should not wait for that moment kufika hizo vitu zinafaa zikuwe kwa nyumba. Vile una budget unga na shuge inafaa packet of pad ikuwe kwa nyumba.

R7: Enjoy sex, in fact if you cannot bank on a woman with those things then don’t expect anything, so it is a collective responsibility in fact my brother said it you should not wait for that moment, those things should just be in the house. The very way you budget for sugar, you should also for a packet of pads in the house.

**M: Yes, namba 5**

**M: Yes, number 5**

R5: Ne an gi swali moro ngama dhako ka dhi e period onego obedgi gi sirueche karibu 6 kata 5 karach

R5: I have a question, a woman who is on her periods should have almost 5 or 6 pants on the lower side.

**M: Okay, so should a man know when the wife or the partner is in her periods, is it important?**

**M: Okay, so should a man know when the wife or the partner is in her periods, is it important?**

R: Yes

R: Yes

R: It is

R: It is

**M: Why? Yes, namba 5**

**M: Why? Yes, number 5**

R5: Inasaidia ujue ka ako sawa ama hayuko sawa, halafu pia kitu ingeni inasaidia ndio ajue ka anafa akifika hiyo time anajue kitu hata wewe unamwambia anafaa ufanye hii na usifanye hii ee inafanya umwambie ati vile ulisema anafaa amaintain hiyo cleanliness

R5: It helps you to know if she is okay or not, and also something else, it helps so that she is aware if she is supposed to…when the time comes, she knows that even what you are telling her, she is supposed to do this and not to do that, yes, it makes you to tell her that like you said she should maintain cleanliness.

**M: Okay, yes kulikuwa na mtu alikuwa anataka kuongezea**

**M: Okay, yes, there was someone who wanted to speak.**

R7: Unauliza?

R7: What is your question?

**M: Mwanaume anafaa ajue partner wake ama bibi yake ako kwa period**

**M: Is a man supposed to know when his partner or wife is on her periods?**

Chorus: Yes…100%

Chorus: Yes…100%.

**M: Ndio nauliza kwa nini, yes**

**M: So, I am asking why? Yes.**

R7: Ili waanze mapema kukabiliana na change moto

R7: So that they start to face their challenge early.

**M: Changamoto kama gani?**

**M: Challenges like which ones?**

R7: Changa moto kama yale ambayo ndugu yangu alikuwa anajielezea kama atakuwa anaangalia ukuta unaelewa ya kwamba labda ni hiyo ndio inafanya afanye nini aangalie ukuta (aangalie ukuta). Unaanza kukabiliana na changamoto kama zile ambazo nilikuwa nauliza (kwanza kujicontrol in the background) ukaniambia utanijibu baadaye hayo ili isilete conflict kwa nyumba.

R7: Challenges like the ones my brother had explained, if he will be looking at the wall, you understand that, that maybe that is way he is looking at the wall (Look at the wall). You might face challenges like those ones that I was asking about (first of all self-control in the background) and you told me you will give me an answer later those bring about conflict in the house.

**M: Yes, namba 4**

**M: Yes, number 4**

R4: Changamoto ya pili lazima itabidi aambie bwana juu ili kama ni mtu wa njaa program hiyo siku si siku ya kukula kitu (laughter)

R4: The second challenge is, she will be forced to tell her husband because if someone is of the hunger program, that day is not a day to eat anything. (Laughter)

**M: Namba 8**

**M: Number 8**

R8: You should be informed prior for you to buy these things or the sanitary pads you buy them prior when you are informed prior

R8: You should be informed prior for you to buy these things or the sanitary pads you buy them prior when you are informed prior.

**M: Namunafikiri aje kuhusu mume ama partner wa mwanamke wakiwa wana ongea juu ya menstruation, is it suppose to be that way should they be discussing menstruation? Bibi na bwana kwa nyumba ama bwana na partner wake, girlfriend ama ni sex worker is it important?**

**M: What do you think of a man or a lady’s partner discussing about menstruation, is it supposed to be that way? Should they be discussing menstruation? Wife and husband in the house, or a husband and his partner, girlfriend or sex worker, is it important?**

R: Exactly

R: Exactly.

R: Yes, it is

R: Yes, it is

**M: Why? Yes**

**M: Why? Yes**

R: It is important for a man to discuss with his or his wife yes, for him to know or to learn his partner or her partner, yes

R: It is important for a man to discuss with his or his wife yes, for him to know or to learn his partner or her partner, yes.

**M: Yes**

**M: Yes**

R8: You know like they say learning has no end, as we grow up na venye tunaishi unajifunza kila siku it is important because not even menstruation only, you know very many people or men does not even know this act called sex they just do it manually, they do things manually so even discussion about sex challenges and hizo menstruation must not even should must be there, so that vile nimesema ili ukabiliane na changamoto naujue kiundani so it is important for men partners to discuss. The way you discuss about unga imepanda ama sukari imepanda ama ugonjwa ya malaria yenye uko nayo hiyo pia niko nayo it is important ili ujue infact that one goes to the question you asked the other time ile ya kwanza is it important so hapo ndio inakujia it is very important, very very important.

R8: You know like they say learning has no end, as we grow up and like we are living, we learn every day, it is important because not even menstruation only, you know very many people or men does not even know this act called sex they just do it manually, they do things manually so even discussion about sex challenges and menstruation must not even should must be there, so that like I said you are able to face your challenges and you get to deeply understand deeply so, it is important for men partners to discuss. The way you discuss about rise of the cost of flour or sugar or a disease like malaria that you are suffering from, it is important for you to know in fact that one goes to the question you asked the other time the first one, is it important so that is where it comes in, it is very important, very, very important.

**M: Okay, tukiendelea, what do you think about having sex during menses? Munafikiriaje kuhave sex na mwanamke akiwa kwenye hedhi? Nyako madhi e dwe, nindo gi nyako ma dhi e dwe?**

**M: Okay, as we continue, what do you think about having sex during menses? What do you think of having sex with a woman who is menstruating? A lady who is menstruating, having sex with a lady on her menses.**

**M1: Namba 1**

**M1: Number 1**

R1: It is so terrible

R1: It is so terrible

**M1: Mmh**

**M1: Mmh**

R1: Si poa

R1: It is not good.

**M1: Kwa nini?**

**M1: Why?**

R1: Unaweza pata ugonjwa kama hiyo ya rariw ambayo wanasema

R1: You can get a disease like rariw that they always say.

**M: Yes, namba 4**

**M: Yes, number 4**

R4: It is not healthy you can get some infections through that blood

R4: It is not healthy you can get some infections through that blood

**M: Namba 3**

**M: Number 3**

R3: Hakuna utamu hapo sababu ni kama unaingia kwa matope (laughter)

R3: It is not sweet anymore because it is like you have entered into mud. (Laughter)

**M: Yes, namba 8**

**M: Yes, number 8**

R8: It is not healthy simply because the discharged blood are unhealthy that is why they are discharged and if you fucked her during menstruation period you might be affected.

R8: It is not healthy simply because the discharged blood are unhealthy that is why they are discharged and if you fucked her during menstruation period you might be affected.

**M: So it is not right**

**M: So, it is not right**

R8: It is not right

**R8: It is not right**

**M: Namba 2**

**M: Number 2**

R2: Si poa juu unajua hiyo menstruation ni hiyo blood si unajua ni hiyo si unajua ni hiyo wall inataka ku meet na mwenzake sasa unajua inacome ina up load kwa hiyo uterus sasa unajua ile design mkikuwa kwa intercourse tusema kama ulikuwa hauja tumia protection kitu kama hiyo sasa unajua the wall na nini na… (inaudible) sasa zikirub iana unaweza pata hiyo infection juu hiyo damu si poa.

R2: **It is not right because menstruation blood, you know that blood is, that blood is that wall needing to meet the other one, so it comes and uploads at the uterus, so you know during intercourse let’s say if you are not using protection or something like that so, you know the wall and whatever…(Inaudible) so when you rub them, you can get that infection because the blood is not good.**

**M: Yes, namba 4**

**M: Yes, number 4**

R4: I t is also not healthy kama ilikuwa ya kuiba na mtoto wa shule high chances za kuget pregnancies is there

R4: It is also not healthy, if you were “stealing” with a school girl there are high chances of her getting pregnant.

**M: Kuiba na nani**

**M: Stealing with you?**

R4: Ama nisema mtoto wa shule alikuwa anaenda period na umehave sex na yeye anaweza pata

R4: Or let me say, if you have sex with a school girl who is on her periods, she can get…

**M: Wewe nahave vigi sex na watoto wa shule?**

**M: Do you usually have sex with school girls?**

R4: Aah nimesema tu …… (laughter)

R4: No, I am just saying… (Laughter)

**M: Anaweza pata mimba akiwa periods?**

**M: She can pregnant while on periods?**

R4: Mmh

R4: Yes

**M: Namba 5**

**M: Number 5**

R5: Mimi nilikuwa nasema inadepend saa zingine naweza kuwa anaenda kwa period amekuambia tufanye na cd sasa nilikuwa nauliza kama umefanya na hiyo cd unaweza pata ugonjwa ama huwezi pata ugonjwa

R5: I am saying that it depends, she might be on her periods and she requests you to use a cd, now I was asking if you use protection can or can you get sick?

**M: kama ume have sex with a cd**

**M: If you have heard sex with a cd**

R5: Na condom

R5: With a condom

**M: Na condom wakati ako na period**

**M:** With a condom when she is on her period.

R5: Anaenda period

R5: She is on her periods.

**M: Unauliza kama mtu anaweza kuwa mgonjwa**

**M: You are asking if someone can become sick.**

R5: Kama unaweza pata ugonjwa

R5: If you get a disease.

R: Wacha nimjibu, definitely hiyo ni kuvaa gumboot na kutembea kwa chuodho (inaudible participanta talking at the sametime)

R: Let me answer that, definitely that is wearing a gumboot and walking on mud. (Inaudible participants talking at the same time)

R: Na kama amefanya bure

R: What if he does it without it?

**M: Sasa hizo ndio myths tulikuwa tume ongelelea kama kuna ugonjwa mtu anaweza pata akienda na mwanamke akiwa kwenye hedhi sindio. So tuki endelea kuna uwezekano wanaume wanakuwa na ngono vitofauti wakati mwanamke akona hedhi as in sasa haikuwi ile vaginal sex kuna any other type of sex yenye wanaume wanakuwa nayo na wanawake wakati amepata mwanamke ako kwenye hedhi? Bende nitiere kaka ngato nyalo nindo gi wadgi kata gi nyako maosiepni kata obed jaode manie ot, yes, namba 7**

**M: Those are myths we talked about if there are diseases you can contract if you have sex with a menstruating woman, right. So, as we continue, is there a possibility that men have different when a woman is menstruating? As in now it is not vaginal sex, is there any other type of sex that men have with women when he finds the women is menstruating? Is there a way that someone can have sex with a partner, a girlfriend or a wife at home, yes, number 7.**

R7: You know sex is a mindset, you tune everything is a mindset everything begins from the mind so and it ends on a satisfaction point, this thing, this act is all about you get satisfied yani you finish your league soyou know sio lazima mtu afuckiana mtu ndio atakuwa nimeuliza is there any other ways of doing sex during this period sio ile tu pekee yake. So with me, okay I can testify about me, me I can get satisfied even through kisses and I get relieved. So process of sex or having that process sio lazima you have intercourse so you can get satisfied through other things and other sexes that I mean sorry other intercourse or contacts that they can do I understand not all of them I mean some ladies like there is what do you call it … they call it what they call it “ma field lamba lolo”, (laughter) they understand it “lamba lolo” means you fuck the mouth until you get relieved. So that one also they can do if they are in their periods, so it means if down is leaking up is available, (laughter) so that one is one of them or kisses, or smooching until you get satisfied, okay and that it.

R7: You know sex is a mindset, you tune everything is a mindset everything begins from the mind so and it ends on a satisfaction point, this thing, this act is all about you get satisfied a in you finish your league so you know it is not a must for someone to fuck someone else, that why I asked is there any other ways of doing sex during this period, not just that way. So, with me, okay I can testify about me, me I can get satisfied even through kisses and I get relieved. So, process of sex or having that process is not a must you have intercourse so you can get satisfied through other things and other sexes that I mean sorry other intercourse or contacts that they can do I understand not all of them I mean some ladies like there is what do you call it … they call it what they call it sucking a lollipop (Laughter) they understand it “lamba lolo” means you fuck the mouth until you get relieved. So that one also they can do if they are in their periods, so it means if down is leaking up is available, (Laughter) so that one is one of them or kisses, or smooching until you get satisfied, okay and that it.

**M: Namba 8**

**M: Number 8**

R8: Okay, in our community I think it is not good to fuck the mouth of a woman, it is strongly condemned (laughter) instead of doing that according to me you can even masturbate, then you sleep you get relieved and sleep. Yes

R8: Okay, in our community I think it is not good to fuck the mouth of a woman, it is strongly condemned (Laughter) instead of doing that according to me you can even masturbate, then you sleep you get relieved and sleep. Yes

**M1: Namba 3**

**M1: Number 3.**

R3: Washajibu

R3: They have answered.

R: Sasa kuna wengine wanatakanga but

R: Now, there are some people who want to but

**M1: Wanataka?**

**M1: They want?**

R1: Kuna but kama mwanamke yuko kwa mwezi

R1: There is but when a woman is menstruating.

**M1: But?**

**M1: But?**

R1: Matako

R1: The ass.

**M: Ile ya mkundu?**

**M: The anus?**

R1: Mmh

R1: Yes

**M: Sasa mwanamke ndio anaomba ama mwanamme ana opt kufanya hiyo anal sex**

**M: Is it the woman who asks for it or the man just opts to do anal sex?**

R1: Sasa hapo ni maelewano yao inalingana na mwanamme mwenyewe

R1: That now will be their agreement depending on the man.

**M: Ooh sasa hiyo ni njia nyingine yaku ji relieve, so anal sex also exists when a woman is in her menses**

**M: Ooh so that is another way of relieving yourself? so anal sex also exists when a woman is in her menses?**

R: Mmh

R: Yes.

**M: Tukiendelea**

**M: As we continue…**

**M1: Namba 4**

**M1: Number 4**

**M: Namba 4 uko na maneno? Hiyo maneno ya anal ndio imekufurahisha?**

**M: Number 4, do you have something to say or you are just excited about anal sex?**

R4: Hiyo siwezi (laughter)

R4: That one, I cannot (Laughter)

R: It exists

R: It exists

**M: Inafanyika maybe ni wewe hufanyi lakini tulikuwa tunataka kujua maoni ya kila mtu, swali ilikuwa kuna njia nyingine yenye watu wanaweza kuwa na ngono kama mwanamke ako kwenye hedhi sindio sasa ndio hiyo tulikuwa tunaangalia hizo ma examples, zile mifano zenye ziko. Sawa tunaendelea wakati umeenda na mwanamke pengine ni bibi yako pengine ni yule rafiki pengine ni sex worker, umeenda nayeye na umerealise tu wakati umemaliza uko na damu kwenye umbo lako la kiume ama kwa penis kata duongni ineno ka niyie gi remo, nitie kaka weche mag ler ni bedo maopogore kuomi in iwuon, dwarni itim nang’o kata ler mari onego obed machal nade, ka iyudori e such a situation? Nitie kaka lerni onego bedni maopogore ka idhi gi ngama nyako**

**M: It happens, maybe it is you does not do it but we wanted to know everyone’s opinion. The question was, is there another way that people can have sex when a woman is menstruating, right? So, we were looking at those examples, the examples that are exist. Alright we shall proceed, when you are having sex with a woman, say your wife, a friend or maybe a sex worker, you have sex with her and after you have finished you realize that you have blood on your male organ or your penis has blood, is there a way the issue of cleanliness becomes different when it relates to you? What can you do, or how is your cleanliness supposed to be when you find yourself in such a situation? Is there a way your hygiene should be differently when you have sex with a lady on her menses?**

R3: Donge ka iseneno kamano donge ikawo pi besen miluokri iluok kiseluokri iyweri miruakri

R3: Once you see that, you will take water in a basin and bathe, you bathe, dry yourself up and dress up.

**M: Yes, iluokori**

**M: Yes, you bath.**

R8: Kiseyudri ni ingi remo, dawa ni kuchukua maji na kujiosha ama uende kwa bafu

R8: Once you find that you have blood, solution is taking water and cleaning yourself or going to the bathroom.

**M: Okay un gi the same idea. Yes, namba 5**

**M: Okay, you have the same idea. Yes, number 5.**

R5: Awachoni ka idhi gi nyako moro matin kata ka en chiegi, idhi inindo kode nitie uchafu moko madhi dong e nini makitieko iseluokri isetieko kila kitu iler sama idhi layo cha idhi haja ndogo idhi winjo ka gino lit sam ilayo cha ee koro seche go ema idwa dhi manyo daktari then sijui kama kama imanyie yadh nyaluo, ingeni sanasana wan waheroga tiyo gi yath nyaluo ma imadho cha

R5: I am saying, if you have sex with a young lady even if she is your wife, there is some dirt that will remain on the whatever even after you have finished, you have bathed and finished everything and you are clean, when you go to pass urine, you go for small call, you will feel some pain, and that point you want to go and look for a doctor, and then, I do not know where you will find the herbs, you know we mostly prefer using herbs that we drink.

**M: Nikech tuo, gima timino timi nikech idhi gi nyako manie dwe.**

**M: Because you are unwell? That happens because you have had sex with a woman on her periods?**

R5: Manie dwe

R5: Who is on menstruating.

**M: Yes, namba 7**

**M: Yes, number 7**

R7: Nimeskia swali lako ya kwamba ni nini haswa unafaa ufanye ukienda na msichana si mwenye ako kwa period as per your question lakini umeenda na msichana na ukaona damu kwa dudu lako ama kwa penis yako hapo ameeleza hivyo, si yule…yule tayari tunajua yuko na damu lakini hapa umeenda na mtu ukaona damu kwa dudu lako, hiyo ya kwanza hiyo ni unajua you must understand ya kwamba damu si rahisi kuonekana any howly unless kitu imekukataa unaweza ona damu ya kwamba umeenda na yeye forcefully na ukakuwa na intercourse na ikakuwa ngumu ikakuwa na crack hiyo pia iko hapo, unaweza kuona damu labda ndio anatarajia hiyo, unaweza ona dama ya kwamba ako na infection fulani ndani, so precautions to take when you have a sexual intercourse na ukaona damu ni ya kwamba one, I was told you take warm water you base or you wipe the penis then immediately, immediately you run to the hospital for you uangaliwe both of you sio mmoja both of you, you go to the nearby clinic or nearby hospital then you check the cause or where the source of the blood, you don’t take it for granted uone tu kama mchezo then you get help.

R7: I have heard your question, that what exactly should you do when you have sex with a lady who is not on her menses, as per your question, but you have had sex with a lady then saw blood on your penis, like she has explained, that one… that one we already know has blood but you have had sex with someone then saw blood on your penis, first of all, you must understand that it is not easy to see blood anyhow unless you have are cut, you will see blood is you have had sex with her forcefully and you had an intercourse and you got a crack in the process, that is also there, you can also see blood when maybe she is about to start her periods, you can also see blood if she has some type of infection there, so, precautions to take when you have a sexual intercourse and you see blood is that one, I was told you take warm water you base or you wipe the penis then immediately, immediately you run to the hospital for you check-up, both of you, not one person but both of you, you go to the nearby clinic or nearby hospital then you check the cause or where the source of the blood, you don’t take it for granted and think it a joke, then you get help.

**M: Okay. Tukiendelea what are your thoughts about a woman using tissue or something similar inside to stop blood from flowing during sex, wawuondreni iyudo sex worker kata jaodi manie go e ot en e dwe, odhi e dwe but sundo gik moko kuchocho mondo remo kik wuogi, what do you think of that? Kata sex worker manenie periods to osoyo gik moko…yes namba 6**

**M: Okay. As we proceed, what are your thoughts about a woman using tissue or something similar inside to stop blood from flowing during sex? Let’s assume that you find a sex worker or your wife you stay with at home menstruating, she menstruating but she has stuff things in there so that blood doesn’t come out, what do you think of that? Or a sex worker who stuff things in their while on her periods to …yes number 6**

R6: Saa zingine ako na ugonjwa fulani ndio maana ameona azuie Zaidi

R6: Maybe she is suffering from some disease so, she had decided to block it more.

**M: Azuie Zaidi ndio damu isitoke**

**M: Block it more so that blood doesn’t come out?**

R: Mmh

R: Yes.

**M: Aah yes namba 8**

**M: Aah yes number 8**

R8: Yo madhi gi penjoni ine mapenji (mmh), mano timore sama yani ka pads onge koso manotimore ka

R8: You are being ask a question that relates to this (mmh), does that happen because she lacks pads or what is happening?

**M: A sex worker nie periods, wateja en tiere godo okawo cotton wool kata tissue to onyumo iye kucho mondo remo kik wuogi, what are your thoughts about that? Yes, namba 2**

**M: A sex worker is on her periods, and she has clients so, she takes cotton wool or tissue and stuff in there so that blood doesn’t come out, what are your thoughts about that? Yes, number 2**

R2: Saa zingine anataka kuficha white yani ndio saa zingine partner wake asijue ana attend

R2: Maybe she doesn’t want her partner to know that she is on her periods.

**M: Kuficha white niku hide**

**M: What is to hide white?**

R2: Mmh, ama saa zingine hawa hiyo pesa ya kununua hizo sanitary pads sasa ndio maana anatumia hizo tissue ama hata hizo hata nguo kitu kama hiyo

R2: Mmh, maybe she doesn’t have money to buy sanitary pads so, now that is why she is using tissue or even the clothes and something like that.

**M: Yes, mwingine, namba 7**

**M: Yes, someone else, number 7.**

R7: Am getting confused alittle bit, can someone insert things in the (vagina from the background) vagina and at the same time you are fucking. Am tryibg to figure out that because am seeing the …….

R7: Am getting confused a little bit, can someone insert things in the (vagina from the background) vagina and at the same time you are fucking. Am trying to figure out that because am seeing the …

**M: Wengine wamjibu**

**M: Others to respond to that.**

**M: Mnaweza jibiwa, namba 6 unaweza wajibu**

**M: You can be responded to, number 6 can you answer him?**

**M1: Namba 6**

**M1: Number 6.**

R6: Iko

R6: It is there.

**M: Namba 2**

**M: Number 2**

R2: Si ni kitu yenye iko, anaweza

R2: But this is something that happens, she is able to.

R: Anatafuta riziki yake kila siku

R: She is looking for her daily bread.

R7: So the cotton will block the blood

R7: So, the cotton will block the blood

R: Hata tissue hata matress

R: Even tissue and mattress.

R: Tissue inavuta hiyo damu

R: Tissue absorbs that blood.

**M: Sasa namba 3 pia, tuko na namba 6, namba 2, namba 1 umewahi sikia kitu kama hiyo**

**M: Now number 3, we have number 6, number 2, number 1, have you ever heard of something like this?**

R1: Sijasikia, lazima atoe

R1: I haven’t heard, she must remove it.

**M: Utajua je ameingiza vitu ndani**

**M: How will you know that she stuffed things inside?**

R: Lazima ajue kama uko hot tayari

R: She has to know when you are already hot.

**M: Kama uko hot tayari utajua, yes namba 8**

**M: When you are hot you’ll know, yes number 8.**

R8: Can even insert your penis inside the vagina, while the things are inside there

R8: Can even insert your penis inside the vagina, while the things are inside there

R: Cotton wool usually

R: Cotton wool usually

R8: You will get it shallow (laughter)

R8: You will get it shallow (Laughter)

**M: Haya tukiendelea, damu ya mwezi na hii dau ingine, kuna tofauti?**

**M: Okay, as we continue, is there a difference between menstrual blood and the other blood?**

Chorus: Eeh

Chorus: Eeh

**M: Tofauti upi?**

**M: What is the difference?**

R: Hiyo ni chafu, ya mwezi ni chafu

R: That one is dirty, menstrual blood is dirty.

R3: Ya mwezi iko na harufu

R3: Menstrual blood has an odor.

**M: Ya mwezi iko na harufu**

**M:** Menstrual blood has an odor.

R3: Na hii ingine kitu imekukata haina harufu

R3: This other one when you are cut with something doesn’t have an odor.

**M: So ziko tofauti, namba 2**

**M: So, they are different, number 2.**

R2: Na support tu kenye wamesema

R2: I support what they have said.

R1: Hata ya mwezi ukiangalia inakaa inakuja black black (black black itakuwa imeshikana shikana from another participant)

R1: When you look at the menstrual blood it is almost blackish in color (it is blackish and has clots from another participant)

**M: Namba 4**

**M: Number 4**

R4: Na support tu wenye wamesema

R4: I support what they have said.

**M: Damu ya mwezi ni tofauti na hii ya kawaida hii hata mtu kama ana bleed kwa mapua hiyo damu ni tofauti nah ii ya chini**

**M: Menstrual blood is different from this normal blood, like when someone is nose bleeding, is the blood different from the blood down there.**

R: Kabisa

R: Totally.

**M: Yes**

**M: Yes**

R8: Halafu hii ya chini I think inakuja watery

R8: And then I think the blood down there is almost watery.

**M: Ile ingine ni thick**

**M: The other one is thick.**

R8: Hii ingine inakuwa thick

R8: This other one is thick.

**M: Hii ya**

**M: Which one?**

R: Ya ajali

R: The accident one.

**M: Hii ya ajali, nani ako na hisia tofauti**

**M: The accident one. Who has a different opinion?**

R7: But the fact remains they are all blood, hiyo pia iko (laughter)

R7: But the fact remains they are all blood, that is also there. (Laughter)

**M: Yeah they are all blood in terms of being blood or being different in a way, we just want to know the clear cut where are we, tunakutania wapi kwa utofauti na usawa, yes so ebu explain yourself**

**M: Yeah, they are all blood in terms of being blood or being different in a way, we just want to know the clear cut where are we, where do we meet on the differences and similarities? Yes, so please explain yourself.**

R7: Actually MP blood is like an exhaust that is the difference, it is an exhaust

R7: Actually, MP blood is like an exhaust that is the difference, it is an exhaust

**M: Like an exhaust is ile engine isha run sasa inatoka**

**M: Like an exhaust is that that has been left running for a while so it is leaving.**

R7: Yeah

R7: Yeah

**M: Halafu hii ingine ni**

**M: What about this other one?**

R7: This one is still on the pipe line

R7: This one is still on the pipe line

**M: Haija ikingia ndani ya ndani vizuri… somebody else with a difference opinion, yes namba 2**

**M: It hasn’t sunk in well … somebody else with a difference opinion, yes number 2**

R2: Mimi nadhani hiyo menstruation blood siwezi sema ni blood ya kawaida juu hiyo ni ovum yenye ishakuwa crushed kitu kama hiyo, ndio ika form hizo design

R2: I think the menstruation blood, I can’t really say that it is the normal blood, because that is a crushed ovum or something like that, then it formed those designs.

**M: Okay**

**M: Okay**

**M1: Imekuwa crushed na nini**

**M1: What has crushed it?**

R2: As in hiyo sijui nitasemaje

R2: As in, I don’t know how I can say it.

R3: Nikama oil ishatumika kwa pikipiki inabadilishwa ndio sasa damu mbaya ni

R3: It is like used up oil on a motorcycle so it is being changed, that is the bad blood.

**M: Oil ambayo imechafuka**

**M: Oil that is now dirty.**

R3: Imechafuka, sasa inafanya pikipiki haikimbi sasa inabidi aitoe itoke

R3: It is dirty, so it makes the motorcycle not to function well, so it has to be removed.

**M: Yes, namba 2 you want to say something**

**M: Yes, namba 2 you want to say something**

R2: Sasa vile nilikuwa nasema hiyo yenye ilikuwa crushed sa niju ikikuja kumeet mwenzake ile kuwa sa itakuja kuna vile huwaninafanywa huku ndani yani kuna vile hiyo hufanywa huku ndani sasa inasiagwa siagwa sasa…

R2: Now like I was saying, the one that was crushed it is because when it comes to meet the others, as it comes there is a way it is usually done in there, I mean there is something done to it in there that crushes it.

M: Inatoka

M: It comes out.

R2: Aah

R2: Aah

**M: Okay, sawa tukiendelea tutajua ni damu gani, kuna tofauti upi na pia tutajua hiyo process yote vile tulisema hapo awali, process ya menstruation inafanyikaje vipi, sindio. Sawa tuliendelea nataka tu kuuliza kuna tofauti nitie pogruok kaidhi gi jaodi ka nie dwe koso ka idhi gi sex worker koso partner ni moro amora nitie tofauti kaponi ne in gi jaodi e ot to iyudoni ne en e periods kata ne ok owachoni, ti dhi kode ka en e periods nitie tofauti ka idhi gi sex worker ka nie periods? Yes**

**M: Okay, alright. Moving forward we shall know which blood, the differences and we shall also know the whole process like we said earlier, how menstruation process takes place, right? Alright, is there a difference when you have sex with your wife while she is menstruating, or sex worker or any of your partner. Is there any difference if maybe you were with your wife at home and you found out she is menstruating and she didn’t tell you and you have sex with her, is there a difference when you have sex with a sex worker when she is menstruating?**

R: Yes, nitie tofauti

R: Yes, there is a difference.

**M: Tofauti mane?**

**M: What difference?**

R8: Tofauti en ni jaodi biro kweri ni an to an marach, to sex worker nikech en ngama nie tich ibiro yudo okawo bla bla go osoyo mondo omodho go remo mondo otuo ka eto in idhi donje unknowingly, yes

R8: The difference is your wife will warn you that she is not okay, but sex worker, because she is at work, you will find that she will take blab la bla and stuff them in there so that they absorb blood then you will go in there unknowingly, yes.

**M: To gima penjo kendo jaodi ne kia dates ge, donge namba 7 nokonowa ka kawachakoni tinde kata tarig no mondo ji ofuate samoro tek ne jomoko, nikech weche mag family planning maji tiyogodo donge. Wawuondreni jaodi nekia ni periods ne dhi biro usedhi kode eka ifwenyoni ee to kara ne ok abera ahinya to kifwenyo ni sex worker kata girlfriend ni ema nenigi periods to ok owachon, nitie tofauti kaka ibiro react?**

**M: What I am asking again is this, when your wife is maybe your wife doesn’t know her dates, number 7 told us when we were starting that nowadays it is hard for people to keep tabs of the dates, because of family planning methods that they use. Let’s assume your wife didn’t know that her menses would come, you have already had sex with her then you realize that she is in her menses and if you realize that a sex worker or your girlfriend is on her menses but she didn’t tell you earlier is there a difference in the way you will react?**

Chorus: Eeh

Chorus: Eeh

**M: Ema apenjono, ibiro react nade namba 3**

**M: That is why I am asking, how will you react, number 3.**

R3: Yani utafeel tu yani ungejua hungefanya singe fanya sasa inakutoa (morale from the background) kuna mwenye morale itatoka huwezi taka, hata kama ulitamani kwenda mara tatu hiyo moja umeenda tu hiyo hutatamani kwenda tena

R3: I mean you will just feel like if you knew, you wouldn’t have done it, I wouldn’t have done it, now it reduces (morale from the background) there is someone whose morale will stop completely, you cannot want to again even if you really desired to go for the third time, the only one that you’ve had you won’t want to go again.

**M: Na bibi yako?**

**M: With your wife?**

R3: Bibi yako inalingana sasa vile mutaendelea kama utamwambia vile amesema utamwachia upande wake

R3: Your wife, it will depend on how you will proceed you will tell her what s/he said then you will let her have her way.

**M: Namba 6**

**M: Number 6**

R6: Mimi naona tu kama ameniambia hivyo ni kama madharau amenifanyia madharau

R6: I feel like if she tells me that, she has despised me

**M: Huyo sex worker**

**M: The sex worker?**

R6: Eeh

R6: Eeh

**M: Na bibi yako?**

**M: What about your wife?**

R6: Wote tu wako hivyo

R6: All of them are just like that.

**M: Wote, bibi hiyo ni madharau**

**M: All of them, even your wife has despised you?**

R6: Mmh

R6: Mmh

**M: Na kama hakuwa anajua, kama bibi hakuwa anajua, tuseme mumeshtuka tu umemaliza ndio unaona uko na damu kwenye uume wako, halafu yeye pia ndio anaona maybe bedsheet yenye alikuwa ametandika kuna damu hakuwa anajua, reaction yako itakuwa vipi na bibi compared to na sex worker? Yes, namba 7**

**M: What if she didn’t know, what if your wife didn’t know, let’s say you have just begun and you are both surprised to see that you have blood on your penis and also, she is also that the bedsheet has blood, and she didn’t know, how will you react to you wife compared to sex worker? Yes, number 7.**

R7: I think venye tulikuwa tunaanza mjadala wetu tulisema ni vipi wanaume wanafaa waelewe mambo ya monthly period, ukishaelewa ukishafundishwa na uelewe, naimefika mahali kitu kama hicho kimetokelezea ama kimejitokeza, automatically utakuwa unasema nilishakuwa na information vile hii inakuanga ya kwamba ulishaambiwa hii kitu inapore saa zingine kama hujui especially saa hizi nishaeleza. So ukishajua maneno ya monthly period hata ukuwe na sex worker ama ukuwe na bibi yako the only thing inafaa ujue ushaelewa, so like me, I can testify I had sexual intercourse with a lady namaliza tu shot yangu ya tatu pap damu ndio hiyo, it means hakujuwa hakuwa anajua hiyo kitu ita and that thing unaweza maliza ngono pap na ndio inaanza inamaanisha time and date was almost lakini hakutoa signs zake haikutoa signs zake naukafanya hiyo jambo lako lakini ukishamwaga tu pap ukitoa hiyo ya mwisho ndio unaona damu iko. So after kujua ulishafundishwa ama ulishakuwa na idea utaambia bibi sawa ishakuwa ishakuwa toa tu hizo vitu uoshe kama ni sex worker utamwambia, sasa tofauti na sex worker ni hii saa zingine ulikuwa unataka kwenda tatu ama mbili naumeenda moja si pesa yako ndio inafanya inamaanisha contract imeisha na hapo

R7: I think when we started our discussion we said that, how can men be able to understand issues of monthly period, once you understand, you have been taught and you understand, and gets to a point when such a thing happens, automatically you will say I have information how this happens, like you were told this thing comes as a surprise sometimes when she doesn’t know especially now as explain. So, once you know about monthly period, whether you are with sex worker or your wife the only thing you should know is that you already understand, so like me, I can testify I had sexual intercourse with a lady and immediately after finishing my third shot, there was blood, it means she didn’t know, she wasn’t aware that that will… and that thing can start just after you have finished having sex, meaning time and date was almost but she did not present any signs, hers did not show any signs, but once you finish your last shot then you see blood. So, after knowing, you were taught or you got an idea, you will tell your wife, it is okay, it has already happened, just remove those things and clean them. If she is a sex worker, you will tell her, okay now the difference with a sex worker is this, maybe you wanted to go thrice or twice, and you have only gone once, and because you are paying for it, then it means the contract ends there.

**M: So kwa sex worker contract imeisha na hapo**

**M: So, with a sex worker the contact ends there?**

R7: Imeisha na hapo

R7: It ends there.

**M: Lakini kwa bibi nayo unaelewa,**

**M: But with your wife you will understand?**

R7: Unaelewa

R7: You understand.

**M: So reaction yako ya sex worker utakuwa umekasirika kidogo**

**M: So, your reaction to the sex worker is you will be a bit pissed off?**

R7: Kwasababu ulikuwa unataka kwenda labda mbili kulingana na hela zako kwa mfuko na tayari….

R7: Because you wanted to have sex with her maybe twice depending on the money in your pocket and already…

**M: Ok itieko pesa ni**

**M: You haven’t depleted your money?**

R7: Aa okitieko pesa ni (laughter) but you can get another one also

R7: No, I haven’t exhausted my money (Laughter) but you can get another one also.

**M: You can get another one, so in other words you can opt to get another sex worker, na si pesa huwa mnapeana**

**M: You can get another one, so in other words you can opt to get another sex worker, it is not like you give out money?**

R7: For a contact for that….

R7: For a contact for that….

R: Shot moja unampea unaingia kwa room, ukimaliza ukitaka kuongeza tena unaongeza pesa

R: You pay for one shot, then get in the room, when you finish if you want another one, you add more money.

R7: Tena unaongeza pesa

R7: You add money again

**M: Sasa hutaongeza, utaenda kwa mwingine**

**M: So, you will not add more, you will go to another one?**

R7: Excatly

R7: Exactly.

**M: Ukiona kama ….sasa shot itakuwa imeishia hapo. What is your thought namba 5**

**M: When you see that… now shots will be over there. What is your thought number 5**

R5: Unajua seche moko nitie sex worker ma ijiamini kuome to ingeni mae to mara ga ma pile

R5: You know sometimes there is this sex worker whom you trust and you just know she is my usual one.

**M: Regular**

**M: Regular**

R5: Koro kata iwachoni odhi e period igoyi noma, iye iwang koro ichako iwuok idhi manyo kendo moro koso koro idhi tieko uchunguni gi ma ot koro lure gi jomoko be

R5: So, even if you say that she is menstruating you get so disappointed, you get annoyed you leave to look for another one or you just go home to cool your anger with the one at home, so it depends.

**M: Koro what is your take, will you get annoyed if it is a sex worker utaenda kwa mwingine atarudisha pesa ama kama ni bibi mutaelewa, that is what we are asking? (pause) Utaachana tu nayo hivyo ama utaendelea tu utamaliza tu**

**M: So, what is your take, will you get annoyed, if it is a sex worker you will go find another one and she will return your money or if it is your wife you will understand, that is what we are asking? (Pause) You will just let it go or will you continue and finish?**

R: Si ile ya kwanza ulishampea pesa tulishamalizana (participants talking at the same time)

R: But you had already paid for the first one and finished up (participants talking at the same time)

R: Halafu kisetieko halafu koro eka iwuok ni en kamae kamae en mana manamba iye owang uchako bodhru bodhru ni kode ni uwachoni we adhi amadh ngang’ona na mona na moro kata keg ahi e ot atiek mirima gi family

R: And then after you have finished... that’s when you are told this and that is happening, she is just like a tout, then you start lamenting amongst yourselves, saying let me go and drink some alcohol or buy maybe keg and cool my anger with family

**M: Koro gima watemo wachoni en ni ya ka en sex worker to ich wang’ moro to nyaka bede. matiendeni ya you are more linient when it is your wife but not the sex worker, okay sawa. Ulikuwa na jambo namba 4**

**M: So, what we are trying to say is that if she is a sex worker, there will be some anger afterwards, meaning you are more lenient when it is your wife but not the sex worker, okay, alright. Number 4, you had something to say.**

R4: Naweza ongezea tu

R4: I can just add.

**M: Eeh ongezea**

**M: Yes add.**

R4: Nitakuwa tu linient kama the blood has no effect, but kama iko nayo lazima nitakasirika kidogo

R4: I will only be lenient if that blood has no effect, but if it has, I have to be annoyed a little bit.

**M: Effect kama gani?**

**M: What kind of effect?**

R4: Infection yoyote tu

R4: Any kind of infection.

**M: Mtu ako na jambo before tuendelee, yes namba 8**

**M: Anyone with something else to say before we proceed, yes number 8.**

R8: Okay, kwa bibi yangu nikianza tu hivi na nione hiyo damu nigundue inatoka nitaelewa, kwasababu yeye niko naye kila siku. Lakini kwa sex worker nianze tu hivi na nione damu na hela pia nishampa nishamkabidhi itabidi anirudishie part of pesa (laughter)

R8: Okay, if I start having sex with my wife than I notice blood is coming out, I will understand, because I am with her every day. But a sex worker, if I just start and then I see blood and I had already paid her, she will be forced to return to me part of that money. (Laughter)

**M: Huwa wanarudisha? Wamewahi rudisha**

**M: Do they usually return the money? Have they ever returned part of the money?**

**Chorus: (participants talking at the same time) Aah harudishi… saa zingine….mtapigana**

**Chorus: (Participants talking at the same time) No, they do not return…sometimes…you will fight.**

R8: Roho yangu ingependa

R8: I would have wished.

**M: Roho yako ingependa**

**M: You would have wished?**

R8: Roho yangu ingependa anirudishie maanake hata ukiwa na yeye, wakati haujathegore pok iolo ne togoyi break nikech ongeni yudo ka gini biro, to ogoyi break ni ongeza pesa. Koso ok kamano jodalawa

R8: I would have wished that she returns because even when you are with her and you haven’t cleared with her, when you are about to release sperms she will but a break to it knowing this thing is coming, and she puts a break to it asking you to add more money. Is it not so?

Chorus: Eeh kamano (laughter)

Chorus: It is so. (Laughter)

**M: Mondo koro… (inaudible)**

**M: What for…… (inaudible)**

R8: Yani mar puko cha be yore (laughter continues)

R8: To mean they charm differently for releasing sperms (Laughter continues)

R: Kasto gi suchi lokore, gingiyo sura ka suchi lokore gingiyo sura

R: And also change of facial expression, they look at your face, and once it changes

**M1: Ka sura timo ang’o? (continues laughing)**

**M1: When the face does what? (Continues laughing)**

R8: Koro abe sama achako kaneno remo to waweyo gi kanyo to oduokona that pesa nikech abe akethone time nikech sama ne an kode kani mteja moro okadhe e dhot, koro oduokona that pesa

R8: So, I also stop there when I start and I see blood and she doesn’t return my money because I has also wasted her time because while I was with her, she missed a client, so she doesn’t return.

R8: To ok giduokga mayom, (en dhao) gibe ingeni nyisoni ni inindo gi ng’ane to ok ichule kendo onyalo keloni soo kama intiereno. Onge Malaya manyalo moyie dhi kodi e odi, kitu ya kwanza kineno Malaya moyie dhi kodi e odi enani imiye pesa maber, to pesano ingeni oweyo Kanye…ir soldier kama ikawe no. Koro kitambo ipog pesa e diere en lweny kanyo koro in iweye aweya to kiamua ni ipuko remono to idhi adhia odi salama. An pok aneno Malaya ma oduokone ngato pesa. (participants talking at the same time)

R8: They do not usually return the money smoothly, (it is a fight) you know on their end it shows that you slept with her and didn’t pay, she can really cause a show where you are. There is no sex worker who can agree to go with you to your house, first of all if you see a sex worker agreeing to come to your house that means you are giving her a lot of money, and do you know where she will leave that money? With the solders where you will have picked her. So, by the time you divide this money into half it will be a struggle, at that point you just decide to let her be and you pour out the blood then go home safely. I have never seen a sex worker returning money (Participants talking at the same time)

R7: And again the difference with the one the sex worker you know they don’t always accept free intercourse you understand that ile ya nyama, bibi unaweza fanya nay eye ile ya nyama, so utapata wanaume ya kwamba kitu kama hiyo ikitendeka kama ni sex worker itakuwa ndani ya … we utakuwa ndani ya balloon ya mpira, so wengine wataamua wamaliza tu because there will be anaona ako safe kidogo (M: protection), na itakuwa na protection so wengine wataamua wamalize because ukitoa ni condom ndio itakuwa na damu si yako.

R7: And again the difference with the one the sex worker you know they don’t always accept free intercourse you understand the one without protection, you can have sex with your wife without protection so, you will find that for the man if such a thing happens when she is with a sex worker, it will inside the … you will be inside a balloon for a ball so, some will decide to just finish because there will be…he feels like he is a bit safe (**M: protection**), and there will be protection so, some will decide to just finish because when you it, it is the condom that will have blood.

**M: Na wenye hawapendagi kuvaa condom? Wanaume wote wanavaa condom wakienda na sex worker?**

**M: What about those who do not like wearing condom? Do all men use condom when having sex with sex workers?**

R: Unaona na Malaya mwenye anafanya umalaya hakuna mwenye hakosi condom

R: You see, there is no sex worker who doesn’t have condoms.

R: Hata kubali

R: She will not agree

R: Hata kubali ulale na yeye bila condom

R: She will not agree to have sex with her without a condom.

R: Unless she is drunk ama ameku trust

R: Unless she is drunk and she trusts you.

R: Si rahisi

R: It is not easy.

**M: Ooh most of them have the condoms with them**

**M: Ooh most of them have the condoms with them**

R: Tena wako nazo kwa kibeti yake hiyo ako nayo

R: Actually, she has them in the bag that she has with her.

**M: Okay, sawa**

**M: Okay, alright.**

R1: Kuna Malaya types mbili, kuna yule ambaye anakuambia na condom pesa fulani bila condom pesa Fulani

R1: There are 2 types of sex worker, there is one who tells you different price for sex and sex without a condom.

**M: Ooh so kama bila condom kuna cost**

**M: Ooh, so there is a cost for sex without a condom?**

R: Eeh

R: Yes

**M: They will charge you differently when you are using a condom or when you are not using.**

**M: They will charge you differently when you are using a condom or when you are not using.**

R: Na wewe ukisikis hiyo pesa naunajua nyama kwa nyama ni tamu kushinda na condom, sasa wewe ukisikia hiyo pesa ni wewe mwenyewe ndio utawin. Nyama kwa nyama hiyo kitu ni tamu

R: And when you hear about the cost, and you know meat on meat is sweeter than using a condom, when you hear about the cost, you are just going to win. Meat on meat is so sweet.

R: That is very risky, it is not advisable

R: That is very risky, it is not advisable

**M: Ni tamu kushinda condom**

**M: Is it sweeter than using a condom?**

R: Condom inakupotezea starehe saa zingine (laughter)

R: You lose some comfort when you use a condom (Laughter)

**M: Okay sawa, tukiendelea nataka kuelezea kwa mafupi about the menstrual cycle ile tulikuwa tunasema tukianzia before wacha niendelee na kuonyesha hii reproductive system ya wanawake, damu ya mwezi na damu ya kukatwa ama ile ya accident mulikuwa mnasema ni same. Hakuna damu iko tofauti, ni same blood. Hamjasikia mwanamke akienda kuzaa n awengine wanasema amebleed mpaka akafa, wakati anableed mpaka akufe hiyo damu yote inatoka through the vagina, zingine hazitoki kwa mwili (zinatoka kwa mwili from the background)? Si wanasemanga ako na aneamia mpaka wakiangalia hivi hakuna damu, kwa nini? Si ni same blood.**

**M: Okay, alright. As we continue, I want to briefly explain to you about menstrual cycle, that which we said wat the start. Let me continue showing this female reproductive system, menstrual blood and the blood that flows when one is cut or during an accident is the same, there is no different blood, it is the same blood. Haven’t you heard people saying that the woman who went to give bled to death? When she is bleeding to the death, that blood is coming out through the vagina, others do not come from the body (They come from the body), no? they usually say that she has anemia to a point they don’t see blood when they check, why is that? It is the same blood.**

R: Blood system

R: Blood system

**M: Sasa nataka nitoe hiyo myth ama taboo nataka kupata kuwa tuweze kujuwa, wa ng’e gik ma right gi gik ma wrong. Blood is the same whether it is menstrual blood or it is nose bleeding, or you are bleeding from any other part, damu ni damu hiyo ndiyo nilikuwa nataka nielezee ya kwanza. Ya pili hata ukienda na mwanamke mwenye ako hedhi hakuna ugonjwa anakupea damu ya hedhi haina ugonjwa yoyote ile mnaita rariw hiyo haiko. Kama mtu akao na rariw akao tu na rariw yake yenye amepata through**

**M: Now, I want to demystify that myth or taboo, I want us to be able to know the right things and the wrong things. Blood is the same whether it is menstrual blood or it is nose bleeding, or you are bleeding from any other part, blood is just blood, that is what I wanted to explain to you first. Second, even if you have sex with a woman who is on her menses, you will not get any disease, menstrual blood doesn’t have any disease the one you call pelvic inflammatory disease is not there. If some is suffering from rariw that is just him that he got through…**

R: Na sigete

R: What about sigete?

**M: Hiyo rariw munasema ni pelvic inflammatory disease, pelvic inflammatory disease inaweza kuwa an STI, infection yenye imepatikana kwa ngono ama vaginal infection tu ya wanawake ama UTI Urinary Tract Infection. Tunaelewana vizuri**

**M: That disease you are saying is pelvic inflammatory disease, pelvic inflammatory disease could be an STI infection is contracted through sex, or just female vaginal infection or UTI Urinary Tract Infection. Are we understanding well?**

R: Yes

R: Yes

**M: Hiyo sigete yenye mnasema those are myths, hakuna vile damu ya hedhi inabeba ugonjwa yoyote en remo kaka moramora wawinjre nyaka kanyo**

**M: The sigete that you are talking about is a myth, there is no way menstrual blood carries any disease, it is like any other blood. Are we in agreement up to that point?**

R: An gi penjo

R: I have a question.

**M: Yes**

**M: Yes**

R: Gi kama igike no wanyalo yiere ni giin remo maricho mabedo discharged

R: Up to that point, can we agree that this is bad blood that is being discharged?

**M: Ema adwa explain kaka gino timore nyaka remono wuogi. Ok adwani aluongeni remo marach en remo mawuok every 23 -35 days every month in a woman wanaenda through menstrual cycle or menstruation. Koro bang ndalo 23-35 dwe ka dwe dhako dhi e dwe, nitiere gik manyalo mono dhako dhi e dwe dwe ka dwe, kaka family planning kaka ngato nosewach cha samoro environment ma entie, samoro yedhe maotiyo godo samoro en gi tuo moro nitie yath moro maotiyogo manyalo mone dhi e dwe, wawinjre maber. Samoro be omako ich, mako ich bende nyalo mono ngato dhi e dwe, donge dhako maomako ich ok onego bedni dhi e dwe, yes. Koro nitiere gik manyalo mono ngato dhi e dwe dwe ka dwe, but each and every month nyathi manyako kata ngama miyo dhi e dwe mano is the normal ka ok wawacho reasons moko ka, wawinjre nyaka kanyo. Dhi e dwe dhiga between 3-7 days, mano ema average (maximum from the background) ndalo 3-7 mae be ngato nyalo dhi mangeny kata onyalo dhi oextend nyaka ndalo 10 kata ndalo 14, luoregi gik manyalo miyo mano timore. Kaka vile onyalo bedoni oyach yes, but nitie jomoko maka yach to remo wuok matin matin ka gima ich dwa wuok to bende cho ok wuogi. Samoro onyalo bedoni otiyo gi family planning, to family planning ni motiyogoni kochako dhi e dwe to extend, samoro onyalo bedoni en gi tuo moro e iye, kata ni growth moko nitie e uterus kata ei mfuko mar kalo nyathi manyalo miyo kochako bleeding to odhi bleeding mangeny, samoro onyalo bedoni osone family planning kaka coil, samoro coil ngato ka osone onyalo bedoni obleed mangeny, nitie reasons mangeny ma ngato nyalo dhi godo o bleed more than days maonego o bleed. But ma average mosetimne nonro en ndalo 3-7 to mae timore kuom ndalo 23 -35. Sama dhako dhi e dwe onyalo bedo gi mood swings, onyalo bedo gi ich makecho, onyalo bedo ni ool aola, jomoko nyalo bedo gi appetite mani malo, jomoko be nyalo kata ng’ok sama odhi e dwe. Mago gin gik matimore ni ji maopogore opogore depending on kaka maumbile ni chalo. Ema omiyo ineno samoro ka ngato tiyo gi family planning donge oseng’e maber ni anto sindan no otama, an misoyo e bat ni ema winjore e denda nikech ji are tofauti, donge, people are different and hormanal balances of each and every woman are different. So that is why you will find differences in hormanal imbalances, you find differences in the days that they go for period, you find differences in the days the cycle comes back, that is why I was talking about 23-35 days, that is the average. Sama gi dhi e dwe remo mawuok dhi e pad kata gima gitiyogono en about 5mls kata kijiko maduong cha ma ichiemogo cha but nitie joma pod nyalo wuok mangeny donge ingeni ngato nyalo dhi kata ndalo adek but mangeny otiyo kata gi pads mangeny moloyo kata ngat machielo, koro basically that is about menstruation. Koro mae en reproductive system mar joma mine kata model manyiso kaka duong mar ngama mama chalo. Wan kae gi ovaries, magi ovaries kuonde matong iloso chalo iluongo nang’o (factory from the background) factory maloso tong mar ngama miyo, kasto wantiere ka gi vagina kata kuma wa have godo sex, wantie gi cervix kata dho mfuko kama nyathi nitie malo kucho koro ka endi en gi dholuo cervix, kasto wantiere gi mfuko mar nyathi kata the uterus, wan gi fallopian tubes, tubes gi ema sama ngato have sex, ineno marochere rochere gi magi are just models molosalosa machalo kaka sperms kata spermatozoa. Koro gi have sex gi ngama miyo ideposit your semen here, semen ocontain sperms kata spermatozoa kaka ungiyo luongoni sperms donge sperm ema fertilize egg koro oringo ka obiro malo kamae okalo uterus odhi nyaka e fallopian tube kae koro yudo koponi nitiere egg ma mature osebedo released from the ovary kasto giromo ei fallopian tube ka, ka ema fertilization timore an egg and some spermatozoa meets at the fallopian tube and then fertilization occurs inside the fallopian tube, wawinjore nyaka kanyo. Once the fertilization has occurred this fertilized egg will travel along the fallopian tube and comes and plant itself on the walls of the uterus kae e mfuko kae koro nyathi biro chako grow. When this process is happening prior to the fertilization, the uterine wall would have been thick kata vascularized as in blood vessels gi tissue mangeny bedo kanyo mondo orito nyathi mabedo fertilized cha mondo obi o implant kae if fertilization occurs. And this one happens immediately manyako osebedo e periods, adhi explain how periods occurs but it starts developing polepolethe vascularization of the uterine wall ma incase ni fertilization otimore to this fertilized egg bedo gi soft landing e uterus ka mondo nyathi o implant ka ochak grow mabed nyaka 9 months to inyuole. Wawinjore nyaka kanyo, gima timore en kama sama dhako osebedo gi periods, the 14th day in the days mane wakuano ka, en fertile kata egg osebedo mature in the ovary kae. Ma kohave sex, during that period to onyalo mako ich. Mako ich en ang’ono fertilization of the egg, implantation of the fertilized egg in the uterus. Wawinjore nyaka kanyo.**

**M: That is what I want to explain how it happens until the blood comes out. I do not want to call it as bad blood, it is blood that comes out every 23 -35 days every month in a woman, they go through menstrual cycle or menstruation. So, after 23-35 days every month a woman will have her menses. There are things that can deter a woman from having her periods monthly, like family planning use, someone had said that maybe her environment, maybe the drugs that she is on, maybe she is ailing and one of the drugs can make her not to have her menses, is that clear to us all? Maybe she is even pregnant, pregnancy can also make a woman not to have her menses, a woman who is pregnant is not supposed to have her periods, no? So, there are things that can make someone not to have her periods every month. But each and every month if a girl or a woman have her menses every month, that is normal if we do not talk about those other reasons. Are we together up to that point? Menstration happens between a period of 3-7 days, that is the average (maximum from the background) 3-7 days, even this one someone can go for longer days or she can even extend to 10 or even 14 days, depends on the reason for it happening. Like she could be pregnant, yes, but there are people who bleed little by little while pregnant as though she is about to miscarry, but she doesn’t miscarry. Maybe she is using a method of family planning, and this method of family planning that she is using makes her extend her menses days, maybe she has an infection in the stomach, or maybe some growth in the uterus or in the birth canal that causes her to over bleed when she starts to bleed, maybe she is using coil as a method of family planning, sometimes coil causes some people to bleed more, there are several reasons that can make someone to bleed longer than she is supposed to. But the average that has been researched on is 3-7 days, and that happens in 23 -35 days. When a woman is menstruation she could have mood swings, cramps, she could just be tired, some their appetite increases while some can even vomit during their menses. Those are things that happen to people differently depending on how you were created. And that is why, sometimes when someone is using family planning, she already knows that she doesn’t do well with injectables, I am okay with the one inserted in the arm because people are different, right. People are different and hormonal balances of each and every woman are different. So that is why you will find differences in hormonal imbalances, you find differences in the days that they go for period, you find differences in the days the cycle comes back, that is why I was talking about 23-35 days, that is the average. During menses, the menstrual blood that goes to the pad or whatever she is using is about 5mls or the big table spoon, used for eating, but there are those who bleed more, you know that someone can bleed for 3 days but she has used so many pads compared to someone else so, basically that is about menstruation. So, that is a women reproductive system or model showing how a woman’s reproductive organ looks like. These are ovaries, these are ovaries where eggs are formed, they look like…what are they called (factory from the background) factory that manufactures a woman’s egg. And then we have vagina, or where we have sex with, we have cervix or the neck of the uterus, and then we have a baby’s porch or the uterus, then we have fallopian tubes, these tubes are the ones that when one is having sex, you see these whitish ones, these are just models made that looks like sperms or spermatozoa. So, when you have sex with a woman you deposit your semen here, semen contains sperms or spermatozoa or how you are used to calling it sperms, it is sperms that fertilize egg, so it will run and come up here, past the uterus to the fallopian tube. So, here sperms will meet a mature egg ma mature that has been released from the ovary and then they meet here in the fallopian tube. This is where fertilization takes place, an egg and some spermatozoa meet at the fallopian tube and then fertilization occurs inside the fallopian tube. Are we together up to that point? Once the fertilization has occurred this fertilized egg will travel along the fallopian tube and comes and plant itself on the walls of the uterus, this is the baby’s bag where a baby will start to grow in. When this process is happening prior to the fertilization, the uterine wall would have been thick or vascularized, as in presence of many blood vessels and tissues to protect that baby that has been fertilized to be implanted here if fertilization occurs. And this one happens immediately a woman has had her periods, I will explain how periods occurs but it starts developing slowly by slowly, the vascularization of the uterine wall so that just in case fertilization occurs this fertilized egg will have a soft landing in the uterus so, that the baby that has been implanted can start to grow, and stay there for 9 months then the baby is born. Is that clear? All these happens after a woman has had her periods, the 14th day, in the days that we used to count, she will be fertile or an egg is mature here in the ovary. So, if she has sex, during that period she will become pregnant. What is becoming pregnant? It is fertilization of the egg, implantation of the fertilized egg in the uterus. Am I clear?**

R: Mmh

R: Mmh

**M: In the event ni fertilization ok otimore, kata mama tiyo gi family planning moramora maotiyo godo fertilization nyalo timore yes, but onge implantation mabiro timore ka nikech family planning cha biro mono implantation timore, wawinjore nyaka kanyo. Koro dhako nyalo…mano biro mana wuok fertilized egg biro mana luar kuchocho koponi oko dhi e period nikech nitie family planning moko ma jomoko katiyogo to ok one malo donge mano useneno kata usewinjo, koro sama fertilized egg ni endi ok obedo implanted to the uterus mane obedo thick kane wait ni fertilization otimore cha koro owuok mano e periods ochwer, those tissues manitiere e wall mane uterus gi iye ka gi remo no te wuok kaka period. Koro mano e menstrual period mar ngama miyo, wawinjore maber.**

**M: In the event that fertilization doesn’t happen, or a woman is using any method of family planning, yes fertilization might take place, but implantation will not. Am I clear? So, a woman can…that will just come out, the fertilized egg will just fall there if she will not have her period because she is using family planning method that when other use they miss their periods. So, when this fertilized hasn’t been implanted to the uterus, that which thick as it was awaiting fertilization to take place, that is the menstrual blood that comes out, those tissues that are on the uterine wall and the blood comes out as menstrual blood. So, that is what we call a woman’s menstrual period, Am I clear?**

R: Mmh

R: Mmh

**M: Ngato nyalo penjoni ang’o maomiyo sama owuokno to odum, nitie vaginal fluids ei vagina ka ei ngama miyo ma ko mix gi remo mawuok ni to haruf no odum kata mana mama ma normal ma onge gi period at one point, ka ok oluokre odum koso okodum,**

**M: Someone might ask why a woman has some smell when she is on her menses, there is something called, vaginal fluids inside a vagina inside her, so when the fluids mix with menstrual blood, it causes that smell, or even a woman on her normal time, when she is not In her periods at one point if she doesn’t bath well she will have a bad odor.**

R: Odum

R: She has odor.

R: Hata akitembea (laughter)

R: Even when she is walking. (Laughter)

**M: Donge obiro dum, koro mano e gima kelo harufu manie blood cha. Yes, because o mix gi those vaginal fluids sama owuok cha kasto koro obedo gi harufu. And remember any blood kata sani dang gimoro dang ng’adi kae kose ng’adi koponi after sometimes donge nyaka clotting factor biye kata gik mamiyo remo… remo mo clot chal nade? Remo mosewuok e dendi mosewuok e vessels**

**M: But she will smell, that will what will make the blood to have that smell. Yes, because it has mixed with those vaginal fluids when coming out, then it develops an odor. And remember any blood even if something cuts you right now after sometimes the clotting factor must be there, or things that will make blood to… how does blood that has clot look like? Blood that has come of your body and out of the vessels.**

R: Otuo

R: It is dry.

**M: Onego bedni okobibedo rangi makwar moro ma oxygenated cha machal gi mar**

**M: It should not be having the red color that oxygenated blood has.**

R: Ma black black

R: Is it backish.

**M: Eeh nikech en remo mosebedo exposed ok en remo manie vein, wawinjre nyaka kanyo. Yes, koro mano e process of menstruation, mano e kaka remo wuok e dend ngama miyo. Ngama nigi penjo nyaka kanyo?**

**M: Yes, because it is blood that has been exposed, it is not blood that is in the vein. Am I clear? Yes, so that is the menstruation process, that is how blood comes out of a woman’s body. Anyone with a question up to that point?**

R: An gi penjo

R: I have a question.

**M: Yes, okay penji kasto ipenji**

**M: Yes, ask and then I ask you a question.**

R: Chien kacha awinjo kiwachoni nitiere gik manyalo mono ngama miyo dhi e dwe, ikwano gi to kamaro ne dong kachanda to iwachoni environment nyalo mono ngama miyo dhi e dwe, koro kanyo ki elaborate na miyaona to anyolo bedo satisfied.

R: Previously, I heard you say that there are things that can make a woman to miss her periods, you counted them but there was one that was troubling me, you said environment can make a woman miss her periods, if you can kindly elaborate that to me I will be satisfied.

**M: Okay, thank you. Samoro ngato osedak kama nitiere liet mangeny for a long time kaeto all of a sudden o change environment to period ne ne chiengni that can change the hormanal balance mar dend ngama miyo ma leng ka ok kamana to nyalo miyo obi immediately kata kanepok ochopo, mano gima mean by environment. Yes, iyudo kata ni ya ngato ne enaena normal, kasto environment nitiere so many isues ma obiro go environment, environment nyalo bedo environment interms of weather, weather mar heat ngeny kata koyo ngich, kasto onyalo bedo kata psychosocial nitiere jomoko ma kashida moro omake matek emotionally kata ni obedo gi stress moro matek to opo mana ka period obiro unexpectedly or period mae godo gi shida kata emotionally ok en upright samoro o loss ngama ohero kabisa that month period nyalo koso kata koko biro, nitiere moko mailuongoni mechanical like for example chiemo ka ngato o change diet mane ochamo nitiere ngato wachoni an nyaka ne awe chamo gima kamae kata ne a fast kata ne atimo ang’o remo koro ok bi, pok aneno periods to ich be oongego, so those are what I mean by gima nyalo mono ngama miyo bedo gi periods kaka ne onego obed godo apart from the obvious ones that people know like family planning, samoro ngato is expectant to okia like such and such things, sometimes ngato nyalo bedo kata gi growth moko e iye, samoro nitiere yedhe maotiyo godo, nitiere yedhe ma ka ngato omwonyo to the periods can stop or they become irregular. So those are the reasons I was talking about.**

**M: Okay, thank you. Maybe someone has been staying in a hot area for a long time then all of a sudden, she changes the environment and she was about to have her periods, that can change her body’s hormonal balance making here miss her period or come immediately even before its time, that is what I mean by environment. Yes, you also find that someone was just normal, and then you know there are so many issues within the environment, could be in terms of weather, weather like a lot of heat or cold, it could also be psychosocial, there are people who when faced with a difficult situation emotionally or she has some serious stress, she finds herself menstruating unexpectedly or misses her periods, when she has an problem emotionally like maybe loss of a loved one, that month period she might miss her periods. There are others that are called mechanical like for example change of diet, there people who say that they have missed their periods since they stopped eating this or since they fasted or since they stopped doing something and they are also not pregnant. So, those are what I mean by things that can make a woman miss seeing her periods as she is supposed to, that is apart from the obvious ones that people know like family planning, maybe she is expectant but she doesn’t know, like such and such things. Sometimes, one could be having even growth in her uterus, maybe she is on medication, there are some drugs that when can stop periods or they become irregular. So those are the reasons I was talking about.**

R: Ma ok en ni, kaka Kisumu ka temperature ne always niga malo, koro in itravel ka idhi Nairobi komedore gi Koch yugni Nairobi ngich kabisa. Koro in kichopo kuchacha to nikech ichange weather mano nyalo miyo gineni biro piyo

R: So, it is not like, the way the temperature here is always high, so when she travels to Nairobi which is cold and also the fatigue that accompanies travelling, so when you reach there and because of change of weather, can that make your periods appear unexpectedly?

**M: Can happen to some people not everybody, I was talking about generally gik manyalo miyo ngato ok bedgi periods, weather is one of them and asewachoni inyalo dhi kuma liet to ibiro yudo ni neonego ibed gi periods to periods ni ok bi, maybe that could be a reason why period ni okobiro besides the fact ni you can be pregnant. Wawinjore nyaka kanyo. Ne in gi penjo**

**M: Can happen to some people not everybody, I was talking about generally the things that can make a woman miss her periods, weather is one of them and I have already said that maybe you have traveled to a place where the weather is hot, you will find that you were to have your periods but you miss them, maybe that could be a reason why you missed your period besides the fact that you can be pregnant. Are we together up to that point? You had a question.**

R: I have two questions, niko na maswali tatu, mbili you have explained how the process and whatever comes upto MP, my first question is for a woman ambaye amekuwa na sex na fertilization and the one that is happening in the … you call it

R: I have two questions, I have 3 questions, 2 of which you have explained how the process and whatever comes up to MP, my first question is for a woman who has had sex and fertilization and the one that is happening in the … you call it

**M2: Implantation**

**M2: Implantation**

R: Implantation haijafanyika, and you have explained ya kwamba the uterus wall was ready to receive the implantation and here comes a case haijafanyika this lady does not have the MP. Does the uterus wall behave the same and where does this blood go, or how does that system now comes especially for those who are for example having family planning tell me do the process goes or how does it behave now?

R: Implantation doesn’t happen, and you have explained that the uterus wall was ready to receive the implantation and here comes a case it hasn’t happened, this lady does not have the MP. Does the uterus wall behave the same and where does this blood go, or how does that system now comes especially for those who are for example having family planning tell me do the process goes or how does it behave now?

**M2: So this is the difference from one woman to another, the three or four of us may be using the same family planning method, wate watiyo gi depo but kaka odhi treat e gi an gi en are different so it still comes back to our natural builder of the body. So hao wenye hawana periods what happens? When you are given these hormanal family planning methods depo, implant, pills na hizo zingine most of the work by preventing this vascularization from occurring so that incase this egg is fertilized it does not find somewhere to implant, okay.**

**M2: So, this is the difference from one woman to another, the three or four of us may be using the same family planning method, we are all using depo it will treat us all differently so, it still comes back to our natural builder of the body. So, those miss their periods what happens? When you are given these hormonal family planning methods depo, implant, pills and the others, most of them work by preventing this vascularization from occurring so that incase this egg is fertilized it does not find somewhere to implant, okay.**

R7: So it means the uterus wont be able

R7: So, it means the uterus won’t be able.

**M: Yes, hiyo damu inatengenezwa hapo wont be developed those are the people who don’t have menses**

**M: Yes, the blood that forms there won’t be developed those are the people who don’t have menses**

R7: So it will remain the same

R7: So it will remain the same

**M: But the fertilized egg will just come flow out in the form of our normal vaginal discharge, but without the blood.**

**M: But the fertilized egg will just come flow out in the form of our normal vaginal discharge, but without the blood.**

R7: It will come out in form of fluid

R7: It will come out in form of fluid

**M: It will look like that because you can’t see they are very micro tiny**

**M: It will look like that because you can’t see they are very micro tiny**

R7: But you can realize something is coming

R7: But you can realize something is coming

**M: No you cannot, you cannot it will just be like your normal vaginal wetness ngich mawangiyo go cha ema wabiro winja winja koro wakiani tong owuok karango ok owuok karango**

**M: No, you cannot, you cannot it will just be like your normal vaginal wetness that we are used to, so we do not even know when the egg came out.**

R: Okay sorry, what about you don’t use the FP system whichever and like you were saying climate change

R: Okay sorry, what about you don’t use the FP system whichever and like you were saying climate change.

**M: It will come, the climate change will just be for a short period like there are people …actually this occurrances are not even common, they are not common we are only talking generally what can make a woman you know get… not to get their periods in time or can make them fail to get their period all the same for a whole month but eventually they come, because once the body reconstructs itself just like ibuogo gimoro, donge kise buogo gimoro donge normalcy also comes obiro bedo abeda normal. Nikech kata sani lets take for instance adhi kata loka kuma koyo ngiche kabisa donge denda biro take time mondo (pick up from the background) pick up ni mae e koro kaka en. Koro with time ksebedo normal to things just become normal. Let us continue ok adwa ni aketu kae for a long time, donge penjo moramora ma ngato nigo oket e parking lot wabiro wacho sama wadhi mbele. Koro sama mine dhi e dwe during menses women need to number 1, they need a private space ya kuchange their items, mtu ako periods apate place mzuri yenye anaweza kufanya nini…(kubadilisha from the background) kuchange pads, number two they need to practice very ggod hygiene manyisoni pi magi luokrego nyaka bed available and of course they to get somewhere they can dispose off their pads and lastly they need the right space to use when they are in their periods. By right things I mean correct and quality items, tunaelewana mpaka hapa. So I just give a brief explanantion or show you what women use when they are in their periods. We have the pad, kuna mtu hajawahi ona pad?**

**M: It will come, the climate change will just be for a short period like let’s say, there are people …actually this occurrences are not even common, they are not common we are only talking generally what can make a woman you know get… not to get their periods in time or can make them fail to get their period all the same for a whole month but eventually they come, because once the body reconstructs itself, it is just like scaring off someone, once you scare something off usually normalcy returns also comes back to normal. Because even now, let’s take for instance I travel abroad where they experience the extreme cold, my body will take time to (pick up from the background) pick up that this is now how things are. But with time it will become normal and things just become normal. Let us continue, I do not want to hold you her for a long time, let’s put all the questions we have at the parking lot, we shall talk about them as we continue. So, when women are menstruating, or during menses women need to number 1, they need a private space to change their items, when someone is menstruating, she needs a nice place where she can do what…(To change from the background) to change pads, number two they need to practice very good hygiene meaning water for bathing should be available and of course they to get somewhere they can dispose of their pads and lastly they need the right space to use when they are in their periods. By right things I mean correct and quality items. Are we together up to that point? So, I just give a brief explanation or show you what women use when they are in their periods. We have the pad, is there anyone here who has never seen a pad?**

R: Mmh

R: Mmh

R: Sijawahi ona

R: I have never seen

**M: Hujawahi ona**

M: You have never seen

R: Mmh

R: Mmh

**M: Seriously**

**M: Seriously**

R: Nimewahi nunua mara nyingi lakini sijawahi fungua

R: I have bought it so many times but I have never opened it.

**M: Lakini hujawahi ona**

M: But you have never seen

R: Hajafungua

R: He has never opened it.

**M: Sasa umefungua umeona vile inakaa, unaweza gusa hii ni safi haijatumika you can just touch**

**M: Now you have opened and seen how it looks like, you can even touch it, this is clean it hasn’t been used, you can touch.**

**M2: Unaweza pitisha wengine waone**

**M2: You can pass it around for others to see it.**

**M: Pitisha tu wengine pia waone, pads ni pesa ngapi?**

**M: Pass it around for others to also see it. What is the cost of pads?**

R: 50

R: 50

R: Mimi najua ya mia

R: I know it is 100

**M: Na mwanamke anaweza tumia ngapi kwa cycle moja**

**M: How many pads can a woman use in one cycle?**

R: Anaweza kwa siku hata mara mbili

R: Maybe 2 in a day.

**M: Moja asubuhi moja jioni, na wengine wanaweza tumia kama pieces ngapi per day, tunaongea tunaongea**

**M: One in the morning and one in the evening. What about the others, how many pieces can they use in a day? Let’s keep talking.**

R: Depending on the flow

R: Tatu

R: 3

**M: Tatu, tuseme ile packet ya kubeba 8 atatumia siku ngapi?**

**M: 3, let’s say the packet carrying 8, how many days will she use that for?**

R: Siku tatu

R: 3 days.

**M: Siku tatu, kama anaenda siku 6, atatumia packet 2 (mbili from the background), hiyo ni shilingi mia mbili sindio, mia mbili uki multiply by 12**

**M: 3 days, if hers lasts for 6 days, she will use 2 packets (2 from the background), that will be 200 shillings, right, what is 200 multiplied by 12?**

R:12

R:12

**M: 12 months because atakuwa anatumia kila month**

**M: 12 months because she will be using monthly.**

R: That is 2400

**M: 2400 sindio, 2400 kama atakuwa kwenye hedhi for 30 years atatumia pea ngapi for that period of time?**

**M: 2400 right, 2400, what if she will be menstruating for the next 30 years, how much will she use for that period of time?**

R: 30 years?

R: 30 years?

**M: Weka hiyo kwa parking lot. Hii ni cotton wool, cotton wool pia wanatumia, si cotton wool mumeona kuna mtu hajaona cotton wool, pamba… (is that blood? From the background) hii si blood hii tu ni reagent**

**M: Put that on the parking lot, the cotton wool, they also use cotton wool, you have all seen cotton wool, right? Is there anyone who has not seen cotton wool? (Is that blood? From the background) this is not blood, it is reagent.**

**M2: Ni example tu**

**M2: It is just an example.**

**M: Example tu, reagent iko hapa sasa imemwagika tu kidogo hii ni reagent tumetoa kwa lab**

**M: Just an example, the reagent is here so it has slightly spilt, this is reagent we got from a lab.**

R: Okay we are very sensitive when it comes to blood

R: Okay we are very sensitive when it comes to blood

**M: I know, kuna wanawake wanatumia reusable pad, hii ni reusable ile mtu anatumia, anaosha, ana anika tena atatumia tena. Hii reusable pad 1 packet is 650 shillings, sasa ataitumia for 6 months tena zitakuwa zichakae tena ananunua ingine**

**M: I know. There are women who use reusable pads, this reusable pad is used and then cleaned, air it and then use it again. A packet of reusable pads sells at 650 shillings, and she will use it for 6 months they will wear out then she buys new ones.**

R: Hiyo ni moja inakuja tu moja hivo

R: Does it only come as 1?

**M: Inakuja packet inabeba 6**

**M: A packet contains 6.**

R: Ooh

R: Ooh

**M: Yes**

**M: Yes**

R: And you can wash it ….

R: And you can wash it ….

**M: You can wash it and use it for 6 months**

**M: You can wash it and use it for 6 months**

R: One

R: One

**M: No, the whole packet si ukitumia unaosha unaanika unaweka ingine**

**M: No, the whole packet, after using them, you clean and air then put another one.**

R: I am asking one can be washed how many times?

R: I am asking one can be washed how many times?

**M: Not how many times, but in a cycle you use all the 6. Si utakuwa unaosha ukiweka, unaosha ukiweka so you can use for 6 months. A whole packet after 6 months itakuwa imecha… (weary in the background) inawear out. Na kama umenunua 1 packet at 650 meaning in a year utatumia like 1300.**

**M: Not how many times, but in a cycle, you use all the 6, you see you will be cleaning and putting another one so, you can use for 6 months. A whole packet after 6 months it has… (weary in the background) it wears out. And if you bought a packet at 650 meaning in a year utatumia like 1300.**

R: Na ile

R: And the other one?

**M: Ile ingine ni 2400**

**M: The other one is 2,400.**

R: 2400

R: 2,400

**M: Na 1300 ukimultiply na 30**

**M: Multipy 1300 by 30.**

R: 72,000

R: 72,000

**M: 72,000 hiyo ni pesa mwanamke anaweza tumia kufanya kitu ingine, sindio. Wengine wanatumia kitu inaitwa nguo ama ile kiraka tu anaenda kwa tailor anamwambi (shona from the background) nishone ama nipatie zile zime…(zimechaka…second hand from the background) ee niwekee niende nayo hiyo nayo maybe atakuwa hatumi pesa maybe atapewa tu free. But umejua sasa kiraka kama mtu akiweka huko chini hatakuwa na ile comfort anafaa kuwa nayo because hata kutembea inakuwa shida kidogo. Haya tuna kitu inaitwa OB ama tampon, tampon is the one but OB ni watu wanajuajua because OB ndiyo ilikuwa kwa market for a long time. Sasa tampon ni ile ya kuingiza, OB, tampon ama tuseme tampon iko namna hii mnataka kuigusa**

**M: A woman can use that 72,000 to do something else, right? Others use something called cloth or rags, they just go to a tailor and tell the tailor (Knit from the background) please knit for me or please give the ones which are… (are won out…second hand from the background) yes, pack for me, with those ones she will be given for free. But now you see if somene places a rag down there, she will not have the comfort she is supposed to have because even walking will be a little bit of a challenge. Okay saying called OB or tampon, tampon is the one but OB is for people who know because OB has been on the market for a long time. Tampon is inserted. OB, tampon or let’s say tampon looks like this. Do ypou want to touch it?**

R: Mmh

R: Mmh

R: Inakaa tu nyim nyako

R: it just looks like a woman’s private part

**M: Inakaa**

**M: It looks like?**

**M2: Nyim nyako (laughter)**

**M2: A woman’s private part (Laughter)**

R: Nusu candle

R: Half a candle.

**M: Inakaa**

**M: It looks like?**

R: (inaudible)unaingiza kule ndani unawacha uzi nje

R: (Inaudible) you insert it in there and leave the thread out?

**M: Eeh unaingiza kule ndani then unawacha nje so wakati imeshajaa ama wakati unafeel unafaa uchange vile mtu akivaa pad anafeel sasa imejaa wacha niende nichange**

**M: Yes,** you insert it in there and leave outside so when it is full or when you feel like you should change, the very way one fels when wearing a pad that it is full let me go and change.

R: Na hii ikijaa inapanukanga ama hivyo tu vile iko hivyo

R: Does it become bigger when it is full or it will appear as is even when full?

**M: Eeh tutawaelezea maybe the nurse atawaonyesha vile itakuwa wakati imeingia kule ndani. Sasa tukiendelea tuko na ingine inaitwa menstrual cup.**

**M: Yes, we will show you maybe the nurse will show you how it is when it is inserted in there. So, as we continue, we have another one called menstrual cup.**

**M2: So ndio tumalize hii, inaingizwa inakaa hivi ikishaingizwa kwa vagina sawasawa, halafu ina collect hii damu (ina absorb from the background) ikikuja hivi ina absorb, ku absorb wacha tutumie hii damu yetu example, hii ni vagina unaingiza halafu ina absorb, si unaona vile imefura**

**M2: So, to conclude on this, it is inserted like this, onces it gets in the vagina, it collects that blood (It absorbs from the background) when it comes this will absorb, let me use this our blood to demonstrate, this is a vagina, you insert it and thenit absorbs, you see it is getting bigger?**

R: Ooooh

R: Ooooh

R: Ime kuot

R: it has swollen.

R: Hii basi sasa pia unaweza kweli enda kweli na mtu

R: Can you really have sex with some with this one?

**M2: Hapana**

**M2: No**

R: Vile ulikuwa unasema lazima ati unaweka vitu

R: Like you were saying that you have to insert something.

**M2: Hapana huwezi enda na mtu kwasababu hii Kamba inaenda kubaki nje hivi, ukienda nayo hii Kamba itakuwa shida kutoa**

**M2: No, you cannot have sex with someone when using this because the thread is left hanging outside, if you have sex with someone it while using it, removing it will be a problem.**

R: Ndio nashangaa, that is the question I was asking, kama hiyo ndiyo inafura hivyo

R: I am wondering too, that is the question I was asking, if it swells like that.

R: Kama hiyo ndio imefura hivyo

R: If it swells like that.

R: Naskia kuna wengine nini yao wanaitaje

R: I understand there are some, their whatever what is it called?

R: The vaginal point

R: The vaginal point

R: The vagina is large

R: The vagina is large

R: That is what I was almost asking

R: That is what I was almost asking

R: Sasa ukiweka hii kitu thin kama mboro ya mtoto (si itaingia ndani na ipote huko from the background) si itaingia ndani naikuwe loose

R: Now, if you insert this thing which is so thing like a child’s penis (Will it not go inside and you lose it in there from the background) it will get in there and become loose.

**M2: Hii Kamba inabaki nje**

**M2: This thread remains outside**

**M: Hii Kamba inabaki nje, because sasa for the people who unafikiria ni kubwa si damu itakuwa inajaa haraka, kama unafikiria hivo**

M: This thread remains outside because now for the people who think that it is big, it will be filled with blood fast, if you tthink so…

R: And is it true that this point is completely different people have different point

R: And is it true that this point is completely different people have different point.

**M: Here?**

**M: Here?**

R: Yeah, there

R: Yeah, there

**M: Differrent?**

**M: Differrent?**

R: Size, is it true? You are the people to tell us, is it true?

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**M2: Everyone is born with the same size, but circumstances along the way can make it enlarge**

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**M: Can make it enlarge especially kuna wanawake wanaweza kuwa wamezaa nyumbani naweme pasuka kidogo halafu badala waende hospitali ifinywe ama washonwe wanakataa so unajua hapo sasa inapona kama iko kubwa kidogo**

**M: Can make it enlarge especially there are women who maybe gave birth at home and maybe in they process they slit, and then refuse to go to the hospital afterwards so that they knit it, so it will heal when it is slightly enlarged.**

R: Wacha nichangie kidogo

R: Allow me to say something about that.

**M: Yes**

**M: Yes**

R: Kuna kipindi nilisikia kama kuna mudadisi kwa radio akifudisha kama mwanamke vagina yake ni kubwa kuna vile anakuwa exercise halafu inakuwa kidogo yani….

R: I heard an expert in this this program that was on radio teaching women that if their vagina is big they can do some exercises that it becomes small, I mean…

**M: Inaitwa kegel exercises**

**M: It is called kegel exercises.**

R: Imunye imunye (laughter)

R: You squeeze and release (Laughter)

**M: Anyway tukiendelea, unapata kama wanawake wenye hawawezi ku afford pads, wanaendelea kutumia pad nawa natumia for a long time, mtu ameweka pad asubuhi 6 (mpaka jioni from the background) by 6 jioni hajatoa na hiyo inafanya anakuwa na anawashwa huko chini anaweza kuwa na infection huko chini, anaweza kuwa ananuka unaona kwasababu hawezi afford kuchukua ingine a change. Wengine pia hata wakitumia hii, hii pia saa zingine inajaa haraka na saa zingine alikuwa amesafiri hawezi change na akisha change because hii ni ile ya kuoshwa hawezi pata maji karibu ya kuiosha (but amebeba in the background) ndio airudishe tena vitu kama hizo so that is why saa zingine unaangalia tena ki vingine ni vitu gani tena mtu anaweza tumia wakati ako kwenye hedhi. Sasa hapa tunataka kuongea kuhusu menstrual cup, menstrual tuko na aina mbili tofauti wantiere gi ariyo maopogore wantie gi ma to wantie gi ma, ma endi ema angeyoni ngeny ji …nitie ngama oseganeno ma (mmh…pok aneno from the background), to ma hakuna mtu amewahi kuona…ushaona hii**

**M: Anyway, as we continue, You will find that women who cannot afford to buy pads, will use the pads for a long time, one wears a pad in the morning at 6 (Till evening from the background) by 6 in the evening, she hasn’t removed it yet, this makes her to be itchy down there, she might even develop an infection down there, she might even start smelling and you can also honestly see that she cannot afford to change. There are also some people even if they use this one, this one sometimes tends to fill up fast and maybe she had travelled she cannot change and if she changes, this should be cleaned and she cannot get water close by to wash it (But she has carried it from the background) so that she can reuse it, things like that so, that is why sometimes you look at things differently, what other things can people use during their menses? Now we want to talk about menstrual cup, we have 2 different types of menstrual cups, we have this and we have this other one, I know many people know about this one, is there anyone who has ever seen this one? (Mmh…I have never seen it from the background) no one has ever seen this one…have you seen this?**

R: Mmh

R: Mmh

**M: Eeh hii ndio inakuwanga kwa market at the moment lakini hii ndio tuna leta tunataka kutumia kwa hawa sex workers. Hii vile iko na tail, vile iko na hii yiwe ni en gi yiwe ni ok inyal rwake ti have kode sex. Mae be nyalo dhi round mondo une mondo umul kaka chal. Koro magi e gin menstrual cups kata okombe matimang’o…michokogodo remo. Koro mae wabiro tiyogodo kawatimo e nonro mawatimo sani mar sex workers ni wadwa ng’iyoni kawachiwo okombe ni, okombe ma ichokogo remoni, be sex workers nyalo weyo tiyo gi gik magitiyogo magi sundo iye ka. Ma namba 8 buok gi namba 7 ni ee ngato kawakawa cotton to soyo kata tissue to soyo, namba 6 to nigi experience ni namba 2 bende nosewachoni gino timre namba 3 bende noseyienwa ni gino timore, nikech gigi gik matimo ang’o …matimore osefwenyreni timore emaomiyo nonro machal kamagi ikeloga mondo wakonyre all these research studies are being brought so that we see any different that will come if we give sex workers these menstrual cup that they can use during their menses and of course still go for their trade. Bado wanaweza enda kufanya hiyo kazi yao ya ngono na wapate ile ajira yao ya kila siku lakini wakuwe wanatumia vifaa vizuri, so hii tutawafunza vile wanaingiza, tutawafunza vile wanaisafisha na tutawafunza vile wanaiweka mpaka wapate hedhi tena kwa hiyo mwezi ujao itakuwa inaingizwa namna hii itakuwa inakaa kwa cervix hapa tutawafunza vile wanaitoa, vile wana change wakitaka kuisafisha na kuirudisha na vile watakuwa wana imaintain isikuwe isiharibike, ama tuwafunzwe everything concerning the menstrual cup. Tunaelewana mpaka hapo**

**M: This the one that is available in the market at the moment but this is the one we want to bring, we want sex workers to use it. This one has a tail and so you can’t have sex while wearing it, so these are the menstrual cups or cups that collect blood. We shall use this one in this sex workers study that we are conducting, we would like to know if the sex workers will stop using those things that they stuff in there if we give them these ones. Number 8 and 7 were surprised that someone can just take cotton wool or tissue and stuff in there, number 6 has an experience and number 2 and 3 also said that this is something that happens and because these things do what…happens, it is know that it is happening and that is one research like this do take place so that we help each other, all these research studies are being brought so that we see any different that will come if we give sex workers these menstrual cup that they can use during their menses and of course still go for their trade. They can still go and do their usual job and earn their living but use the right tools so, we shall teach them how to insert it, how to clean it and also how they will store it until the next time when they will be menstruating again the next month. It will be inserted like this and it will rest here on the cervix, we shall teach them they they remove it, how they change when they want to clean it and how to return it and also how they will be maintaining it so that it doesn’t spoil, we shall teach them everything concerning menstrual cup. Do we undertand upto that point?**

Chorus: Mmh

Chorus: Mmh

**M: Swali, mkate iko wengine naona wamenyamaza. So what are your thoughts on the menstrual cup? Yes, number 7. Unaweza gusa iende round**

**M: Swali, there is bread, I see some of you are quiet. So, what are your thoughts on the menstrual cup? Yes, number 7. You can touch it then pass it round**

R7: Suppose the sex workers are using the menstrual…

**M: Menstrual cup**

**M: Menstrual cup**

R: Menstrual cup

R: Menstrual cup

R7: They still can go on with job, with the work

R7: They still can go on with job, with the work

**M: Yes**

**M: Yes**

R7: So there will be know effect on menstrual cup while the penis penetrates the system, it cannot push the thing upto the uterus wall? (murmurs from participants)

R7: So, there will be know effect on menstrual cup while the penis penetrates the system, it cannot push the thing upto the uterus wall? (Murmurs from participants)

**M: Here is the model of a reproductive health of a woman, and I just want to repeat this about the menstrual cup.**

**M: Here is the model of a reproductive health of a woman, and I just want to repeat this about the menstrual cup.**

**M1: Kidogo tu kidogo, namba 6 unasemaje?**

**M1: Just a minute, what are you saying number 6?**

R6: Nasema hii iko kama ile condom ya wasichana

R6: I am saying this is like the female condom.

R: That is also another period I am coming to, hiyo chenye unasema

R: That is also another period I am coming to, that which he has said.

**M: Tunaingiza na hapa, hii ndio vagina tukiingiza inakaa hapa uterus iko hapa, hii cervix iko ndogo ata hii finger haiwezi kuingilia, cervix huwa ina open wakati mwanamke anataka kuzaa unaskianga wakisema ako 2 cms, ako 4 cms mpaka atafika 10 wakati mtoto anaweza kuzaliwa, wakati mtoto anazaliwa tu chumblu inarudi inafungika hata hii haiwezi kuingia**

**M: We insert it through here, this is the vagina and it sits here, the uterus is here, the cervix is so small even this finger cannot go through, the cervix usually opens when a woman wants to give birth, you hear tham saying she is at 2cms, she is at 4 cms until she reaches 10 that is when a child is born, and immediately a child is born, it closes again even this cannot go through.**

R: A point of may I know, I was in a certain forum ambapo tulikuwa tunafundishwa hizi vitu na female whatever, and we were told that there are some abnormal penis we call them like that. Abnormal penis are penis that are beyond the cms required cms (beyond the size from the background) ee beyond the size and we were being told that if someone is having sex with abnormal penis it affects the …what do you call it there…

R: A point of may I know, I was in a certain forum where we were being taught these things by a female whatever, and we were told that there are some abnormal penis we call them like that. Abnormal penis are penis that are beyond the cms required cms (beyond the size from the background) ee beyond the size and we were being told that if someone is having sex with abnormal penis it affects the …what do you call it there…

Chorus: The cervix

Chorus: The cervix

**M: Cervix**

**M: Cervix**

R: Cervix because the vagina itself has a certain cms that is required, so let us assume that the sex worker is having sex omeone having abnormal penis, how will …. You call it what the one?

R: Cervix because the vagina itself has a certain cms that is required, so let us assume that the sex worker is having sex omeone having abnormal penis, how will …. You call it what the one?

**M: Menstrual cup**

**M: Menstrual cup**

R: Hold its course over there and same time have sex, is it true?

R: Hold its course over there and same time have sex, is it true?

**M: Okay, I may answer you this way, we are doing a study this is a research right, and we want to give this menstrual cup to these sex workers in future, we are going to give them to them. So once we give the sex workers the menstrual cup we will have forums again to get to know in any case they got somebody with a extra ordinariry long penis, what happen but that not withstanding researches have been done on the menstrual cup and it is not going to be implemented before a research it is something that have been done in the UK, they are using it in Canada, they are using it in the US, and we have not had any issues of it being diplaced, so kitu inafanyika tunataka kuona tutaulize tutakuja kujua kama kuna displacement huwa inafanyika wakati mwanamke ameivaa na anaenda ku have sex, tumeelewana mpaka hapo**

**M: Okay, I may answer you this way, we are doing a study this is a research right, and we want to give this menstrual cup to these sex workers in future, we are going to give them to them. So once we give the sex workers the menstrual cup we will have forums again to get to know in any case they got somebody with a extra ordinariry long penis, what happen but that not withstanding researches have been done on the menstrual cup and it is not going to be implemented before a research it is something that have been done in the UK, they are using it in Canada, they are using it in the US, and we have not had any issues of it being diplaced so, what is happening is that we want to see, we will ask them if displacement usually happens when she have sex while wearing it. Do we understand up to that point?**

Chorus: Mmh

Chorus: Mmh

**M: So we will get to know that but again wale wanakuanga na extra ordinary long penise si huwa unaona huwa wanapewa ka ring**

**M: So, we will get to know that but again thse with extra ordinary long penis, I usually see that they are given a ring**

R: Eeh…but they don’t use it

R: Eeh…but they don’t use it.

**M: They don’t use but it is always recommended that if you have such a long penis and you should use it..**

**M: They don’t use but it is always recommended that if you have such a long penis and you should use it…**

R: And we were having such an incident in xxxx, we heard about it the lady the sex workers there is a guy who went with one of the ladies and he was having abnormal penis until the lady is crying kaw pesa e pillow, take the money from the pillowbecause she could not sustain it and I think the guy did not used the ring and I think that is why the lady could not hesitate, so they shoul be taught about it.

R: And we were having such an incident in xxxx, we heard about it the lady the sex workers there is a guy who went with one of the ladies and he was having abnormal penis until the lady is crying take your money from the pillow, take the money from the pillow, because she could not sustain it and I think the guy did not used the ring and I think that is why the lady could not hesitate, so they shoul be taught about it.

**M: Sawasawa, so as we continue we are going to the tail end of our discussion and I just want to ask, what are your thoughts about a man having sex with a woman with this cup on, uparo nade riwruok gi ngama miyo obed jaodi, obed partner ni, obed sex worker ka orwako gini osoyo e iye kucho**

**M: Alright, so as we continue we are going to the tail end of our discussion and I just want to ask, what are your thoughts about a man having sex with a woman with this cup on? What do you think of having sex with a woman be it your wife, or your partner, or a sex worker with this thing in there?**

R: The question is, will a man realise that thing is inside?

**M: Donge ema wapenjo ni**

**M: That is what we are asking.**

R: Aaah how will you know?

**M: Okay, if you will not know let us assume you will not know, what is your thought about a woman using it? We assume you dont know, yes**

R: I will be afraid for using it

**M: If you know**

**M: If you know**

R: I will be afraid, if I know I will be afraid to fuck her with my…

**M: All your strength**

R: Yes, yes

**M: But if you don’t know**

R: I will just practice it normally

**M: So, I will ask that question again, what is your thought number 2 mwanamke anatumia hii, hii cup ameivaa huko ndani**

**M: So, I will ask that question again, what is your thought number 2, a woman isusing this, she has inserted this cup in there.**

R: (inaudible murmurs)

**M: Ungetaka kujua**

**M: Would you want to know?**

R2: Eeh

R2: Yes

**M: Wakati unaenda na mwanamke ungependa kujua kama ameiva**

**M: When you are having sex with a woman, ypou wpould like to know if she is wearing it?**

R2: Eeh (inaudible)

**M: Hutaki kujua, namba 3 ungependa ujue?**

**M: You do not want to know. Number 3, would you want to know?**

R3: Eeh si lazima nimuulize, na saa ile ameva nitajuaje si lazima niingie ndio nijue amevaa

R3: Eeh I do not have to ask her, and how will I know if she is wearing it? I will have to insert to know she is wearing it.

**M: Na usipo feel?**

**M: What if you do not feel?**

R3: Ile kitu unakukanga kila siku utakosa kujua aje

R3: How will you not know about something you are used to everyday?

**M: Na kama hujapata ya kila siku na ameivaa na hujui, would you wish to be told ungetaka…**

**M: What if you didn’t get what you are used to and she is wearing it but you do not know, would you wish to be told?**

R3: Nitamuuliza mbona umevaa hii kitu

R3: I will ask her why she is wearing this thing.

**M: Utajuaje?**

**M: How will you know?**

R3: Ndio nimekuambia kitu unakulanga kila siku hauwezi kosa kujua

R3: That’s why I am telling you, how can I not know something that I eat everyday.

**M: Na yenye hukuli kila siku kama ni sex worker hivi**

**M: What about someone you do not everyday like a sex worker?**

R3: Hiyo ndio change itakuwa kwasababu mahali alienda hujui si anaishi kwake na naishi kwangu munakutana for example munakutana kwa mwezi mara moja huyo ndio unaweza kosa kujua na yule unamamkia munakutana every weekend lazima ujue

R3: That change will be there because you do not know where she went to, she stays at her place and I stay at mine, you meet, for example, once a month that one you will not be able to know, but the one you wake up besides everyday and you meet daily, you cannot fail to know.

**M1: Na ungetaka akuambie amevaa hiyo kitu**

**M: And would you like to be told if she is wearing it?**

R3: Akiniambie ee nitamwambie ee mbona akiniambia nataka kutumia kushika mimba akiniambia nataka kushika mimba ndio nitamuelewa sababu hiyo ni kuvaa kuzuia maungonjwa na mimba

R3: If she tells me ee, I will tell her ee why, if she tells me she wants to use it to get pregnant, I will understand her because that is worn to prevent diseases and pregnancy.

R: Hiyo siyo ya

R: That is not for…

**M: Hapana hiyo siyo ya maungonjwa na si ya mimba, hii ni menstrual cup anatumia wakati ako hedhi ndio damu isitoke ee ungependa kujua**

M: No, that is not for preventing diseases or preventing pregnancy, this is a menstrual cup, she uses it during her menses so that blood doesn’t flow out, ee. Would you like to be told?

R3: Eeh

R3: Eeh

**M: Kwa nini**

**M: Why?**

R3: Si kuzuia hii damu isitoke

R3: To prevent blood from coming out.

**M: Hapana kuzuia damu ni yeye ana benefit, wewe kama mwanaume mwenye anaenda na yeye ungependa kujua kama mwanamke amevaa hii**

**M: No, in preventing blood she is the one who benefits, as a man who will have sex with her, would you like to know?**

R3: Eeh hiyo swali ngumu

R3: That question is difficult.

**M: Na wewe namba 1**

**M: What about you number 1?**

R1: Ningependa kujua

R1: I would like to know.

**M: Ungependa kujua kwanini**

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

R1: Because kama amevaa hiyo kitu sasa inaonekana hiyo damu ikibaki huku ndani huwa inamletea shida

R1: Because if she is wearing that thing, now it seems like if the blood remains in there usually it causes other problems.

**M: Aah itakuwa inamwagika hapa ndani, halafu atatoa tu amwage hii atatumia tu kama vile anatumia pads ni vile hii sasa ni menstrual cup. Yes, namba 6**

**M: Aah, it will be pouring in here, she will then remove it, pour it out, she will just use this the very way she uses pads, its just that this is a mentrsl cup. Yes, number6.**

R6: Mimi hata siwezi hata taka kujua kwasababu mimi nikijua appetite itaisha

R5: Even me I do not want to know because if I do, I will lose my appitite.

**M: Na wewe namba 7**

**M: What about you number 7?**

R7: Unajua we are getting confused somehow tulikuwa tunaenda na mjadala vizuri hii kitu inarudi na swali letu yenye tulianza nayo be careful men, tulishakubaliana ya kwanza kama bibi anaenda kwa MP Kuna vitu zingine inafaa tufanye hii si cup ya chai (laughter) ni ile ya period tulikuwa tuna jadiliana ya kwamba monthly period kama bibi amekuambia akao kwa monthly period you can agree to wait sawasawa, so she is challenging you ya kwamba akiweka hii kitu will you still fuck her or you will wait utangonja amalize hiyo period akunywe hiyo chai na kikombe chake amalize ndio utafanya nini…utaendelea lakini kama ni yule wa kiwanja hautajua kwasababu atakuwa ana insert kama hauko na kama utarealise itabidi sasa itadepend na yule ambaye anam attendia unapata, lakini tulishakubaliana ya kwamba wanaume wanafaa wajue kama ni monthly period inafaa tuelewe, sindio. And that was it

R7: You know we are getting confused somehow, we are going on well with the discussion and we are now going back to the questions that we started with, be careful men, we had previously agreed that when your wife is on her menses, there are things that we are supposed to do, this is not a cup for tea (Laughter) it is for period, we are discussing that, monthly period, if your wife tells you she is on her monthly period you can agree to wait, alright, so she is challenging you that, if she inserts this thing you will still fuck her or you will wait for her to finish her periods, she drink that tea with a cup, she finishes then is when you will do what … you will continue but if she is one of the sex workers you will not be able to tell because she will be inserting when you are not around, and if you will realise, she will have no choice but it will now depend on that person she is attending to her, you find that, but we had a greed that men should know if it is monthly period, if so we aought to understand, right. And that was it

**M: Yes, number four.**

**M: Yes, number four.**

**M2: Nini, before tuendelee, hii cup hatuendi kupatia bibi zenu, tunenda kupatia sex workers, tuko pamoja hadi hapo? Kitu tunataka tu kujua ni, unafikiriaje, would you have sex with a woman akiwa amevaa hii cup tunazia hapo, akotu on her period lakini amevaa hiyo kikombe?**

**M2:Whatever…before we continue, we are not going to give this cup to your wives, we are going to give them out to sex workers, are we together upto that point? What we just want to know is, what do you think, would you have sex with a womn if they are wearing this cup, lets start from there, she is just on periods but she is wearing that cup.**

R: I have had sex with ladies but I have never got to know that there is something called a cup inserted inside.

**M: And would like a sex worker akuambie kuwa amevaa hiyo kitu kabla mfanye hiyo kitu?**

**M: And would you like a sex worker to tell you before you have sex that she is wearing that thing?**

R: And lazima atuambie the reason why, akiniambia the reason why I will get to understand.

R: And she must tell me the reasin why, when she tells me the reason why, I will get to understand.

**M: The reason ni moja…**

**M: The reason is one…**

R: Ehh

**R: Yes.**

**M: Reason ya kuvaa menstrual cup ni moja, ama unataka kujua ingine tena**

**M: The reason for wearing a menstarl cup is one, or you want to know anoter reason?**

R: If there is.

**M: Reason is only one reason for the menstrual cup.**

**M: Reason is only one reason for the menstrual cup.**

R: To protect the blood.

**M: Yes, that is the only she will put on a menstrual cup.**

**M: Yes, that is the only she will put on a menstrual cup.**

R: If she has accepted that she can be attend to with that I will attend, because mimi nimekuja mumaliza haja yangu na pesa yangu kama ni yule

R: If she has accepted that she can be attend to with that I will attend, because personally I have come to finish my urge and my money when it comes to the other side.

**M: Mmh, Number 8**

**M: Mmh, Number 8**

R8: Ok automatically hata kuambia kwasababu amejua amajiprotect ametumia hiyo mentrual cup, sasa anajua ata ukiingia ako safe, hiyo pesa yako bado atachukua tu.

R8: Automatically she will not tell you because she knows that she has protected herself, she is using that menstral cup, so she knows that even if you are to go in she is safe, she will still take that money.

**M: Na utataka akuambie in case ameivaa huko ndani?**

**M: And would you want her to reel you in case you are wearing it in there**

R8: Akiniambia sawa tu

R8: Its just fine if she tells me.

**M: Utaedelea tu?**

**M: Will you just proceed?**

R8: Asiponiambia nitafanya kama sijui

R8: If she does not tel me, I will do it while not aware.

**M: Mmmh**

**M: Mmmh**

R8: Yeah

R8: Yeah

**M: So do you prefer kufanya kama hujui ama uambiwe?**

**M: So do you prefer doing it while you don’t know or should you be told.**

R8: Kama sijui

R8: When I do not know.

**M: Good number 4**

R4: Ata mimi niilikuwa nataka kusupport sasa hivi, akiniambia

R4: I also wanted to support in this way, if she tells me ….

**M: Mmh**

**M: Mmh.**

R4: Nitafanya tu but sii (background: itasumbua roho) na ilemorale ninge fanya kama sijui

R4: I will just do it but not (it wuill affect my heart) with that morale that I might have done it with if I do not know.

**M: Eeh**

**M: Uhh.**

R: Eeh but (background: Appetite) kama sijui (background: better) na akonayo mimi nitaifanya tu kama kawaida

R: Yes, but (background: Appetite) but if I don’t know (background: better) and yet she has it, I will do it just normally.

**M: Mmh number 5 unapreffer akuambie ameivaa?**

**M: Mhh. Number five, do you prefer that they tell you that they are wearing it?**

R5: Akiwa maeniambia vile brother yangu amesema hivyo tu

R5: If she will be wearing it…its just the same with what my brother has said.

**M: Akikumbia utaendelea tu huna shida, asipokuambia pia…?**

**M: If she tells you, to will just continue you do not have a problem with that, same to if she does not tell you?**

R5: Tusema ati, wawachni nitie jorio,

R5: we have said that, lets just say there are those people who have a lot of urge.

**M: Ehh**

**M: Ehh.**

R5: Ingeni jorio kata ka inyiso to chamo achama *(laughter)* eh not nitie (background: iluongo ni jokongo) ehh nitie moko ma konyiso ni en kama, kuna wengine wana wacha, na kuna wengine wanafanya tu appetite inaisha.

R5: You see those people who are thirsty *(laughter)* yes there are (background: they are called drunkards) there are some people whom when you tell them that it is this way, there are some who will just do, while there are a people whose appetite will dissapeaer.

*(background: oyieng)*

*(background: we are full)*

**M: Na wenye hawako kwa hii mkutano yetu huku, e base kucho cho be inoni ni sex workers onego nyisgi ni I rako gino koso ok onego nyisgi to nikech ango? Number 4**

**M: What of those who are not in our meeting here, even at the base there do you think the sex workers should tell people tat they are wearing this thing or are they not supposed to say, and why? Number four?**

R4: Si lazima juu hiyo menstrual cup mwenye anataka benefit ni the girl only, so atakama akiniambia na alikuwa na kiu haitanisaidia mimi nitaendelea tu

R4: Its Is not a must because hwn eit come to the mentral cup the person who want to benefit from it is just the girl, so even if she tells me and I had the urge I will still go ahead.

**M: Seven**

R7: The reason why this menstrual cup was launched or was brought was to help sex workers continue with their duty accurately, so I think there is no need of informing everybody that attended to you that you know what you are here am in period *(laughter in the background)* so am I have already inserted menstrual cup so as you proceed, proceed as you know there is something. What for? *(laughter in the background* ) Actually there is no need for them, if they come attend, money go, come attend money go. So the guys who are behind because one, let me tell you one thing if any case they happen to inform these guys, kama ni wewe ata poteza customers, hawata kuja, watasema ni ahh, manindo gi jii kata nie dwee to wuondowa gi gimoro ma wasunge okelo ka ni menstrual cup, ma werigo, huyu wachana nayeye, so automatically, to me there is no need of informing everybody that you are using menstrual cup because it’s for your own benefit, yeah so why, why should you advertise

R7: The reason why this menstrual cup was launched or was brought was to help sex workers continue with their duty accurately, so I think there is no need of informing everybody that attended to you that you know what you are here am in period *(laughter in the background)* so am I have already inserted menstrual cup so as you proceed, proceed as you know there is something. What for? *(laughter in the background* ) Actually there is no need for them, if they come attend, money go, come attend money go. So the guys who are behind because one, let me tell you one thing if any case they happen to inform these guys, if it were you, you will lose customers, they will not come, they will be like ahh, this on who has sex with men even when in her menses and the disguises us with something that the whites have brought in the name of a menstrual cup, forget about this one, forget about this one, so automatically, to me there is no need of informing everybody that you are using menstrual cup because it’s for your own benefit, yeah so why, why should you advertise

**M2: Number 3 unasmile tu, uko na ya kusema?**

**M2: Number 3, you are just smiling, do you have something to say?**

**M: Number 4**

**M: Number 4**

R3: And I think naturally hiyo kitu kama niya only meant for menstruation, sex workers kama mimi ni client nimekuja kwake na aniambie ahh nimeweka hii menstrual cup juu am attending, aah sidhani kama nitaenda nayeye na ata loose customer

R3: And I think naturally if that thsing is only meant for menstruation,If I’m a client nad then a sex workers comes and tells me that I have inserted a menstrual cup because I’m in my menses, aah I don’t think I will go with her and she will end up losing customers

(Background: Ataloose customers)

(Background: She will loose customers)

R3: So, there is no need to tell

R3: So, there is no need to tell

**M: So, what you think as a we continue with the discussion, sex workers should tell somebody that they are wearing a menstrual cup…**

**M: So, what you think as a we continue with the discussion, sex workers should tell somebody that they are wearing a menstrual cup…**

(Background: Only wife)

**M: Only wife**

R: In any case you launched it for wife only

**M: If it is a wife then she must tell you**

(Background: Yeah)

**M: But a sex worker**

Background: Hapana, ako kwa biashara, ako kwa business

Background: No, she is in business, she is doing business.

**M: Ok**

**M: Okay**

R: Lakini niko na swali moja,

R: But then I have one question.

**M: Yes**

**M: Yes.**

R: Unajua kuna madem wengine ni sex workers ndiyo, lakini akona chali yake mmoja, sa ule anaweza kumwambia ama asimwambie?

R: You see there aew some women who in deed are sex worker, but the she has that one boyfriend, so can she tell that one or not?

**M: What do you think, wewe ni chali wa sex worker?**

**M: What do you think, are you a boyfriend to a sex worker?**

R: Mmoja

R: One of them

**M: Mmoja?**

**M: One of them**

R: Sasa akikuambia utafanya aje?

R: So what will you do if she tells you?

R: Unajua akiniambia najua ni demu wangu mimi ndio uko na yeye ni sawa.

R: You see, if she tell me I know you have my girlfriend and it is okay.

**M: Ok so kama ni girlfriend ama wife hamna shida kuhave sex nawao wakuambie tu wamevaa menstrual cup** **but for a sex worker, you don’t want to know**

**M: Okay, So you don’t have a problem having sex with your wife or girlfriend if they have it, if they are wearing the menstral cup … but for a sex worker, you don’t want to know.**

R: Mmh, I don’t want to know

**M: Okay, yes number 2**

R2: Mimi kenye naweza sema, wanafaa waambie watu wamevaa hiyo stuff juu how comes anadinywa from mwezi inaanza hadi mwezi inaisha, yani yeye nadinywa tu kila siku, juu inafaa pia, si atakama ni wewe siunajua tu kuna day ana attend na wewe bado pia unaenda kudinyana, ni vizuri akikuambia ndio sasa kama amakua amavaa hiyo stuff, nini damu si unajua damu inapita, lakini kama amevaa damu haiwezi pita saa iko sawa

R2: What I can say is, they hould tell people that they are wearing that stuff, because how cmes she is having sex from the beginning of the month to the end and, as in she is just having sex everyday, because its also supposed to be such that, because even if it were you odont yu just know that there is a dat she is having her monthly periods, and you still go having sex with her, it is better that she tells so thst if she is wearing that stuff , you see blood is something that can flow but if she is wearing that stuff it cannot, so it is good.

**M: Mmh Okay.**

R7: You know these ladies they meet different people. Walevi wako hapa, kila mtu ako hapa wenye wako freshi pia wako hapa,

R7: You know these ladies they meet different people. There are drunkards in here, everyone is here as well as those who are looking good are here.

*(background: ata pastor)*

*(background: even pastors)*

R7: So let me just, take a scenario where (giggle) eh ata pastor take a scenario where unatakaku, wewe ni dem, coz ata saizi wana attend, sini ukweli si wana attend ata sai and this menstrual cup haija kuwa

R7: So let me just, take a scenario where (giggle) eh even a pastor…he want to…you are a lady, because even right now they do have monthly periods , is it not true that they do have menses even as at this time, right now that thei mentrsral cup has not yet come to be?

**M: Ndio wana sundo vitu ndani**

**M: That is why they insert things in there.**

R7: And they know how they behave ataile ya kusundo vitu ndani wanatangazanga ati kuja unajua nime sundo (*laughter) (background: huwa hawatangazi)* huwa hawatangazi lakini they do it so hii kitu haifai sex workers watangaze ni kile ambacho inawasadia, eeh so hakuna haja.

R7: And they know how they behave even that where they insert things in there, do they announce that …come you see I have insertrted things in there(*laughter) (background:they do not announce)* they donot announce but they do it, so the sex workers are not supposed to announce this thing, it is something that helps them…yes, so there is no point.

**M: Asante sana number 7 kwa hiyo statement yako ya mwisho. Sasa nini hatuja elezea tukiwa tume maliza tume fika mwisho kuna kitu mnafikiria hatuja discuss kwa hii discussion yetu? Yes**

**M: Thank you so much number seven for your last statement. So as we are finishing, what is it that we have not explained , is there anything that you feel we have not discussed in this discussion of ours? Yes.**

R: Niko tu na swali

R: I just have a question

**M: Yes**

**M: Yes**

R: Na hii swali niliskia kitambo, ohh kuna wakati nilikutana na girlfriend wang una tayari alikuwa ana bleed alikuwa ana attend naa niliskia akiniambia, wakani nilkuwa namgiuza guza eh (*background: smooching)*. Akaniambia ukiniguza hivyo inatoka mingi wacha kuni guza, mmh nikweli na kama ni kweli kwanini hiyo inafanyika.

R: I heard about this qiesyion long time. Ohh there was a time I met with my girlfrond and she was alredy bleeding, she had menses then heard when she told me, when I was touching, touching her…eh (*background: smooching)*. She told me that when I do that a lot gets out , and so I should stop touching her, Mmh, is that true and if so, why does that happen?

**M: Okay**

**M: Okay**

R: Nikech sama ochiek to gino opukore mangeny?

R: Because what happens when she is horny and then more blood comes out?

**M: Okni kata ka ochiek, lets take talk about orgasm, yeah wakati mwanamke anafika orgasm ama ile inaitwa aje iluongo nango?**

**M: Its not just when she is horny, lets take…talk about orgasm, when a woman attains orgasm..or rather what can we call it?**

(Background: Opuko)

(Background: She is pouring)

**M: When they are releasing eh**

**M: When they are releasing eh**

R: Odwa chwer

**M: Ehh kuna hormone inaitwa oxytocin, oxytocin inakuwa released and it is being release from the pituitary gland in the brain alafu inakuja mpaka kwa uterus, and these is the same like for example mwanamke akisha zaa anadungwa ndio uterus iconteract na irelax ndio damu iendelee kutoka inje, tuna elewana? So wakati ana unamguza hivyo una muexite atarelease, akirelease ndio hiyo hormone inakuwa released, so inafanya uterus infanya nini ina contract na kurelax, so ina kuwa ina toka yes that is true, inatoka.**

**M: Yes, there is a hormone known as oxytocin, oxytocin is being released and it is being release from the pituitary gland in the brain then it comes upto the uterus, and these is the same like for example when a woman gives birth, she is given an injection so that the uterus can contract and relax dso that the blood can keep flowing outside, are we together? So when youi touch her like thet you are exciting her, so she will release, when she releases it is that hormone the is being released, iso it means that the uterus does what…it contracts nad relaxes, so it is true that it will get get bleed, it gets out.**

R: Ma seche ma en on to oganda ne gwecho (*laughter*)

R: That is that when she is on her organs are kicking (laughter)

**M: That is normal, eh that is normal it happens like that, that is why okoni ni wuok mangeny nikech the uterus is contacting, hiyo tu saa zenye ana reach orgasm ina nini inacontract na ina relax and then sasa ni kama obiyore dong koro nyaka ang owuog mangeny? That happens that is true yes.**

**M: That is normal, eh that is normal it happens like that, that is why sjhe is telling you that she is bleeding a lot because the uterus is contracting, when attains orgarsm, uit contracts then relaxes and then its like its rinsing itself, so is that not a must that she will bleed more? That happens, that is true yes.**

**M2: Mimi niko na swali, wanaume huwa wanatafuta ma sex workers ma bibi za waki attend ama?**

**M2: I have a question, do men look for sex workers when their wves are menstrating?**

R: Eeh

R: Eeh.

**M2:** **Do men look for sex workers**

**M2: Do men look for sex workers**

R8: Ok niki kijibu mimi kama number nane, profession yangu ingine ni driving, kuna wakati nilikuwa naenda masafa marefu. Saa zingine nime kaa inje hata miezi mingapi? Miwili kurudi uko na hamu na bibi yako una sema eh kawuono adwa chwade, to koonyisi ni o attend, utatoka kama mwenye anariere hapa kondele ama town kae, to iyudo moko ma omako wangi, donge I atich in gi gimoro?

R8: Okay. Responding to you as number eight, my other profession is driving, there are times when I used to go for long trips. Sometimes I can stay out even for how mant months…when you come back you have urge for your wife, you tell yourself today I want to have he, then she ells you that she is attending, you will just leave the house like a though you are just having a walk in Kondelee or even in town, then you get some that please your eyes, then you will just have something after having been at work.

**M: Mmh**

R8: Utapamwingine hapo alafu uta maliza eh halafu unarudi hauta lala inje kwasababu utaleta friction kwa nyumba ehh. Sasa unarudi tu kawaida kangama oa riere unaoga unakula, unalala, eh na uko releaved.

R8: You will get another one there then you will finish and go back home, you will not spend the night ourside because you will bring about friction in the house, yes. So you just come back normally like as thsough you were just having a walk, then you bath and eat and sleep, yes, and by then you are releaved.

(Background: But she will sense)

R2: Vile huyo amesema

R2: Just like he has said.

**M: Number 2**

R2: Ati mtu akona bibi na anatafuta sex worker sindio, as in kama huyo ni dere sindio mimi mostly nonanga wasee wengi pale kondele wasee wenye wanaendeshanga trailer, sii amekuja kupark pale usiku anatafuta poko wake sindio si wife ako mbali ameenda, juu amesema unakaa two months amechukua poko wake anaenda nay eye juu hayuko, amekaa karibu two months haja ona wife yake saa ndio maana anatafuta sex worker.

R2: That someone has a wife and still looks fir a sex worker not so, as in like in that case he is a driver, right, I normally see so many of those people who drive trailer there at Kondelee, you come pack there at night them goes looking for his sex worker, is the vwife not away, because he said you stay for two months, so he takes his sex worker and goes wth her because it has been two months and she has not yet seen the wife, so thst is why he is looking for a sex worker.

**M2: Nasema ukiwa unaisha naye kwa nyumba tu ana attend, do wanaume huwa wanaenda…**

**M2: I’m saying if you just live with her in the house and yet she is attending, is that when you go looking for sex workers?**

R: Yeah sio ata sex workers peke yake, am talking about men, you know do you know the reason why nyinyi mnapatanga kama wanaume sio, mnsemanga we are not faithfull, because there are some challenges in the house zenye sinafanyanga wanaume watufute mpango wakando, one of them is that, ili saa zile usilete kisirani kwa nyumba coz ungeni samaa ungaa eperiods munakunga na kisirani kisirani zenu, *(Background: right ne asewacho gino)* *(Laughter)* so for you to be safe, chenye brotherangu amesema, unatoka if you have mpango wakando mwingine hapo kasupu. Na tayari umetoka job uko na hela kwa mfuko, you give her a call tunaeza enda java kidogo, ehh tuende java, na baada ya java wewe unajua. So ile ya kiwanja sio ata mwenye yake kwa nyumba peke yake, eh ile watu wengine wanenda kwasababu pesa yao ina wailo, *(Background:ina wailo)* eh sio kwasababu bibi zao wako kwa period pekee yake. Ndio sababu unaona pale kazi iko kila siku, kazi iko kiula siku. Do you want to tell me hao wenye wanaende mabibi zao yote wako monthly period, wengine pesa yao, wengine wamekosana na mabibi, wengine wako dry spell tu ya normal, so but we so it is yes they always go.

R: Yeah not even sex workers only, am talking about men, you know do you know the reason why you normally find when men are not…you normally say we are not faithful, because there are some challenges in the house that normally make men look for side chicks, one of them is that, so that you do not bring about issues in the house because normally when you are in your periods , you tend to bring abouts issues …your issues, *(Background: right we had alreadu talked about that)* *(Laughter)* so for you to be safe, thet thet my brother has said, you leave…if you have a beautiful side chick somewhere. And you are alredy coming from work and you so you have money in your pocket. You give her a call …Can we go to Java a bit, yes, lets go to Java, and instead of Java , you know …so that one for the street its just not about thst one of his in the house only…there are some people who go there because their money is itching them, *(Background: it is itching them)* yes, its not only because their wives are menstrating, that is why you realize there is work there everyday. Do you want to tell me all thoe going there, their wives are having their monthly period, some it is about their money, some of them have had a conflict with their wives, some are just in a normal dry spell, so, but we …so it is yes they always go.

**M2: Swali ingine, group moro ne okonowagani mon manieot samoro riambo ariamba ni gin e period mondo kik gichieu ratiro, en gima adier?**

**M2: Another question, there is a nother group that we were told that women just do lie that they are in their menses, so that they don’t have sex with their partner, is that true?**

R: Yes its true, mano timore kanitiere friction e kindi gi dhako, samoro nitiere achiel, ariyo, adek maok uwinjru e paro, koro ibiro yudo ka samoro kiduogo kidwaro right ni to ok iyudi, samoro bende ochich kodi nikech mon gi ingeni ochwegi mopogore, nitiere moko ma iweni jochiende odak e igi, kochich achicha kodi ni nyaka bedi ni jomoko oko kata in gi ngato oko, tokoro mano odwa punishi in away, gire no koro ok ine, to inbe gini biro kelo wiyi ni nyako *(Background: isero oko)* nyaka bedni nitiere ngato *(Background: cartel moro)* eeh nitie cartel moromaluore *(laughter)* Eh nikech gima owachona ni, ingeni dhano osiep chunye, samoro oketo na gini to en gima onge, samoro nyako moro ema ogochona, to ogo wrong number, iwinjo to owinjo kamano duond nyako, koro inheni en e jikon kucho *(laughter)* to owinjo duond nyako ni eeh to wuon ngane mano nga. Koro kitemo pimone ok odwa winjo e nose conclude ni mano ngati, kor friction bedo kamano endo mmh. To adieri makende enni ionge ngato, koro odwa tami gini to dhi gik kama koro inbende ineno ni hapana nyako ni tama gini to an awuon to aler, nyaka bedni nitie ngato

R: Yes it’s true, that does happen, if there is some friction between you and a woman, maybe sometimes there is one or two, that you do not agree on in idea, so you may find that sometimes when you come back and you come back when you want your right , you do not get it, sometimes she is even suspecting you, you see these women are created differently, there are some whom you think that the devil lives in them, if she just suspects you that someone might be having someone else out there, with that she will want to punish you in a way, you will now not see that of her thing (vagina), and even for you this thing will provoke you head such that *(Background: are you having an affair out there)* there has to be someone *(Background: some cartel) yes there is another* cartel that is surrounding you *(laughter)* yes, because of the thing that he is saying telling me, you see people only trust themselves, maybe she is saying this about me but it has no basis, maybe it’s just some lady who has called me, and yet she was calling a wrong number, then you listen, they she hears it to be a woman’s voice, when she just hears that, maybe she was on the other side in the kitchen, *(laughter* then she will be like father to so and so who is that, so when you try explaining to her she does not want to listen, for her she had already concluded that that is your person, so that friction will just be like that mmh. But just to say the truth it is that you do not have someone so she wants to deny you this thing and it is going to get to a point that you are also like…no, this lady is denying me this thing and yet I am innocent, there has to be someone.

**M: Ok nitiere question moro amora kendo? Watieko gi**

**M: Okay, is there any other question? We have finished with…**

R: Adwa mana duoko mao lakini sawa

R: I just wanted to respond to that, but it is okay.

**M: Duok aduoka, duok aduoka**

**M: Just respond, just respond.**

R: Yeah it happens but a fried of mine moro ne owacho ni ok, hiyo inakujanga kwa sababu mshapoteza trust for each other, mkisha poteza trust for each other ndio mambo ya kubandika pads kwa kwa nini kwa pant inakua. Ukushakuwa na trust vizuri kama mtu ako period utajua tu, kama wewe pia uko mgonjwa, kwa sababu ata sisi wanaume unaweza kuwa mgonjwa ambapo hauwezi fuck na bibi anataka onaona, you understand each other there after utalala, na kitambo bibi achukue pad aweke kwa kitu yake its along process ambapo ukiweka nayo inamaanisha you are wrong, eh there is something wrong somewhere but it happens. Lakini kuna beshte yangu fulani aliniambia bibi akuifanya hivyo, eeh kuna clip ingine tulikuwa nyao hapa yaa ya nani, Ruto(The president of kenya), mweshimiwa Ruto akisema ati nikileta GMO wengine sijui watamea nini, I hope you have seen that thing, so na Nganga ana sema hustler fungua nione so *(laughter)* so huyo jamaa alikuwa anasema ati yeye bibi akisema ako kwa period eeh, anaambie yeye fungua afanye nini.

R: Yeah it happens but another friend of mine said …okay, that does come about because you have already lost trust for each other, when you lose the trust for each other , that is when issues of putting a pad on, on whatever…on the pant. If there is proper trust you will just know if someone is in her menses, ad if you are also sick, …because even us men, you can be sick such that you cannot fuck, you might be sick such that you cannot fuck and yet you wife wants, you understand each other thereafter that you will sleep, but then before your wife takes pad and puts on her vagina, its along process such that if you follow through with it, you are wrong, yes there is something wrong somewhere but it happens. But, there is a friend of mine who told me that if a wife does that to you…yes there was a another clip that we had, Ruto, Honorable Ruto(The president of kenya) saying that when I bring GMO there are some who will grow whatever, I hope you have seen that thing, so …and Ng’ang’a is saying hustler open I see, *(laughter)* so that guy was saying that for her if a wife says that she is in her periods, he will tell her open I see do what?

**M: Fungua nione**

**M: Open I see.**

R: Fungua nione so lazima a hakikishe if it is true, and that is a bad behavior ati unaambia bibi atoe pantie uongalie kama anaenda kweli. It means umepoteza nini trust

R: Open I see, so it is a must that he confirms that it is true, and that is a bad behavior , that you are telling your wife to remove her pant so that you can see is it’s true that she is in her menses. It means you have lost trust.

**M: Mmh**

**M: Mmh.**

R: Alafu tena, kuna mwanamke anaweza kukufanyia hivyo kama tayari ametoka mahali na anajua ukiingia mle ndani *(Background: utajua)* utajua.

R: And then again there is a women who can do that for you after he is already coming in from somewhere else, and she knows that when you get in there (background: you will know)you will know.

**M: Kwani wewe utajua aje?**

**M: So how will you know?**

R: Shamba yako unajua, *(Background: kama mwenye amepitia tunajua don’t try*), akitoka tu hivi nita jua aki walai *(laughter).*

*R:* You always just know your farm*, (Background: as someone who has been there, don’t try) if she just* goes out there definitely I will know ,I swear  *(laughter)*

**M: Ok. Sawa sawa haya haya haya discussion for another day,** **thank you so much for coming thank you for the interactive discussion, sasa tunamalizia hapo na tunawaombea kilalaheri mnapo rudi penye mlitoka na sisi pia tubaki vizuri hapa. Asanteni sana.**

**M: Okay. Discussion for another day, thank you so much for coming thank you for the interactive discussion, so we are going to stop from there and we wish you the bet as you go back to where you came from and as we also remain well here. Thank you so much.**

R: Thank you very much we appreciate you

**M: Ok**

**M: Okay**

R: And call us another day