FOCUSED GROUP DISCUSSION. MALES 2

Moderator: Edith Osire

Note Taker: Enid Awiti

Start time: 12:15pm

Stop time: 13:41 pm

No of participants: 8

Moderator: Poleni wengine wenu wamefika saa tano nani saa sita. Focused group two community male partners. So karibuni sana kwa hii discussion yetu.Muwe huru kuongea mtu asichoke kuongea tutaongea tu. kila mtu nikikuambia namba tatu umenyamaza sana unaongea tu sindio? sasa reason yetu yakuwaita hapa ni kuhusu ee uhusiano wenu na wale sex workers wenye tukonao tukona utafiti hapa xxxx si hiyo mnajua hapa si mmeambiwa ,mmeelezewa eeeh sasa tunafanya utafiti tunataka kujua sex workers reproductive health yao inaweza ku improve namna gani tukiwasaidia,tukiwatibu wakiwa na ugonjwa za zinaa ama wakiwa na any problem na reproductive health yao .So tunataka tu discuss kidogo kuhusu hedhi ama menstruation.nataka nijue tu mnajua nini kuhusu hedhi ama periods. Kitu gani mnajua kama huwezi ongea Kiswahili ama kizungu utajibu tu kwa kijaluo ama ile lugha uko comfortable nayo sawasawa.saa tukianzia periods ni nini, ama hedhi ni nini?yes number 7

Moderator: Sorry, some of you came here by 11am and it is 12 noon. Focussed group discussion two community male partners. So welcome for this discussion. Feel free to talk let no one get tired we will talk freely. Every one, if I tell you number three you are so quiet you just talk right? Now our reason for calling you here is about your relationship with sex workers we have in the research study here. I hope you know xxxx here right, you have been told. Yes, now we are doing a research here, we want to know how reproductive health of sex workers can be improved, how to help them, and treating them when they are infected with sexually transmitted diseases or if they have any problem withtheir reproductive health. So we want to discuss a little about menstruation. I want to know what you know about menstruation or periods. What do you know, if you cannot talk in Kiswahili or English you can answer in luo or whatever language you are comfortable with. Let us start, what is menstruation, or what is monthly period? Yes, number 7

P7: Hedhi ni katika aa kwa mfano sanasana kwa watoto wa kike ni kuna umri akifika ama age.sasa mayai inajitengeneza kwenye mipira ya kizazi . saa zile ambayo itapata fertilization atapata mtoto isipotokea atapata hedhi.wengine wanaita menses [Inaudible]

P7: Monthly period is aah for example mostly to girls there is an age when they attain egg is formed in the fallopian tube. When it is fertilized she will conceive if it doesn’t happen she will get her monthly period. Some call it menses [inaudible]

M: mmm yes no 1.

M: Mmm yes number 1

P1: mimi kwa hedhi chenye najua

P1: What I know about monthly periods

M: hhmm

M: Hhmm

P1: kwa wasichana

P1: For girls

M: mmm

M: Mmm

P1: Inaanza mapema as in at nine or 8 years ile period inafika kwa kila mwezi anashade, anashade off hiyo blood mpaka ufike menopause from 8 years mpaka ufike menopause.

P1: It starts early as from 9 or 8 years, the periods come and sheds every month, she sheds off that blood until one reaches menopause from 8 years until menopause.

M: no 6 ulikuwa na neno?

M: Number 6 you had something?

P6: vile nimejua through circulation of blood huwa inaosha damu wanawake ile uchafu inatoka pia inaingia mmm.

P6: What I know is that circulation of blood cleanses women blood, the dirty one comes out and enters mmm.

M: mmm ok mmh number 5 hauijui hedhi ni nini?

M: Mmm ok mmh number 5, you don’t know what monthly period is?

P5: Wacha tu haonge

P5: Let him just speak

M: aaaaahaaa ongea tu we tunataka kujua ati wewe unajua hedhi ni nini?

M: Aaaaaahaaa just talk, we want to know what you know about monthly periods?

P5: Ina umri

P5: It has an age

M: hmmmm

M: Hmmmm  
P5: ina umri ya wasichana ambayo inaaza kwanza 12 ,si mimi najua hapo inaosa

P5: It has an age, for girls it starts at 12 that is what I know it washes away.

M: mmmm

M: Mmmm  
P5: inaosa mayai yao iyo

P5: It washes away their eggs

M: tunafikiria nini kuhusu wanaume kujua hedhi kuna wanaume wengine hawajui ama wanaume wote wanajua kuhusu hedhi? Number nane?

M: What do you think of men understanding monthly periods, are there men who don’t know or all men know about monthly period? Number 8

P8: Wengi wetu kulingana hedhi wengine wetu tunajua sababu ni mambo tunasema maramingi Sana so sijambo geni kwetu sana

P8: Most of us know about monthly periods because it is something we talk about frequently so it is not new to us.

M: Mmmm

M: Mmmm

P8: kwa madada zetu na hao tena waschana wenzetu hao wenye marafiki zetu

P8: To our sisters, our girls and our friends

M: Mmmm

M: Mmmm

P8: Kwa hivyo tunajua mambo mingi kuhusu hedhi.

P8: So we know a lot about monthly period

M: mmm okay, number mbili ulikuwa na jambo?

M: Mmm okay, number 2 you had something

P2: Mimi kenye najua

P2: What I know

M: mmmm

M: Mmmm

P1: Ongeza sauti

P1: Speak up

M: Ongea kwa sauti kidogo

M: Speak louder

P2: Mimi kenye najua kuhusu menses, wanajua tumekutana nao hivyo sana,tukiwa watoto wetu kwa hiyo sio mpya ,dada zetu na marafiki zetu vilevile

P2: What I know about menses, we mostly come across it, since we were young so it is not new, our sisters and friends too

M: Na matokeo yakushika mimba inakaribia ndio anakuwa na hedhi okay number moja?

M: And result of pregnancy that is why they have monthly periods okay number 1

P1: Mimi niko na mixed reaction hapa

P1: I have mixed reaction here

M: Yes

M: Yes  
P1: Kuna wanaume ambao wanajua hedhi na kuna wengine hawajui.

P1: There are some men who don’t know about monthly period, and there are some who know

M: Mmmm

M: Mmmm

P1: kitu ya first, kitu ya first Kwa hedhi

P1: The first thing about monthly period

M: Mmmm

M: Mmmm

P1: niko na age yake

P1: It has age

M: Mmm

M: Mmm  
P1: Then hiyo period tuseseme dame wako ako kwa hedhi kuna vitu ana undergo

P1: During that period lets say when your girlfriend is in he menstral period, there are things she under does

M: saa zingine akona ma mood swing wengine wanalilianga tumbo, cramps nini saa unapata kwanini nasema wanaume wengine hawajui, unapata hiyo time kuhandle hao watu yaani they are somehow wana nag.Kuna nagging wengine wako na hizo period pains lakini sisi hatuelewi

M: Sometimes she may have mood swing, stomach pain, and cramps. We say some men don’t know because during that time they mostly nag. Some have the period pains but don’t understand.

M: Mmm

M: Mmm

P1: Bwana anataka saa zingine kuhave intercourse nayeye ako kwa hedhi

P1: The husband may want to have sexual intercourse with her but she is in her menses

M: Mmm

M: Mmm

P 1: so unaona wengine hawajui.

P1: So others don’t know

M: napale sasa wengine hawajui ndiyo wakiwa pale kwa community mnafikiria wanaeza kujua aje? Ginyalo ng’eyo nade?How do they know ? How can we tell them about aaa about menses at the community level wakati wako pale kijijini mtaa kwa mtaa? Wabokonogi nade? Wabro wachonegi nang’o jomokya gi kata information mag menses ginyaloyudo nade? Watajua aje watapata information namna gani kuhusu menses? Yes number one

M: For those who don’t know, there in the community, how do you think they can know? How can they know? How do they know? How can we tell them about aaa about menses at the community level when they are in the community? How can we tell them? How will they know, how will they get the information about menses? Yes number 1

P1: Tukitrainiwa …tuwaempower tukiwa empowered tunaenda kuwa empower.

P1: If we are trained…we empower them if we are empowered we will empower them

M: Nyinyi wenye mko hapa na wenye hawako hapa?

M: You who are here and those that are not here?

[Overlapping]

M: Ooo ndio mtaenda kuwa …Yes number 7.

M: Ooo that you are going to be…yes number 7

P7….nikisupport. Unajua saa ile ambayo utaenda Kwa community uko

P7: As I support, when you will go out there in the community

M: Mmm

M: Mmm  
P7: If you are equipt vile amesema Kama empowered its like snowballing

P7: If you are equipt the way he has said like being empowered it is like snowballing

M: Mmmm

M: Mmmm

P7: So you will tell one person the other person will tell the other it’s just snowballing so hiyo information ita ita spread

P7: So you will tell one person, the other person will tell the other it is just snowballing so the information will spread.

M: Itakuwa inaspread yes number nne.

M: It will spread, yes number 4

P?: si area yetu but within …within town ni rahis sana kufika

P? Not only in our area but within…within town it will spread easier

M: Mmm yes yes number nne

M: Mmm yes yes number 4

P4: aah another way people wanaezajua

P4: Aah another way people can get informaion

M: Mmm

M: Mmm

P4: Ukienda nje

P4: If you get out

M: Mmm

M: Mmm  
P4: Kuna groups’ tuko na mabeshte…

P4: There are groups we have friends

M: Mmm

M: Mmm

P4: Ukiwa kwa group kwa mtaa kuna venye unaeza pokea information ee ata hupee number two information hutaelewa lakini si kunavile tunaele

P4: If you are in a group in the community you get the information ee if you give number 2 information you will not understand but there is a way we can understand.

Paricipants: elewa

Participants: Understand

P4:Kuna venye unaeza pass information kwa mwengine depend na venye pia amereact

P4: There is a way you can pass information to others and will depend on how he has reacted

M: Mmmm

M: Mmmm

P4: kuna ile mtu anaeza ona mtu flani kupitia njia flani umwangalie the best way unaenda kukaa naye chini unamwambia umejua hivi na hivi akishaaskiza ataenda aangalie

P4: There is a way one can meet someone through a certain way and see the best way you are going sit with him down and tell him you know this and that after listening he will go and think about it  
M: Mmmm

M: Mmmm

P4: nilifanya vibaya ama vizu

P4: Did I do it right or wrong

M: vizuri asante sana number sita watu kwa community watajuaje….

M: Good, thank you. Number 6 how will community members know

P6: social studies, Kama tutashiriki nao tulichojifunza sisi vile tunasema haifai hii ibaki yetu apa kwetu apa.pia unaeza tembea inje social studies sinihivyo.

P6: Social studies, if we will share with them what we have learnt it is not good we remain with the information here, you can spread outside social studies it is like that

M: So ukifunzwa unaenda………

M: So if you are taught you go

P6: pia unaeza tembea nje social studies sinihivyo

P6: You can spread outside social studies it is like that

M: number aboro wachane pachi.

M: Number 8, tell us your thoughts

P8: Mimi kwa maoni yangu unaona vile sasa sisi wenyewe sisi wenyewe tuko empowered

P8: In my opinion, if we ourselves are empowered

M: Mmmm

M: Mmmm

P8: [inaudible] nyinyi wenyewe, venye hii organization yenu inasupport watu mnapata information this side kuna kitu inaitwa outreaches

P8: [inaudible] you yourselves, like this organizarion supports people how they get information, this sides there is something called outreaches

M: Mmmmhm

M: Mmmmm  
P8: kuna siku mnasema tunakata kuja area fulani, Na tutamobilize tu watu wakuje waskie na . Tuna information nzuri yakusaidiana kwa community so the moment mtu hapo amesaidiana mwengine hii information itakuwa imesonga .inakuwa spread hadi kwa wengine

P8: There is a day you say you will come to a particular area, and we will mobilize people to come to get the information. We have good information that will help the community so the moment someone is helped by another the information will spread. It will also spread to others

M: Mmm

M: Mmm

M:Okay Yes number 1.

M: Okay, yes number 1

P1:…idea ingine pia nimekuwa nikifikia Kama organization unaeza tengeneza hizo bronchures ,flyers .

P1: … I have been thinking of another idea, if organizations can make bronchures, flyers

M:Mmm

M: Mmm

P1: kupatiana hawa watoto wa shule wa class 6 hao grade six

P1: To distribute to school going children in standard 6, those in grade 6

M: Mmm

M: Mmm

P1: Akisoma hii kitu ni nini na ana anaeza handle aje alafu pia tuweke notice …..

P1: To read what it is all about, what it is and how he /she can handle and put notice too.

M: mmm yes number 7.

M: Mmm yes, number 7

P7: as ni nikishajua information inafikia the few people of community health workers so the reason is like it can be supported by the government or NGOs to give information even on hygiene kama sanitary towels .we give them the information so that they tell the community juu ya usafi

P7: As in if I know the information will reach the few people of the community like the community health workers so the reason is, it can be supported by the government or NGOs, to give information even on hygiene like sanitary towels. We give them the information so that they can educate the community on cleanliness.

M:asante sana so tukiendelea ni kitu gani ama ni vitu ka gani wanawake hawafaikufanya wakati wako kwenye hedhi ?gik mane ma mon okonego tim sama gidhie periods?Ntie gik mokonego gitim? to kagintie gin gik machalo nade?

M: Thank you. As we continue what or which things do women are not supposed to do when they are in their monthly periods? Which things are women suppose not to do when in their monthly peiods? There are things that they are not supposed to do? If they are there, what are this things?

M:Wachak gika? Number 5 .

M: Let’s start from here. Number 5

P5: Ntie nyako I want to say for example

P5: There is a girl…I want to say an example

M :Wachawacha dholuo

M: Just say in Luo

P ?: Wach dholuo

P: Speak in Luo

M:Wachawacha

M: Just speak

P2 ?: wachawacha dholuo

P2: Just say in Luo

M :Eeeeeh okay sawa haya eeehehehe

M: Eeeeh okay right continue

P5: sasa tuseme wasichana… saizo huwezi lala nao anaeza pata infection flani.Saa hizo huwezi enda na yeye

P5: Let say girls…during that time you cannot have sex with them they can get some infection. You cannot have sex with her

M: mmmm ok number 2.

M: Mmmm okay number 2

Nurse:Msonge mbele

Nurse: Move forward

M: Ooh sorry songeni mbele kidogo.

M: Ooh sorry, move forward a bit

Nurse: Mnaongea polepole

Nurse: You are talking with a low voice

(Background moving.)

M: yes number 5 wachane kendo.

M: Yes, number 5, repeat again

P5: anwoo

P5: I repeat

M: ee nwoo

M: Yes, repeat

P5: Saa nasema kama wana attend hufai kulala nao sana lakini kuna wengine wanaeza kuinsist hao ma niseme ,sasa kama hao wengine tuseme kama hao usiku sacco w…., sijui kama wanahatarisha maisha yao ama ni nini

P5: Now I am saying, when they are in their monthly peiods you cannot have sex with them. But there are those who can insist let’s say…let’s say sex workers (“usiku sacco” meaning sex workers), I don’t know if they are putting their lives in danger or what

M: usiku sacco Ni nini?

M: What is usiku sacco?

Participants: Sindio sex worker

Participants: Is it sex workers

M1: ukisema ati hufai kulala nao Sana inamaanisha ati unaeza lala nao kidogo.

M1: If you say you are not to have sex with them that much, do you mean you can have sex with them a little

Members laughing: hehehehehehehe

All: (laughing) hehehehehe

P5:Si sasa for example, eeeeh so wewe unaeza enda pale wewe haujui ana attend unaona unaeza enda nao na wewe huwezi jua wana attend na hao wenyewe wanajua wana attend so atakaa tu hapo.

P5: Now for example, eeeh you can go and have sex with her and you don’t know she is in her monthly periods, you can have sex with them without knowing they are in their monthly periods and they know they are in their menses so she will just be there.

M:I get you yes number 2.

M: I get you, yes number 2

P2: Kama ni bibi yangu nimeoa hafai kupika na silali nayeye kwa kitanda moja kama wiki moja hivi au three days ,asishike chakula yangu kama ako kwa menses hasichanganye na chakula. Sifai kulala na yeye hata three days

P2: If it is my wife am married to, she should not cook for me and sleep with her on the same bed for like 1 week or 3 days, she should not touch my food when in her menses and not mix food. I am not to have sex with her for even 3 days

M: Anachanganya damu na chakula

M: She mixes blood with food

P2: yaaani tuseme wanguza na wanguza

P2: Let’s say touching her and her touching you

M :Anaguza na anaguza chakula

M: She touches it and she touches food.

P2: Eeeh sasa haifai akupikie chakula na haifai mlale nayeye one week hivi time yenye akishaanza kuattend …

P2: Eeeh so she is not suppose to cook for you food, and haing sex with her for 1 week when she starts her menses

M: ooohh number 1.

M: Ooohh number 1

participants laughs: hehehehe.

ALL: (laughing) hehehehehehe

P1 : so far kitu nimeskia not that I am disputing lakini najua ni kama myths and misconception .

P1: So far what I have heard is not that I am disputing but I think it is like a myth and misconception.

M: mmm

M: Mmm

P1: juu dame akiwa period ee hakuna kitu hafai afanye anaeza fanya kila kitu bora tu yeye ajistiri vizuri eeh, juu kuna vitu mob wanatumia kama ako pads sidhani kama kunakitu wanaeza zuia kufanya.so sidhani ka kuna kitu hawawezifanya

P1: When a girl is in her menses ee there is nothing she is supposed not to do, she can do anything provided she takes good care of herself. Because there are many things they use like pads, I don’t think that there is something that can prevent her from doing, so I don’t think there is something they cannot do.

M: ok number 4.

M: Okay, number 4

P4: sometimes ni ngumu kujua kama msichana anaenda hedhi ama haendi

P4: Sometimes it is not easy to know if a girl is on her menses or not.

M:mmhm

M: Mmmm

P4: Coz wengine wako too secretive na by the time ugundue yeye alishamaliza unaona so in that period hakuna kitu yenye hafai kufanya juu alizifanya by the time amalize wewe ulishajua alisha ma……

P4: Some are to secretive and by the time you realise she has finished. So during that time there is nothing that she is not supposed to do because she did them by the time she is done you will have known….

M: Alimaliza

M: She has finished

P4: So hakuna kitu hafai kufanya anaeza fanya only to an extent that kuna wengine hedhi inawa take in a different way.

P4: So there is nothing she canot do, only to an extend there are others menses affect them in different ways

M: Mmm

M: Mmm

P4: Kuna wenye inawachokesha kuna inawaweka active kuna wengine wako moody it depends na venye imekuja. Yes

P4: There are those who feel tired, there are those who are active, they are those who are moody it depends on how it comes. Yes

M: So responsibility wise nani anafaa kuhakikisha mwanamke ako na the right product yenye anatumia wakati ako hedhi? The right products inamaanisha vitu za kutumia Kama pads, cottonwool. Yes number seven.

M: So responsibility wise, who is suppose to make sure a woman has the right product to use during menses? By the right product I mean things like pads, cotton wool. Yes number 7

P7:Ok sanasana like aaa like if she is my sex partner nataka kama umekaa sawa kama niko na uwezo waku providia hizo vitu mnaeza ni providia hizo sanitary pads whatever I think hiyo moral support ,emotional support vitu kama hizo.

P7: Okay, mostly like aaa like if she is my sex partner I want the best for her if I have the ability to provide them, you can provide the sanitary pads I think the moral support, emotional support things like that

M: Ok number 4.

M: Okay number 4

P4:Based of another different opinion as a responsible man uko married kuwa na watoto responsibility yako ukaoe wewe ni baba wa nyumba in that period ukishajua as a parent ama wenye uko nao hao kwa nyumba ndio mkae kuishi mmejuana to some extend unajua weakness yake na so it is you

P4: Based on another different opinion, as a responsible man, you are married and having children your responsibility to get married, you are the father of the house, during that period after knowing as a parent or those you live with in the house, for you to have lived with her to some extend you know their weakness and so it is on you

M: mmm

M: Mmm

P4: unafaa uko responsible unawaletea kwa nyumba nikama tu diapers.mzee si kwa nyumba yake anakuja na diapers

P4: You are to be responsible and bring for them in the house just like diapers, a man comes with diapers in her house

M:mmm

M: Mmmm

P4: ama wanaume nimedanganya.

P4: Or am I lying my men

All :hapana

ALL: No

P4:si wengi wanakuja nayo so pia Anafaa kuprovide hii ingine

P4: Not all come with, so it is good to provide the other one too

M: eee ok number 1

M: Eeh okay number 1

P1: Mimi nasema hivi namsupport

P1: I saying that I support him

M: mmmm

M; Mmmm

P1: juu hiyo ni responsibility yetu kwanza

P1: Because first it is our responsibility

M: mmm

M: Mmm

P1:then secondly kama yeye mwanamke sindio mmm yeye pia anafaa ajipange na stock zake kwaa nyumba coz mimi ile time nitaenda kwa supa na most of the time ni wao wanaenda supa si tunatoa tu doo hao wanaenda .Na anafaa ajipange nayo hata kama ni safari inafaa haweke kwa purse yake iko pale ndani ,akiba incase hasijipate off-guard.

P1: Then secondly, as a woman she should also have her stock in the house, because the time I will go to the supermarket and most of the time it is them who go to the supermarket, we give them money and they go for shopping. She has to be prepared with it, even if she is travelling she has to keep in the purse, stock just incase so it does not get her off guard.

M: mmmhm number 8.

M: Mmmmm number 8

P8: nikiongezea hayo wameongea ukweli lakini kulingana na venye tulikuwa tuna discuss hapa hivi saizi tulikuwa tuna talk about ee sex workers unaona

P8: If I can add on what have already been said, they have spoken the truth but according to the way we were discussing here now, we were talking about sex workers you see

M: mmmm

M: Mmmm

P8: kuna wale wako na regular sex workers na kuna wale wenye mnakutana leo maybe hamtakutana kesho tena

P8: There are those with regular sex workers and there are those you meet with today and you may not meet her tomorrow

M: Mmmmh

M: Mmmm

P8: sasa mtu kama huyo yeye mwenyewe personally

P8: Now someone like that personally…

P8: unaona inafaa aangalie afya yake na health wise ajiangalie yeye mwenyewe inafaa tu akuwe prepared asiwahi kosa pads juu zingine zinakuanga irregular si hivi tu specific time yenye itakuja sometimes huwa zinachange sasa asikose tu pads.

P8: You see she has to look after her health to look at herself and be prepared not to run out of pads because some menses are irregular, not like specific time that will come sometimes they change so she should not run out of pads.

M: okay

M: Okay

P8: Akue tu nayo

P8: She must just have it

M:mmmm and is it important for you to know as a man kama partner wako awe sex worker Partner hawe yule ako kwa nyumba is it important for you to know mtu akiwa hedhi?

M: Mmmm and is it important for you to know as a man if your partner a sex worker or wife, is it important to know if someone is in her menses?

P8: Yes it is very important

P8: Yes, it is important

M: So you expect them to tell you or maybe we pia tu uko na calendar yako unajua kuna wanaume wako na calendar ya mabibi wao wanajua tu itakuwa namna gani.So in your opinion do you think it is important mjue ama mwaambiwe na wanawake wakati wanaenda kwa hedhi ama wakati wako karibu.

M: So you expect them to tell you or maybe you also have a period tracking calender, you know there are men who have period tracking calender for their wives and know when the menses are to occur. So in your opinion, do you think it is important for you to know or be told by women when they are in their menses or when they are almost?

P7: let me support

P7: Let me support

M: Yes

M: Yes

P7: Yes to answer you it is good for them to tell you juu sometimes unajua maybe you are a working person unasaka vitu kama hizo saa sa zingine unajua kuna time ako period ata bila kuambiwa but sometimes you are occupied that huwezi shika rada

P7: Yes, it is good for them to tell you because sometimes you may be someone working and sometime she may be in her menses without you noticing but sometimes you are occupied that you may not notice

M: mm

M: Mmm

P8: saa wewe umekuja kwa nyumba ama mmekutana kwa hiyo spot yenu mmefanya hizo vitu zenu maybe umekuja tu by surprise ama umemambush

P8: So when you come to the house or you have met in your spot and had sex you may have surprised her or you have ambushed her

M:Mmm

M: Mmmm  
P8: Anafaa pia akuambie am in my days sasa ni mzuri sex worker partner akuambie kwa leo naye nko hivi na hivi haita ezekana maybe lets have some lunch maybe some supper bye bye nini unaenda shugli nafikiria hivo ni sawa .

P8: She has to inform you that she is in her menses, it is good for the sex worker to tell you today I am on my menses it will not be possible maybe lets have some lunch maybe super and you part you go about your activities I think that ca be good

M: no 3 what do you think, unafikiriaje juu ya ngono wakati wa hedhi ama nindogi osiepni kata sex worker sama en eperiods?

M: Number 3, what do you think, what do you think about sex during menses or having sex with your sexual partner or sex worker when in her menses?

P3: mtoto anaeza tokea na maybe ugonjwa inaeza kutoka mtu akishiriki

P3: One can conceive and maybe get infeted with diseases when having sex

M: Mgonjwa na ugonjwa kama gani?

M: Illness, which type of illnesses

P3: Si...

P3: Like

M: Anasema ugonjwa yanaeza tokelezea uki have sex na mtu akiwa periods.mmhm number 5Ku… kukulana na mwanamke akiwa hedhi unafikiriaje juu ya hiyo?

**M: He has said illnesses can come up when having sex with someone who is in her menses. Mmm number 5…having sex with women in their menses what do you think about that?**

P5: Si kuna mwingine anaeza kuficha sa ule wa kuna time yenye roho yako pia inapenda sa pale atakuambia aa mi naye … na sema aa we nipe tu nipe tu si ntakuumiza aa we nipe tu aa si inaweza kukuadhiri.

P5: There are those who cannot say, there is a time your heart may feel like it wants to have sex so she will tell you that aa for me I am like…and I tell her aa lets just have sex it will not affect you

M: mmm number eight

M: Mmm number 8

P8: Chenye naezaogeza tena sex is all about pleasure unaona unafaa ufurahie sex. Na the moment mtu ako unclean na unataka kuhave sex nayeye unaona hapo hakuna utamu juu kama utafanya tu kitu shingo upande yaani hufanyi kama unafurahia upande so anafaa tu atulie senye ako hedhi iishe then sasa muenjoy sex.

P8: What I can add again is that sex is all about pleasure you have for fun when you are having sex. And the moment one is unclean and you want to have sex you will not enjoy because you will be doing it unwillingly so one has to calm down until the menses are over then you will enjoy sex afterwards

M: mmmmh

M: Mmmmh

P7: dangers yaku have sex tuseme na sexual partners t wakati ako kwenye hedhi maybe last night amatwo days before you had rough sex

P7: Dangers of having sex let’s say with a sexual patner when she is in her menses maybe last night or two days before you had rough sex

M:Mmm

M: Mmmm

P7: So if you go to another partner maybe ukona na bruises kitu kama hiyo na maybe yuko kwenye hedhi na she is HIV positive so the area can be an entry point

P7: So if you go to another partner may be you may have bruises or something like that and in her menses and HIV positive, so the bruises can be the entry point

M:So aaaam like no 5 nataka nikuulize swali ukiwa umepata mwanamke ame insist vile ulikuwa unasema unajaribu kumwambia hapana lakini yeye ana insist nipee tu so kitu kama hiyo ikifanyika mmmmm kuna venye unafaa usafi wa kwako uangalie sana?. Yes number 2.

M: So aaam like number 5, I want to ask you a question, lets say you get a woman and has insisted the way you were saying that you try to resist but she insists, so if something like that happens mmmm there is a way you should maintain cleanliness? Yes, number 2

P2: eeeeh kwasababu venye kuko hivo inastahili kujua Kama ako hedhi. Hutumie condoms.;;

P2: Eeeh because like nowadays you deserve to know if ahe is in her menses. You don’t use condoms

M:Mmmhm condoms

M: Mmmhm condoms

P2: eeh condoms….

P2: Eeh condoms

M: Eeeehehehehe yes ehee

M: Eeeeehehehe yes ehee

P2: Inafaa akiwa hivo

P2: It should be like that

M: mmmm

M: Mmmm

P2: Unaeza tumika mpira ama ile ya wanawake ….

P2: You can use the male or the female condom

M: hmmm okay number sita.

M: Hmmm okay number 6

P6: Kama iko hiyo situation unafaa utumie protected gears like cds incase ame insist lakini umejua ni mind wise communication sex is about communication sasa kama yeye ame insist na wewe uko ready maybe nothing can happen

P6: If it is in a situation like that you should use protection gears like condoms, incase she has insisted you know sex is all about communication and is in in the mind. Maybe if she has insisted and you are ready then maybe nothing can happen

M: Mmm. Na sasa just ulikuwa unataka kusema….number one

M: Mmm. And what did you want to say number 1?

P1: Mimi hapo naye

P1: For me …

M: Mmm

M: Mmm

Participants Laughs

ALL: (laughs)

P1: nimeshindwa cha kusema na mimi mtu kama ako unclean

P1: I lack what to say for me if someone is unclean…

M: Mmm

M: Mmm

P1: atulie tu saa zingine ni two, Three days na imeisha wengine kuna wengine wanaexperience tu dot tu

P1: She has to keep calm because sometimes it is 2, 3 days and it is finished there are some who just spot

M: Mmm

M: Mmm

P1: Na imeisha so atulie tu hiishe juu after hapo amesema, vile number 8

P1: And it is finished, so she should keep calm to finish because what she has said, like number 8

M:Mmm

M: Mmmmm

P1: Amesema hapo unaeza toka na nini mob hauta enjoy

P1: He has said you will leave with a lot of ….but you won’t enjoy

M: Mmmm

M: Mmmm

P1: Juu sex ndo inatokanga Kwa brain hauta enjoy ka mtu unafanya kidogo mara hii unaona ee ukona damu hauta enjoy tena

P1: Because sex comes from the brain you will not enjoy and noticing there is blood, you won’t enjoy sex again

M1: Na nikiuliza kusema nilishalipa sindio umeenda Kwa yulesex worker pale nje ushalipa hadi ushaingia Kwa room alafu urealize ako kwa periods, How do men usually react, so mna react aje?

M1: If I may ask, you have gone to a sex worker and have already paid and you are already in the room then you realise she is in her menses, how do men usually react, how do you react?

P1: wewe mind yako ulishaprepare mapema

P1: You have already prepared your mind earlier

M1: mmmm

M1: Mmmm

P1: Ulishaprepare mind yako hakukuambia hakukuambia si hiyo ni yako

P1: You have already prepared your mind and did not tell you, and that is your own problem

M1: Mmmm so what is it ni nini itafanyika?

M1: Mmmm so what is it what will happen?

M::Yes number 4.

M: Yes, number 4

P 1: si itaendelea, itaendelea

P1: It will continue

M: Number 4 ako na jambo

M: Number 4 has something

P4: I’ll try to contradict bases on how people are. There are some that hii ni pesa yangu tulisha lipa lazima itumi

P4: I will try to contradict based on how people are. There are some that will say that this is his money and I had already paid it has to be used

Participants: Itumike

ALL: To be used

P4: but there are those that akiiona ata Kama niile pesa aaaahaa haitamake.

P4: But there are those that when they see that is money aaaahaaa it will not make

P7: Na ku add on that

P7: To add on that

M: mmmm

M: Mmmmm

P4: Sasa kuna ingine kidogo sasa ameongea kuhusu mwenye ametoa pesa yake ndio bado unaskia mtu anafanya anal sex.sawa.

P4: There is something small he has talked about the person who has paid his money that is when you hear that they engaged in anal sex. Okay

M: yes

**M: Yes**

P 4: it leads to other things that……

P4: It leads to other things that…

P7: as long as kuna ile pressure

P7: As long as there is pressure

M: mmm

**M: Mmm**

P7: ileile mtu anaona mbele kubaya basi nyuma {overlapping}participants laugh

P7: Someone may see the vagina as having blood then he can have anal sex (overlapping)

ALL: (laughing)

M: mmm

**M: Mmm**

P 8: tena nataka kuongezea kidogo unajua hii kitu ,ilikuwa all about negotiation mnaongea mnakutana mnamalizana pale hiyo ni biashara mnafanya hapo ukafika pale ukajua mimi ile biashara nataka .,haikuwa mzri venye nilikuwa nataka bado nanaezaongea tu na msikilizane mtafanya aje ndo mfike pale mlikubaliana .the same mnaezakubaliana udecide bwana leo nimekuja nko hivi wacha tuone vile tutafanya hadi next time pia huyu alisema unaezadecide akakubali nyuma .

P8: I want to add on something, you know everything is about negotiation, you talk, and you meet, you finish everything there you finish that business there. You can still talk as the business was not good so you can talk to come into agreement, the same you can agree and decide that I am like this and that let’s see how we can postpone it till next time, he also said you can decide and have anal sex.

Yes

P4:unajua point yenye saa zingine inakuwa inakuja kuwa ngumu kuna term saa zingine wanatumia pale hivo if I can quote pesa mkononi kuma kitandani unasikia sasa ulishapeana utaanza kuongea aje tena coz already sio wengi wenye wako readiness kukusikia(murmur in the background)

P4: You know there is a point that it becomes difficult, there are terms they used there if you can quote (“Money in hand, vagina on the bed’’) meaning they have to be paid first before going to the room with a client. How will you demand your money back already you have paid and not all are ready to listen to you (murmur in the background?)

M: mmm

**M: Mmm**

P4 : Kuna wenye pia from the look of things that wako biashara,hapo ndo…..

P4: There are those from the look of things they are in business that is when…

P1: wako wengi

P1: There are many of them

M:Sawa sasa nataka kuuliza swali fikira zenu ni yapi tukiangalia wanawake wale wanaotumia cotton wool ama tissue kuingiza kule ndani ndio damu isitoke wa have sex what is your thought? Yes number two

**M: Okay, now I want to ask a question, what is your opinion on women who use cotton wool or tissue to insert inside the vagina for menses not to come out when having sex? Yes number 2**

P2: hapo ni mbaya kwasababu ustahili utumiie tissue uko ndani sababu pia inaeza bakia ndani.

P2: That is not good, because you are not to use tissue to insert inside because it can remain inside

M: yes number 5.

**M: Yes, number 5**

P5: Hapo unajua anachukua anachukua kuchukua pesa Kwa ukweli .anajaribu kublock hiyo nini … hiyo damu itapata anajaribu kublock ile damu itapata Kama ile pamba ama ile ile pamba zingine zinabaki ndani.

P5: You see they take the money, and try to block the menses but the blood will penetrate and some pieces of cotton wool will remain inside the vagina

M: mmhm number 4.

**M: Mmm number 4**

P4: msichana mwenye anatumia tissue or cotton

P4: A girl who uses tissue or cotton wool

M: mmm

**M: Mmm**

P4: to block the flow wengine sio kupenda kwao

P4: To block the flow some of them is not their wish.

M: Mmm

M: Mmm

P4: it depends na circumstances za maisha that need ya hiyo pesa kuna pale anafinyika, so for you not to know ataiblock wewe utakuwa umemaliza haja atakuwa amebaki ameumia lakini ata the back of her mind hakumbuki ako na madhara next ako in readiness for ile uchuzi ile uchuzi ya kurudisha pesa its business hatainccur ,hatakubali kumake loss cz pale pia kuna vitu analipia Sasa wengine wanablock due to the circumstances yenye ako nayo but pia kuna wengine wanablock due to lust.unaona but kuna wale wanablock genuinely juu kaende kaende ..

P4: It depends with circumstances of life and may need that money because she may be needing the money, so for the client not to know she will block. You will have finished your urge and will remain hurt and at the back of your mind you don’t know that she has hurt herself and next in readiness for the same business to make more money its business and will not incur any loss. She will not agree to make any loss because she has to pay for some things so some block due to the circumstances she is in but there are others who block due to lust. But there are those who block genuinely.

M: So in your opinion you will understand if somebody does that?

**M: So in your opinion you will understand when someone does that?**

P4: With me I will not understand I will only come to understand its mambo na pressure lakini hautaingia si wote wataingia.

P4: For me I will not understand, I will only understand it as pressure not every one will have sex when the partner is on her menses

M: yes number one.

**M: Yes number 1**

P1: mi reaction yangu huwaga hivi..Hygienically it is not good at all juu tukiona cotton ni lousy obvious itabaki huko ndani tissue paper pia itabaki huko ndani baadaye madhara ni kubwa kushinda ile chenye alipata, saa zingine alichukua soo tatu. (Overlapping) ata one soo Na madhara itamcost

P1: My reaction is always like this, hygienically it is not godat all if younlook at cotton wool it is lousy obvious it will remain inside the vagina. Tissue paper will also remain and the side effects are worse more than what she earns, she may have used 300 shillings (overlapping) even 100 shillings the side effect will cost her

P5; Ata alichukua 100

P5: She may have taken 100 shillings

M: And what would you feel as a man Kama unahave sex na mwanamke hawe bibi yako ama sex worker ukitoa ukipata damu iko kwa condom ama iko kwako kama huku kutumia condom what would your feeling be like? Yes number seven

**M: And what would you feel as a man if you are having sex with a woman be it your wife or sex worker when you are done you find blood around the condom or on you if you did not use condom, what will your feeling be like? Yes, number 7**

P7: For me if I get a sex worker nanipate kitu Kama hiyo, first of all it’s a let down

P7: For me if I get a sex worker and come across such, first of all it is a let down

M: Mmm

**M: Mmm**

P7: Pia nitaona Kama maybe she could be sabotaging me having sex with them because am giving the money nataka good service na nadhani hakuniambia ukweli na nimeingia na nimetoka nikaona damu so me ntaona ameni sabotage. By the way.

P7: I will see if they maybe sabotaging me in having sex with them because I am giving the money, I will want good service and she did not tell me, I have sex with her and I see blood so, I will feel she has sabotaged me in a way

M: Yes so swali nyingine kunatofauti ku have sex na bibi yako eee ama partner wakati ako kwenye hedhi kwa wenye wamejaribu?

**M: So another question there is a difference of having sex with your wife ee or partner when in her menses, for those who have tried?**

P5: Come again

P5: Come again

M: Kuna difference yakuhave sex Kama mtu ama kama hako menses ama kama hayuko menses kuna tofauti? Is there a difference eee between having sex with wife or partner or a sex worker during menses?

**M: Is there is a difference in having sex when someone is on her menses or when not in her menses, is there a difference? Is there a difference eee between having sex with wife or partner or a sex worker during menses?**

P7; There is no any other difference menses are menses.

P7: There is no any other difference menses are just menses

M:Either kwa sex worker or partner ,kwa girlfriend

**M: Either for sex workers, partners or girlfriend**

P7: Yes there is no difference, the only difference that is there is the let down because once when you realize it is a let down.

P7: Yes there is no difference, the only difference that is there is the let down because once you realise, it is a let down

P1:Mi niko na swali hapo huwa naskia lakini sija experience nafikiri kuna vile hiyo damu inachemka sana eeeee sijui eee hapo saa inakuanga mzuri kwake kuhave sex hapo ama naskiaga hio period damu inachemka sana unafeel kuve like ile haja iko juu sana

P1: I have a question, I also hear but I have not experienced I think there is a way the blood boils eeee I don’t know eee it is also good to have sex at that time when the temperature is high during period that is when one feels the urge to have sex is very high

M: Haja yakuhave sex inakuwa juu sana wakati mtu ako menses

**M: The urge to have sex is very high during menses**

P1: Sijui ka hiyo ni misconception

P1: I don’t know if it is a misconception

M: Nani anaeza ongea juu ya hiyo. Number tatu umenyamaza sana.we nimjaluo ama ooh sasa nionge Kiswahili ehe ehe. Wakati mwanamke ako kwenye hedhi iwe ni bibi yako ama patner ama sex worker na kwa mfano umeenda na yeye ama umehave sex nayeye kunatofauti kama umewahi experience ama kitu umewaiskia mtu akisema.

**M: Who can talk about that? Number 3 you are so quiet. Are you a Luo ooh let me talk in Swahili ehe ehe? When a woman is in her menses be it your wife, partner or sex worker and for example you have sex with her is there any difference if you have experienced or if you have heard it from somewhere else.**

P3: hakuna tofauti.

P3: There is no difference

M:Mmm yes number 5.

**M: Mmm yes number 5**

P5: Hapo kuna tafauti sababu utaingia tu hapo kweli hatakuwa amekuambia lakini utaingia hapo, unajua matokea unaona tu Kwa towel. Matokea unaona tu Kwa towel.

P5: There is a difference because you will have sex with her without her telling you, and you will only see the blood in the towel after you are done. You will see the result in the towel

(Participants laugh)

M:Kwa towel, matokeo unaiona kwa towel

**M: In the towel, you see the result in the towel**

P5:kwa towel saa ingine unakuaga wacha nijipanguze nayo miguu ukienda unapa aa eeee.unjua hapo amekupiga hapo na nini..Unatafuta daktari

P5: In the towel, you may want to wipe you legs and see the blood in the towel that is when you will realise you had sex when the lady was in her menses…then you have to look for a doctor.

M: mmhm yes number 8.

**M: Mmmm yes number 8**

P8: Nikitaka kujibu swali ya hyo number 1 vile alikuwa amesema eee hao watu wanakua sexually active before hiyo nini yaani hakiwa karibu na sex work wanakuaga very active hizo hormones sasa zinazafanya kazi na maybe akimaliza but the moment ameshaanza ku nini ku ovulate hiyo nini inatoka sidhani kama anataka juu wengine wanakuaga na mood zingine tofauti swings kuna wengine wako hayuko sawa so kulingana na mimi nafikiria before and after then kulingana na mwenzangu vile alisema utaona tu matokeo kwa towel unajua sex lazma huprepare mwanamke ndo hakuwe tayari mwanaume ni ile ataona tu hivi na atakuwa tayari ata erect lakini mwanamke lazma kuna hiyo process

P8: I wanted to answer that question, what number 1 was saying eee people who are sexually active before the menses, the hormones work maybe if she finishes but the moment she starts ovulating the urge of having sex decreases some have mood swings and some are just okay according to me I think of before and after sex and according to what my colleague said you will see the result in the towel. Sex you have to prepare the woman first but for a man he erects on just seeing the vagina but for a woman there is a process

P4: Foreplay

P4: Foreplay

P1: The moment utakuwa unamnini hivi kama kulikuwa na zile menses utaona before upenetrate

P1: The moment you will be having the foreplay if she was in her menses you will notice before you penetrate

M: Yes number 1

**M: Yes number 1**

P1: Reaction kwake venye anasema sex poa bana kwa sex den hakuna hiyo utakuwa na mtu laughter

P1: His reaction what he has said, sex is good in the sex den there is nothing like that

[Overlapping]

P5: Bana fanya fanya

P5: Hello please do it

P2: Fanya haraka huende

P2: Can you do it finish up and go

Laughter

P1: Maliza haraka huende

P1: Finish quickly and go

P1: Hiyo ni upande wa sex worker lakini mama wa nyumba lazma ,kwa nyumba nayo utaprepare but huku inje

P1: That is on the side of a sex worker but your wife you must prepare but from outside

P2: Lazma umprepare mapema

P2: You have to prepare her earlier

P8: Okay in short

P8: Okay in short

P1: Bedroom huchange light ,unaona lakini pale ni (claps hands )

P1: You can change the bedroom lights, you can see but it is (claps hands)

(Overlapping)

M: Tuongee tuongee kuskie, tuongea tuskie

**M: Lets talk, talk we hear**

P1: Hiyo time ya kukiss ndo hakuna

P1: There is no kissing time

P7:Kulingaa na venye wenzetu wanasema wakati kati ya kama ni mke wako kama ni mshikaji wako wa kimapenzi ndo maana kuko vile pale kwa sex den utaingia hutoke huendee but wife wako utamprepare utafanya foreplay ndo sasa muende kwa the main process unaelewa.so kuna difference kidogo

P7: According to what my colleagues said between your wife or sexual patner that is why they do it like that in the sex den, you come in have sex and go away but for your wife you have to prepare her and do foreplay then you go to the main process that is sex. So there is a little difference

M: Na nataka niulize swali nyingine wakati ukona bibi yako hakujua kuna ata wives wetu wenye wako na irregular periods sindio tuseme ime hiyo time umemaliza ngono ndiyo ukitoka tu hivi damu inatoka haya na yule sex worker pia si ni mwanamke tuseme ata yeye ako na irregular periods sasa wakati umeanza ngono mmemaliza ndio anaona oooh kumbe periods zimeanza, reaction yako itakua namna gani hukicompare vile bibi yako imeanza unexpectedly na yule pia sex worker imeanza unexpectedly. How will you react to the two as a man? Yes number 4.

**M: I want to ask another question, when you have a wife, there are some of our wives with irregular periods, right. Let’s say the moment you are done with sex is when the period’s starts, and same applies to the sex worker is a woman like any other and can have irregular periods. You find that immediately you have finished sex that is when she notices she is in her menses. How will you react after realizing the menses have started unexpectedly for your wife compared to the sex worker? How will you react for the two as a man? Yes number 4**

P4: I talk on my own experience with my girlfriend.it was irregular and I did not know but in the process of the intercourse akashtuka

P4: I will talk on my own experience with my girlfriend, the menses were irregular and I did not know but in the process of sexual intercourse she was shocked

M: Mmm

M: Mmm

P4: We did it on purpose eeh but akishtuka I’ll cool down that’s my own experience. I don’t know any other person I don’t know but I talk on my side you get me ,but if it is irregular I would understand.

P4: We did it on purpose eeh but if she is shocked I will just cool down that is my own experience. I don’t know of the others but on my side you get me, if it is irregular I will understand

M: Would you understand okay you would understand that it just came vile ameshtuka sasa utareact the same way hukiwa na bibi ama they are the same

**M: You would understand okay that it was unexpectedly according to how she is shocked, so will you react the same way when you are with your wife or different**

P4: Sasa haijanifanyikia but yule alikuwa partner,I understood

P4: It has never happened to me, but the other one was my partner, I understood

M:Okay na sex worker?

**M: Okay and with sex worker?**

P4:Sijawahi,hadi sex wworker sijawahi

P4: I have never, I don’t even know them

M: Haijawahi wafanyika

**M: It has never happened to them**

M: Okay nothing happened but iki happen how your reaction would be that is why we are comparing the two.

**M: Okay, nothing happened but what if it happens, how would you react, that is why we are comparing the two**

P4: My reaction will be still the same.

P4: My reactions will still be the same

M: Mmm ok number 8

**M: Mmm okay number 8**

P8: Nataka tu kuongea tu vile amesema itakuwa same imagine the moment you are empowered umejua hiii kitu inaeza happen umejua hutakua na issue utajua nikitu inaeza fanyika unajua kuna mwingine anakuanga irregular so uta react tu the same venye amesema unless you are not empowered hapo ndo unajua ulinidanganya

P8: I want to talk about what he has said it will be the same, imagine you are empowered you know it can happen you won’t have any issues because you will understand it can happen because there are some with irregular menses you will just react the same way he has said unless you are not empowered that is when you will feel you were cheated.

P4: Number 5 has something

P4: Number 5 has something

M: Yeah number 5.

**M: Yeah, number 5**

P5: Umejua kama ni sex worker akifanya hivi unajua kuna mwingine atatupa mdomo na kuna mwingine atasema oooo hii indo ulipanga hautaki kunipatia ooo unaona sasa wengine wako different kuna mwingine atakuambia aaah leo sina buda leo acha nikupatie beshte yangu lakini wewe kitu umeweka kwa akili yako ati mimi leo lazima naenda na huyu…..iko kwa mind

P5: You know if it is a sex worker that has done that, there are some who will deny but there are those who will say oooh you planned all these you don’t want to have sex with me. You see some are different there are some who will tell you aah today let me give you my friend but what you had decided is that today you must have sex with her…it is in the mind

M; Sasa wewe as an individual achana na wengine?

**M: So you as an indivual without the others**

P5: Tunaeza negotiate unajua utanipea baadaye …. Unaeza sema baadaye .hiyo ni mind

P5: We can negotiate so we can have sex later… you can say later…but it is in the mind

M: Haina shida

**M: No problem**

P5: Hiyo ni mind yangu tu

P5: That is my pinion

M: Okay asante.Nilikuwa nataka niwaelezee tu Kwa ufupi kile kinachofanyika wakati wa hedhi kwa mwanamke. Wakati mwanamke anaenda ana ana ana anapata periods the biology behind it ama the physiology behind it, kitu inafanyika huu ni mfano wa uke wa mwanamke, hivi ndivyo inakaa, tunaelewana, so tunapata mwanamke akiwa between eight to 49yrs that is the, 15 -49 is the reproductive age mwanamke anaeza pata mimba, lakini si tumeona series worth records the youngest mother is?? 'Ten' 'eight' 'ten' or 'eight’, eight years old, the youngest mother on earth?

**M: Okay thank you. I just wanted to expalain to you briefly what happens during menses in women. When a woman is in her menses the biology or physiology behind it, what happens is this, this is the female reproductive system of awoman that is how it looks like, do we understand. So you get a woman betweem 8-49 years that is the, 15-49 is the reproductive age that a woman can conceive, but we have seen series worth records the youngest mother is? ‘Ten’ ‘eight’ ‘ten’ or ‘eight’, eight years old, the youngest mother on earth?**

P: Nine

P: Nine

M: 'Nine' 'eight ' 'eight' sai ni eight, na sasa the reason why hiyo inafanyika inamaanisha alipata hedhi mapema so hedhi inakuja between 23 to 35 days every month,, wengine wanaenda 23 days wengine wanaenda 35 days so every 35 days mtu anapata periods ama every 23 days wengine hata 21 days it depends on somebody but ile average yenye wameangalia na WHO ni between 23days to 35days so mtu akipata periods leo at 23days tena inakuja so inakuwa hii izi hii ni ovary kwenye mwanamke kuna eggs ama ova ama ovum kwa plural (eeh) zinakuwa nini hapo matured hapo zinatengenezwa hapo hii ndio nini kama factory ya kutengeneza so wakati egg imeshatengenezwa na imekuwa mature itakimbia kwa fallopian tube hii ni fallopian tube hizi ni fallopian tubes so itakuwa released the nini will open and then itakuja ifike hapo wakati wa ovulation hiyo inaitwa ovulation so wakati wa ovulation mwanamke akikuwa na ngono ama have sex na mwanamume si hii ni vagina this is the cervix so akihave sex the the female will be deposited here and then itakimbia ikikuja juu, spermatozoa ama sperm itakuja ikutane na egg hapo kwa fallopian tube for fertilization to occur, before all that happens the uterine lining ama hii wall ya uterus itakuwa imekuwa highly vascularized ama imekuwa thick na damu in anticipation ama kufikiria aty kama fertilization itatake place then implantation isikuwe hapa mtoto agrow akuwe mtoto tunaelewana, so itakuwa thick in readiness, so wakati sex imefanyika na nini 'iluongo nang'o' si nini spermatozoa haijafertilize hii egg, hii egg itaturudi tu then ikuwe washed off after those 23days or 35days because hakuna implantation itakuwa imeoccur sasa ile uterine wall yenye thickness yenye ilikuwa sasa inakuwa shade off because hakuna use yake lakini fertilization ikioccur hyo fertilized egg itakuja na implant hapa kwa wall ya uterus and hiyo ndiyo sasa mtoto atakuwa anagrow, ile thickness ya uterus itakuwa inasaidia kumaintain this pregnancy to term kwa sababu for the pregnancy to attach here lazima ikuwe na hiyo preparation ya uterus, so in the event no nini happens no fertilization happens here and no attachment here then now uterus itatoa hiyo damu yote hiyo ndivyo periods yenye inafanyika kwa wanawake tunaelewana mpaka hapo.

**M: 'Nine' 'eight ' 'eight' now it is eight, and the reason that is happening meaning she started having her menses early so the menses come between 23-35 days every month. Some have their menses after 23 days some 35 day, so every 35 days someone has her menses or even after 23 days some even 21 days it depends with somebody but the average according to WHO is between 23-35 days. So if someone have her menses today at 23 days it will come again. These are ovaries in a woman there are eggs or ova or ovum in plural (eeh) they mature there and are manufactured there it is like a factory, so when the egg has been manufactured and is mature it will run to the fallopian tube, these are the fallopian tubes so they will be released and the “I mean”, will open and will reach at thie point during ovulation. During ovulation when a woman has sex with a man, this is the vagina, this is the cervix so if she has sex the female will be deposited here then run upwards, spermatozoa or sperms will come and meet the egg here in the fallopian tube for fertilization to occur. Before all that happens the uterine lining or the uterus wall will be highly vascularized or it is thick with blood in anticipation or thinking that if fertilization will take place then implantation should not occur for foetus to grow to a baby, do you understand, so it will be think in readiness, so when sex has been done and spermatozoa has not fertilized the egg, the egg will come back then it is washed away after the 23-35 days because there is no implantation that will have occurred so the uterine wall the thickness is now sheds off because it is of no use but when fertilization occurs the fertilized egg will come and and implant in the uterus wall and that is when the baby will start growing, the uterus thikness will help in maintaining this pregnancy to term because for the pregnancy to attach here there must be uterus preparation, in the event no fertilization happens here and no attachment here then now the uterus will release all of that blood that is how menses happen in women, do we understand upto there.**

P1: Kabisa

P1: Correct

M:, Kuna mtu ako na swali, number Tano ako na swali kabisa kabisa (laughs) so basically hivyo ndivyo periods inafanyika so wakati wanawake wako periods they need number one privacy; watachange pads wapi hata Hawa sex workers wako pale wako periods kuna mahali pa kuchange vizuri (tick) kuna mahali pa kutupa hii pads they need somewhere to dispose the sanitary wear that they are using tunaelewana vizuri na wanaitaji hygiene maji ya kunawa ya kuoga wakati wako periods very important na wanaitaji hizo vitu za kutumia kwa sababu huwezi kuwa periods na tutu tufanye, watu Waturkana wanafanyanga aje?

**M: Is there anyone with a question, number 5 has a question (laughs) so basically that is how menses happens, so when women are in their menses they need number 1 privacy; where they can change their pads, even the sex workers have menses is there a good place they can change their pads (tick) is there a place to dispose the pads, they need somewhere to dispose the sanitary wear that they are using do we understand well they need hygiene water for washing their hands, for bathing during their menses is very important and they need those things to use because you cannot be in your menses and have sex, how do people from Turkana cope?**

P7: They use aah wanatumianga sanasana ngozi, skin skin

P7: They use aah they mostly use skins

M: Mmh ngozi yeah wengine wanatumia nini?

**M: Mmh skin yes, what do others use?**

P7: Hata hizi kama kuna wame wamefuga kondoo huwa wanatumia hiyo wool ya kondoo they make it hyo ile imekuwa tightened

P7: Like there are those who have sheep, they use the sheep’s wool, they make it the one that is tightened

M: Mmewai skia mtu anatumia kinyesi Cha ndovu au ngozi ile?

**M: I have heard of someone using elephnats stool or skin**

P7: Yeah we have heard about that ile imekuwa tightened lazima ikuwe tightened

P7: Yes, we have heard about that, the one that is tightened it must be tightened

M: So wanawake wanafaa wawe na vifaa vya kutumia wakati wa hedhi mmh so tukiangalia nataka kuwaelezea kwa ufupi zile vitu wanawake hutumia wakati wako kwenye hedhi, cotton wool nani hajawai ona cotton wool ?cotton wool kila mtu anajua sindio, kuna wanawake wanatumia hiyo kuna wanawake wanatumia nguo tu

**M: So women are supposed to have equipments to use when they are in their menses mmh if we look at…I want to explain briefly equipments women use during menses, cotton wool who has never seen cotton wool? Everyone knows cotton wool, right, there are women who use that and there are women who use a piece of cloth**.

P1: Vitambaa

P1: Pieces of clothes

M: Vitambaa tu zile wanaenda tu kwa tailor zile zimebakibaki wanapewa anatumia akiosha na anaendelea kutumia, wengine wanatumia reusable pads, hivi ndivyo reusable pads ina ina hizi zimeshonwa specifically just to be used during periods (eeh)i naeza enda round yenye wenye hawajawai ona waskie vile inakaa na tena inaingizwa inaekwa tu kwa panty alafu unafunga sa wakati imejaa anatoa anaeka ingine akiosha hii imekauka akiendelea and then tuko na pads, wangapi hawajai ona pads? Sanitary pads? Hujawaiona, we umewai ona namba tatu?

**M: Pieces of clothes that they go to a tailor, the remaining pieces from the tailor they are given they use wash and continue using, some use reusable pads, this is the way they look like, they are washed specifically just to be used during menses (eeh) you can pass it round for those who have not seen it to feel it, and again it is placed on the panty then you open it when it is full and put another one, if she washes it and dries it the other one that was washed earlier is dry and continues using it and then we have pads, how many have not seen pads? Sanitary pads? You have never seen, number 3 have you ever seen it?**

P3: Mmh

P3: Mmh

M: Hii ni sanitary pads .oooh

**M: This is sanitary pads…ooh**

M: Mnaeza tu ku kuskia tu kuifeel wengine huwa wananunua na hawajai ona vile inakaa (laughs) and then tuko na tampons, tampons wangapi wameona tampoons? Ama wame

**M: You may have heard of it but not felt it, some buy but have never seen how it looks like (laughs) then we have tampons, how many have seen tampons? Or have…**

p 1: Nimewaiona

P1: I have seen

(Overlapping talk 38:25 to 38:27)

M: Lakini haujawahi ona kwa karibu, wengi hawajaona namba nane umewai ona tampons

**M: But you have never seen it at close range, many have not seen…number 8 have you ever seen tampons**

P8: Nimewai ona lakini

P8: I have seen but

M: lakini hujawaiona kwa karibu (laughs) sasa mmh

**M: But you have never seen at a close range (laughs) now mmh**

P8: Mmh

P8: Mmh

M: Sasa hii ni tampon, tampon iko namna hii ni ya kuingizwa alafu hii kamba inabaki kama imehung huko chini so wakati mtu ako kwenye hedhi ataingiza ndani alafu itajaa tu kama tu vile pad inatumika inaexpand lakini naeza kuwaelezea vile inafanya, maybe Cynthia unaeza nisaidia hapo hata mtaona vile inaexpand hiyo si damu hiyo ni reagent tu tumetoa kwa lab mtu asiogope

**M: So this is tampon, it looks like this, it is inserted and it has a string that remains hunging in the vagina, so when one is in her menses she will insert it inside then it will get filled just like pads if used it expands I can explain how it works, maybe Cynthia you can help me there, you will see how it expands that is not blood it is only a reagent from the lab don’t be afraid**

P1: Haina shida

P1: No problem

M: Eeh, sasa hiyo ndio ita ..Mtaona vile tampon inafanya

**M: Eeh, so that is how it will…you will see how it works**

Co moderator : Sasa tuseme hii ni vagina ya mwanamke kawaida itakuwa opposite lakini kidogo itakuwa (laughs)sasa hii tampon anaingiza anafungua miguu ama anakanyaga stool alafu inaingia ikiwa hivyo sasa ikiingia kenye itafanyika na hii tampon ni si itaingia alafu itakutana na damu si unaona venye inaexpand alafu inakuwa kubwa alafu sa yenye anaitoa anaitoa kama imeexpand and then anaitupa

**Co moderator: Let’s say this is a womans vagina it will be opposite but it will be (laughs) so she inserts this tampon and opens her legs or steps on a stool and it is inserted what will happen with the tampon is and get blood are you seeing the way it is expanding then it enlarges so when she is removing it, it will have expanded then disposes it.**

P1: Na unaeza iweka

P1: And can you keep it

M: Mmeona venye inafanya?

**M: You have seen how it works**

P1: Mmh

P1: Mmh

M: Eeh, unaweka unaingiza tu alafu unatembea nayo eeh ikisha ikishaexpand si utaifeel

**M: Eeh, you insert it then just walk with it eeh if it expands you feel it**

P1: Si kuna reaction sasa kwa dem

P1: Is ther any reactions to the girl

Co moderator: reaction kama gani?

**Co moderator: Reactions like which ones?**

P1: Si inakuwa itchy

P1: It will be itchy

Co moderator: Hapana

Co moderator: No

P1: ama majamaa niaje (laughs)

P1: Or what do you think friends (laughs)

Co moderator: sasa hiyo ikiwa itchy hiyo ni shida ingine tofauti (overlapping )

**Co moderator : If it is itchy that is another different problem**

P1:Anything kama hii itakuwaga itchy

P1: Anything like this is always itchy

Co moderator: Hauskii na ni soft

**Co moderator: You feel it, it is soft**

P1; Hiyo uzi kama inakuguza guza ukitembea

P1: That string when it touches you when walking

Nurse:hii uzi haikuguzi itabaki kidogo ..itafanya nini

**Co moderator : The string will not touch you, only a small part will be left out…what will it do**

P: ukitembea inasoga

P: If you are walking it will move

N: ikijaa inafura utaiskia imefura so unatoa unaweka ingine

**Nurse: When it is full you will feel, so you remove and insert another one**

P1:Tuseme reaction ni different

P1: Let’s say reaction is different

M: Asante sana.Sasa tukiendelea wanawake wanafaa wawe wasafi kivipi wakati wako kwenye hedhi? Ni vitu gani wanafaa wafanye? Yes number four.

**M: Thank you very much. As we continue women should be clean, how? When they are in their menses what are they supposed to do? Yes number 4**

P4: Their …inner...wears have to be clean.

P4: Their inner wears have to be clean

M: inner wears? Mmhmmh.

**M: Inner wears? Mmmmm**

P4: inner pants.

P4: Inner pants

M: Inner pants? Okay okay, yes aha.

**M: Inner pants? Okay, okay, yes aha**

P4: and the type of dress code

P4: And the types of dress code

M: dress code eer, what do you suggest?

**M: Dress code eer, what do you suggest?**

P4: Type of dress, there are some that overflow. So there are some clothes that if you wear, it overflows. It embarrasses you, yes.

P4: Type of dress, there are some that overflow. So there are some clothes that if one wears the blood may overflow. It embarrasses you, yes

M: mmh yes number five.

**M: Mmh yes number 5**

Nurse: kabla tuendelee na venye wanafaa kuvaa si wangeona hiyo option ya mwisho ya cap.

**Co moderator: Before we continue with how they are suppose to wear, they should see the last option which is the cap**

M: yes number five.

**M: Yes number 5**

P5: Acha kwanza aongee alafu ……

P5: Let him talk first then…

M: yes number one.

**M: Yes number 1**

P1: Me niko na experience ingine niliwahi ona acha tu nishare leo. Kuna day nilikuwa supermarket, ile xxxx ya huko chini, hiyo time ukwala bado ni ukwala. So hapo kuna dem alivaa linen juu chini, short na top ya linen. Sa me niliona ako na hiyo patch ya damu apo nyuma si unajua hiyo linen ya white huwa inashout, inashout sana sindio. So (laughing) huyo dem nilikua najaribu ile kumshika ni, sa yeye anadhani sazingine unataka kumkatia sa anaoverrea...ana overreact. Na hakua amerealize so huyu dem nilijaribu akajam. Wing ya shuge ,wing ya shuge ilikuwa huko nyuma saa nilikuwa hiyo wing ya shuge ,wing ya sukari so nilijaribu yaani sikutaka apate ile aibu ju supa imejaa. Sasa nikatumia mama fulani alikua atleast aged kidogo nikamwambia eih saidia yule msichana ni kama ananyesha na hajui. sa akaenda kwa huyo dem akamgonga akamwambia amejipiga noma. So immediately huyo dem alipiga simu kwa dem mwingine saloni apo tu pambo hiyo area ya pambo akamletea leso. sa chenye nilikua najaribu kusema, sazingine hizi vitu zinaezafanyika ukiwa hata kwa gari sa zingine ukishuka. Unapata dem unajaribu kumwambia anaoverreact anadhani tu anytime ukimguza heeh hiyo unataka kumkatia. sa hiyo dress code yenye nani amesema pia sazingine, juu ingekua kitu ya black haingeonekana ile sana.

P1: I have an experience I witnessed let me share it today. There is a day I was in the supermarket, xxxx that is down town, during that time it was well known. There is a lady who was wearing linen top and bottom, I saw the blood patch she was having behind her, the white linen is always bright, right. So (laughing) I was trying to get her attention but she thought maybe I was interested in her so she was over reacting. She did not realise the blood has overflowing, so I tried but she got pissed off. The sugar wing is behind and I was in that wing, I tried because I did not want her to get embarrassed because the supermarket was full. So I told a certain woman who was a bit older to help that girl who was in her menses but did not know. So she went to her and told her she has messed herself, so immediately the lady made a phone call to a friend at pambo saloon and brought her a leso. So what I was trying to say is that this things can happen even when you are in a vehicle maybe when you are alighting. You find that you try to tell a lady but she over reacts and think anytime to touch her you want to seduce her. So the dress code she is talking about sometimes… because if it could have been black it could not have shown.

M: sasa swali langu lingine, is there anthing that might help to make men to feel differently about menstruation in general/ anything that can make men feel differently about menstruation in general.

**M: Now my other question, is there anything that might help to make men feel differently about menstruation in general, anything that can make men feel differently about menstruation in general**

P7: Ebu elaborate that difference for so and so

P7: Please elaborate that difference for so and so

M: Like what okay. kitu inaezafanya wanaume wakue na a different opinion kuhusu menstruation. Is there anything that can be done or be said or in your opinion what do you think can make men feel differently about menstruation in general. juu kuna wengine wako na misconceptions, kuna wengine wameaccept wanasema this is a fact you know, is there anything that can be done so that those who do not think menstruation is this way or that way so that they can also change their minds something like that.

**M: Like what okay, what can make men have different opinion about menstruation. Is there anything that can be done or be said or in your opinion what do you think can make men feel differently about menstruation in general. Because there are some with misconceptions, there are some who have accepted and say it is a fact you know. Is there anything that can be done so that those who do not think menstruation is this way or that way so that they can also change their minds something like that**

P7: So what... uum.., what, okay ebu but kuna kitu nataka nichangie tu kidogo. What I think is eeer is i don’t know if its civic education or something but i think eer like health workers you people are the ones to... to really give that information using radio stations, tv stations using eeer eeerpublic …inaitwaje

P7: So what…uum…what, okay but there is something I want to contribute a little. What I think is eer is I don’t know if its civic education or something but I think eer like health workers you people are the ones to … to really give that information using radio stations, Tv`s stations using eer public what is it called?

M: Public address system, caravan

**M: Public address system, caravan**

P1:Caravans

P1: Caravans

P7: Yes such things so it’s only a matter of passing information, to change the mindset of men about menstruation

P7: Yes such things, so it is a matter of passing information, to change the mindset of men about menstruation

M: Next number four.

**M: Next number 4**

P4: It also depends with now ladies to be on the other side, you see other men tend to take it different depending on how ladies react. Others react in a way as it’s a sin, others react like you should not be in contact with them, so it depends at times with how some ladies react. If i come to you maybe i was to help you but the way you react on your side i'll tend to say aah ….its not something that should be of my concern.

P4: It also depends on how ladies to be on the other side, you see some men tend to take it differently depending on how ladies react. Others react in a way as if it is a sin, others react like you should not be in contact with them, and so it depends at times with how some ladies react. If I come to you maybe I was to help you but the way you react on your side I will tend to say aah …it is not something that should be of my concern

M: And what about anything you think can be done differently to make men feel okay...or get an opinion about having sex when a woman is menstrating. Is there anything that can be done differently?

**M: And what about anything that you think can be done differently to make men feel okay… or get an opinion about having sex when a woman is menstruating. Is there anything that can be done differently?**

P4: Inorder to..

P4: Inorder to…

M:Think .differently about having sex during menstruation? Number six.

**M: Think differently about having sex during menstruation? Number 6**

P 6: Ebu rudia

P6: Repeat

M: Nasema, wakati mwanamke ako kwenye hedhi, wengine bado wanahave sex, wengine wanaingiza nini, pamba hizo tissue, hizo. So what is your opinion about it? Kuna venye inaezafanywa vizuri ama in a better way ama in a different way ndio hata Kama unahave sex Na yeye iendelee tu hata kama kuna periods. Mnanielewa? Yes number five.

**M: I am saying, when a woman is in her menses, some still have sex, some insert cotton wool, tissue, some in. So what is your opinion about it? Is there a way in which it can be done better or in a better way or a different way that if you are having sex with her to go on without interuptions even if there is menses? Do you understand? Yes number 5**

P5: Unaona hapo Pali unaongea hapo ni kama unahatarisha maisha yako na ya huyo dem unaona. Unaeza enda pale kuenjoy unajua wacha tuongee kama watu wa usiku sacco, sex worker sindio, we utaenda pale umalize  na utamwekea hiyo mia ama mia moja hamsini after all unajua bado ataenda atoe ile pamba hataitoa yote, unaona. Hataitoa yote kuna piece inabaki...alafu unaona the same umetoka the same kuna mwingine anaingi...eeh so…….. (Overlapping).

P5: You know what you are talking about can endanger one’s life and the ladies. You can go to enjoy, let us talk like sex workers, right, you will have sex with her and pay 100 shillings, 150 shillings after all she will still go and remove that cotton wool but will not remove it all. She will not remove all of it there is a piece that will remain…then the same person you had sex with a next person will come and have sex with her too…eeh…so… (Overlapping)

P7: I think eer all has been said and done. The only thing is this on my part kwa mafikra zangu is that if your partner is eer is ako kwa mwezi or ako kwa hizo menses its not healthy to not just have sex nayeye.

P7: I think eer all has been said and done. The only thing according to my opinion that is your partner she is in her menses it is not healthy to have sex with her

M: One

**M: 1**

P1: Idea ingine niko nayo hao madem wafundishwe mambo ya menstrual hygiene juu unapata tumeishi kwa plot then anatumia nini anahung apo juu ya choo sa we chali ukikuja hio kitu inakuboo eeh inakuput off vibaya so inafaa tuwafundishe menstrual hygiene vile kutumia hii pad yao na kuidispose.

P1: Another idea I have is that, the ladies should be educated about menstrual hygiene you find that we leave in a plot they use then sanitary pads and then hung them in the toilet, so when you enter the toilet as a man and see it there you get bored eeh it puts you off so it is good to educate them on menstrual hygiene how to use pads and dispose

M: Na damu ya mwezi ni same as damu ya ya ya hii yenye inatoka kwa vein.

**M: Is the menstrual blood same as the one from our veins**

P4: I wanted to ask you the same question.

P4: I wanted to ask you the same question

Laughs

(Laughs)

M: yes number two.

**M: Yes number 2**

P2: Kuna wengine unapata yao ni dark sana ikiwa siku ya tatu lakini ikiwa siku ya kwanza ni kawaida tu:

P2: You find others have dark blood from the third day but normal in the first day

M: number six.

**M: Number 6**

P6: I think huwa ni thicker than this one.

P6: I think it is always thicker than this one

P 1: Me chenye najua na blood, blood ni blood. Blood ni blood (eeh juu unaona inafaa hiyo time of the period pia inafaa tuwapatie pia hizi chakula zinaongeza damu juu ameloose blood.

P1: What I know with blood, blood is blood (eeh because during their menses we are to give them food that inceases blood in the body because they loose blood)

P1: And I'm not contradicting that yes damu ni damu but depends na venye mtu pia anatoa. Kuna mwenye anatoa damu na its...its very thick and those that is light, there are those that have...the, the reddish color the haemoglobin itself that is too red but there are others that is too light. Damu ni damu but now

P1: And I am not contradicting that, yes blood is blood but depends on how it comes out from the body. There are some who remove blood and it is…very thick and there are those that are light, there are those that have… the, the reddish colour the haemoglobin itself that is too red but there are others that are light. Blood is blood

P7:okay pia I can say for me blood for me damu ni damu sijakataalakini ile inatolewa kwenye mshipa na ile inatoka ya hedhi ni different kidogo  okay I don’t want to say kupaka rangi mbaya ama nini but naezasema damu ya hedhi ni damu chafu si kama ile ya mshipa manake ya mshipa ni safi lakini ya hedhi umesema kwa hizo interviws mob ishakuwa discouraged .The natural process washes it

P7: Okay, I can say blood is blood I have never disputed but the one that is removed from the veins and the menstruation blood are a little different, okay I don’t want to potray it as bad but I can say menstrual blood is dirty blood it is not like the one from the vein is clean but you have said the menstrual blood in many interviews it is discouraged, the natural process washes it.

M: Asante sana sasa tukiendelea...

**M: Thank you, as we continue**

P7: nilikua naomba ruhusa kidogo niende kwa choo

P7: I was asking for permission to go to the wash room

M: Haina shida.

**M: No problem**

P 1: Then kabla hatujaendelea jibu hapo hiyo damu ni damu? (Overlapping

P1: Before you go please answer what you have said blood is blood no difference (overlapping)

P4: Unaepoenda hospitali daktari akutoe hii damu, let’s say it’s an injection walivuta kidogo saa zile wanaeka dawa kwa syringe na wanairudisha ndani  hii haiwezirudishwa.

P4: If you go to the hospital and the doctor collect your blood sample, lets say it is an injection it was collected and put medicine in the syringe then return it back inside but this one cannot be returned back

(Participants’ laughs)

M: Ati Ukitolewa damu haiwezirudishwa?

**M: That if your blood is removed it cannot be returned back?**

P4: If I want to inject iko kwenye syringe inafaa kuwekwa ndani sindio?wanavuta kidogo

P4: If I want to inject in the syringe it is to be put inside, right? They pull a little

M: Unajua mbona wanavuta? Wanavuta ndiyo wahakikishe uko kwenye mshipa.

**M: Do you know why it is pulled? They pull to make sure it is in the vein**

P4: But hiyo damu inarudi ndani.

P4: But the blood returns inside

M: Eh inarudi (overlapping)Sawa ni damu wacha tu.ni..tuseme tu damu ya hedhi ni damu tu kama damu hii ingine kwa sababu imetoka kwa mwili. Unapata wanawake wengine wenye wanableed sana kuna wengine wako na shida hata ya fibroids ama hata kuna shida ingine wako nayo inafanya wableed sana, wakibleed si wengine wanableed to death. Umewahi kuskia mtu amezaa na amebleed akakufa. Wakati anakufa hio damu inatoka wapi?

**M: Eh it returns back (overlapping) it is just boold…let us say menstrual blood is blood like any other, this other one is because it is from the body. You find women who have heavy menstrual flows some have problems like fibroids or other problems that makes them have the heavy flow, some bleed to death. Have you heard of someone bleeding to death after giving birth? At the time she is bleeding where does that blood come from?**

P1; Kwa mwili

P1: In the body

M: Si inatoka kwa mwili na inaingia through the uterus ama? Ama enh inatoka wapi?  Damu ya hedhi ni damu ya mwanamke iko kwa uterine walls lakini ni damu yenye inaflow sio eti eti iko apo seti ina..ina nini its damu that flows. Right now unapata wengine wanaflow mingi Kwa sababu wakiendelea kuflow inaendelea bila kustop because kuna shida flani mwilini. Tunaelewana vizuri? But sasa kutakua na some, zingine zinaezakua na clot yes because the uterine wall is shedding so inatoka na...nitasema aje... itatoka na hizo nini

**M: It is from the body and does it enter through the uterus? Or where does it come from? Menstrual blood for women is in the uterine walls but it is blood that flows, it is not blood that is dormant but it flows. Right now there are those who have heavy flow continuously without stopping because there is a problem in the body. Are we understanding? There will be some with clots, yes because the uterine wall is shedding so it comes out with …how can I put it…it will come out with …**

P4: uchafu uchafu (overlapping)

P4: Dirty dirty (overlapping)

M: si uchafu si uchafu

**M: Not dirt …not dirt**

P4: okay it’s like inaclean

P4: Okay, it is like unclean

M: the uterine wall inatoka inashed off like tuseme hii mwili yangu mtu amekata hivi alafu inajaribu kutoka natunyama tutissues kidogi si itatoka na hiyo tissue?

**M: The uterine wall sheds off like let us say in my body when someone cuts me like this then it comes out with some fleshy particles, small tissues it will come out with the tissue**

P4: Ni Kama tuseme ulikua unapika ugali, ukitoa ugali lazima kuna remains kwa sufuria. Si unajua ukitoa yote ile remains yenye bado imebaki si ni ugali lakini venye imekauka pale kwa sufuri.si naexplain (Overlapping)

P4: Let us say you were cooking ugali, if you remove it from the pan it will remain in the sufuria. If you remove all of it what remains is still ugali but it is dry in the pan…I am explaining (overlapping)

Co moderator: hii ingine inatokaaa the same thing hii inatoka kwa uterus ni venye kwa vile ikishatoka kwa mshipa ya uterus si inakuja kukutana na hewa, inapatana na…… [Overlapping]

**Co moderator: This other one comes out the same thing in the uterine if it comes out from the veins in the uterus it will mix with air….. (Overlapping)**

P5: Vile ugali inabaki kwa sufuria

P5: The way ugali remains in the sufuria

Co moderator: inaganda sasa the same way hii pia ikitolewa utaiweka hapo tu ikatulia si pia itaganda sasa ni hiyo environment yenye inakuja inakutana nao eeeh lakini kutoka huko inatoka ikiwa kawaida kama hii lakini juu ya joto baridi pia inaanza ku shikana.

**Co moderator : It clots, the same way this other one you will collect it and place it there it will also clot so it is because of the environment that will mix with it eeh but when it is collected it is normal blood like this, but because of heat , cold it can clot**

P8:Kwanza niulize tu kidogo tu nataka kujua si nihapa ndo tunaelimishana umejua the moment maybe huyo mtu fertilization imetake place ndio sasa hii blood inatoka unaona meaning by hiyo time yenye saa zile inatoka saizo mtu haezi shika sindio sasa kwaa mafikirio yetu ama mimi, mimi huwa naona ni hiyo ni ovam inaexpire inatoka juu sasa haiezi fanya kitu yoyote haiezi shika mimba yoyote sasa inatoka so mi na feel ee ndiyo ni damu ni nini but iko na mayai hiyo ova ambayo ime expire unaona saa hatuwezi compare na ile damu ingine unaona kulingana na vile nafikiria .

P8: First I want to ask something, it is here that we are learning/educating ourselves the moment fertilization takes place that is when the blood comes out, is when you see the meaning by that time the blood is coming out as menses someone cannot conceive right. In my opinion I think it is ovum that is expiriring it will shed off because it cannot conceive and sheds off, so I feel ee the blood has ova that has expired so you cannot compare with the other blood according to my opinion

M: Mmm vile umefikiria ova si ati ime expire it was unfertilized egg like it was not fertilized and the reason for non fertilization is because semen haikuingiana na spermatozoa haikumeet    the egg at the fallopian tube for fertilization to take place so hiyo ina nini huwa inatoka tu it does not haina kitu but don't say that it is expired you don't use the word expire. Yes number two you wanted to say something.

**M: Mmm the way you have thought of ova not that it has expired it was unfertilized egg like it was not fertilized and the reason for non fertilization is because semen did not meet the spermatozoa, the egg at the fallopian tube for fertilization to take place so it sheds off it has nothing but don’t say that it is expired you don’t use the word expire. Yes, number 2 you wanted to say something**

P2: Yani na mimi nilitaka kuulizia tu about hii kitu yake amesema kwa sababu hiyo damu namsupport si mzuri ni damu mbaya kwa sababu tuseme umeenda na dem kuna lazma madhara itakufanyikia

P2: I wanted to ask about what he has said because of the blood I support him, it is not good blood let us say for example you have sex with a girl there will be side effects to her?

M: Madhara kama gaini

**M: Side effects like which ones?**

P2: Sijui kama ni kwangu tu lakini najuaga mgongo lazma ikuume.

P2: I don’t know if it is only me, what I know is that you must have backache

M: Mgongo inakuuma ukienda na mwanamke umewai enda na mwanamke

**M: Backache when you have sex with a woman in her menses, have you ever had sex with a woman in her menses**

P2: Eeee mwenye ako hiyo

P2: Eeee one in her menses

M: Alafu ukaumwa na mgongo

**M: Then you had a backache**

P 2: Sanasana

P2: Mostly

Others laugh

(Others laugh)

M: Ndio

**M: Yes**

P8: The moment tunafeel kuna vitu Kama hizo, kuna kitu kama hiyo kuna kitu inaitwa kwa kijaluo kama rarii mwanamke akiwa na huhave sex nay eye utawezampea hiyo

P8: The moment you feel there are things like that, there is something in Luo called pelvic inflammatory disease, if you have sex with a woman in her menses you can infect her with that.

M: Hiyo ndio inaitwa myth and misconception

**M: That is what we call myth and misconception**

M: Scientifically you cannot get rariw or whatever you call it if you have sex with someone who is in her periods if you have back ache aa following of  aaa a sexual escapede ,  it may only be because of you are going to have a back ache or umejua back ache sikuizi ni kazi yenye tunafanya unapata mtu anakaa sana na hajakaa kwa comfortable seat so unapata with time anaanza kudevelp back problems sometimes we ni driver long distance truck drivers umedrive all the way from Mombasa to Rwanda and you do it like four times in a month or whatever you have back ache just because of the posture but hiyo ni myths  and misconception periods does not mean rariw that one tutoke tu hapa tukijua just like the by you are going to benchmark with others to inform them about everything we've discussed about periods then you also have to remove that myth  from their mind that mtu aki have sex mtu ana have back ache ama anakuwa na rariw whatever you call it so let us continue i just wanted to talk briefly about the cost of menstrual items that we use.Hii reusable pad hii packet ni 500/- mmmhm and the good thing with it ni mtu akitumia anaeza kutumia mara mingi anaosha until maybe akionakama hii nguo imechoka ndio anaeza kuchange. Watu wengi wanapenda hizi disposable but hii ni reusable pad.Mnafikiria hii pad ni pesa ngapi one yes?

**M: Scientifically you cannot get pelvic inflammatory disease or whatever you call it if you have sex with someone who is in her menses if you have back ache aa following of a sexual intercourse, it may only be because of you are going to have a back ache or nowadays you know back ache is the kind of work we do you find that someone sits for long and not comfortably sitted you find that with time they start developing backache problems. Sometimes you may be a long distance truck driver and have driven all the way from Mombasa to Rwanda and you do it like four times in a month or whenever you have back ache just because of the posture but that is myths and misconception periods does not mean pelvic inflammatory disease for that one let us leave here knowing just like the by way you are going to benchmark with others to inform them about everything we've discussed about periods then you also have to remove that myth  from their mind that when someone have sex he has back ache or he has pelvic inflammatory disease whatever you call it so let us continue I just wanted to talk briefly about the cost of menstrual items that we use. This reusable pad this packet ni 500/- mmmhm and the good thing with it when someone uses it she can use as many times until when she sees the piece of cloth is getting old then she can change. Many people love the disposables but this reusable pad, how much do you think it cost? One yes**

P7: The normal

P7: The normal

M: Yes

**M: Yes**

P7: The normal one is like 100/-.

P7: The normal one is like 100/-

M; 100/- iko na pieces ngapi ndani?

**M: 100/- how many pieces does it contain inside?**

P1:Six pieces

P1: Six pieces

M: Mtu anatumia ngapi per month? Mwanamke anatumia ngapi?

**M: How many can one use in a month? How many does a woman use?**

P8: One per day?.

P8: One per day

P7: One piece that packet itself which was six piece or seven .so it depends on whether ako irregular, so kamaaaa days zake zimefika anaeza tumia anaeza tumia within five days inabaki moja extra.

P7: One piece, that packet has six or seven pieces, so it depends whether her menses are irregular, so during her menses she can use within five days and remains one extra.

M: So anatumia moja per day? Na wenye wanatumia tatu per day?

**M: So she uses 1 per day? What about those who use 3 per day?**

P1: Wanaprefer hivo

P1: They prefer that

[overlapping56:35]

(Overlapping 56:35)

M; Meaning packet of 100/- atatumia within two days na iishe na tena atumie ingine one hundred so in a month approximately mtu anatumia hiyo ya 250/- so two fifty uki multiply na twelve ni ngapi?

**M: Meaning a packet of 100/- she uses within 2 days and it is finished, then uses another one for 100/-, so in a month approximately someone can use 250/- so how much is it if you multiple 250/- with 12 months**

P: Twenty-five by 5

P: Twenty five by 5

P2: Twenty-five.

P2; Twenty five

M: 250 multiply by 12 per month itatupatia ngapi?

**M: 250 multiple by 12 per month, how much will it give us?**

M; Tuseme around fifteen hundred or eighteen hundred on there about depending on the product or the pads that we... 3000 so 3000 in a year mtu anatumia kununua nini?

**M: Let us say around fifteen hundred or eighteen hundred or there about depending on the product or the pads that we… so 3000/- in a year someone can use for what?**

All: Pads.

All: Pads

M: Hiyo pesa si anaeza tumia as a man who is not resuractive 3000 unaeza kufanyia nini? Ni pesa bado unaeza fanyia kitu sindio?

**M: As a man who is not destractive he can use that money for? It is money that you can use for something right?**

Members: Mmmmmm.

Members: All

M: Aya hizi tampuni a packet goes for how much? 650/ shillings .Na atatumia hii per month mtu akiambiwa yeye atatumia tampoon, 650 times 12? Seven thousand eight hundred every year mtu anatumia hiyo kununua nini tampoons.Cotton wool, the cost of cotton wool this one maybe sixty shillings.

**M: This tampons a packet goes for how much? 650/- shillings and how many does she use in amonth, which is 650/- multiple by 12? Seven thousand eight hundred every year somebody uses that to buy tampons. Cotton wool, this one may be 60/- shillings**

P2:Inafaa huban ata hiyo

P2: It is good you ban that one too

P5:Hiyo ni mbaya

P5: It is bad

M: So women menstruate for maybe thirty years mtu akianza ku menstruate at eighteen ama fourteen ujue hata ata menstruate for another thirty years so if multiply all that ni pesa ngapi? is a lot of money sindio?, so that is why it is important especially kama mtu mwenye anafanya sex for money, the sex workers it is important that they use something that is what is it economical and of course apart from being economical ikue kitu kizuri safe

**M: So women menstruate for maybe thirty years, when one starts menstruating at 18 or fourteen know that she will have her menses in the next thirty years so if you multiple all that, how much is it? So that is why it is important especially if you are a sex worker, it is important they use something that is economical and of course apart from being economical it should be good and safe**

P7: Quality is safe.

P7: Quality is safe

M: Quality iko vizuri, iko safe na it is something that they can maintain sindio?

**M: Good quality, safe and something they can maintain right?**

Participants: Eeeeh

Participants: Eeeh

M: So we have something called menstrual cup.Hii itaenda around mmuone kwa picha at the same time I will have it here .hii inaitwa menstrual cup .Wangapi wamewaiskia kuhusu menstrual cup? Yes number seven, number eight ameskia who else?, ok wawili tu kwa hii group yetu.So hii inaitwa menstrual cup. Menstrual cup inatumika just like the way wanatumia tampons, the way watatumia pads, the way watatumia cotton wool but sasa hii menstrual cup inaingizwa kwa vagina. Si hii ni vagina? Inaingizwa hapa ndani ikishaingizwa itaketi hivi kwa cervix. So it will just collect menstrual blood just like the way pads do, just like the eee tampons do, just like nguo whatever aaa mtu atatumia during menses.

**M: So we have something called menstrual cup. This will go around you look at it in the picture and at the same time I will have it here. It is called menstrual cup. How many of you have heard about menstrual cup? Yes number seven, number eight have heard who else? Okay, only two from this group. So it is called menstrual cup. Menstrual cup is used just like the way they use tampons, the way they use pads, the way they use cotton wool but now this menstrual cup is inserted in the vagina. This is the vagina? It is inserted in here, after it is inserted it will be like this in the cervix. So it will just collect menstrual blood just like the pads do, just like the eee tampons do, just like piece of cloth whatever aaa someone uses during her menses.**

P7:Mense is just like a readymade no sorry........

P7: Menses is just like ready made …no sorry

M: You can just take it round so that we……..

**M: You can just take it round so that we …….**

P7: For demostaration purpose not literally but nikama hiyo

P7: For demonstration purposes not literally but it is resembles that

P2: Haiweihumiza ikiingizwa hivi

P2: It cannot haurt when it is inserted

M: Yeah Ziko mingi US, Canada, Europe ziko mingi.They are there India and other countries and they are being used to collect menstrual blood by women eeh.Yeah.But hapa Kenya tuko na ile ikona. eeh itakaa tu hivo ikiingiza tusha you know you cannot use it before being taught how to use it eeh.

**M: There are so many in the U.S, Europe there are so many. They are there India and other countries and are being used to collect menstrual blood by women eeh.Yeah. But in Kenya we have the one...Eeh it will be like this after inserting you know you canot use it before being taught how to use it eeh**

P5: Mi nikiuliza pia unaweza ingiza iingie irudi zile unasema ama wanaingiza tu alafu

P5: If I may also ask, can you insert it then comes out the way you are saying or they just insert then…

M: Itakaa tu hivo …ukiingiza you know you cannot se it before you are taught how to use it so utaingiza na na ikiingia ime unaona vile umeishika hivo, hivo ndo itakuwa imeka kwa cervix.

**M: It will be like that… after inserting you know you cannot use it before you are taught how to use it, so you wil insert it and when it enters you see how its held, like this, that is how it will be in the cervix**

P2: Wapi chini na wapi juu

P2: Where, down and up

Laughter

(Laughter)

M: Sasa hii menstrual cap mtu akikuwa nayo inalast for ten years

**M: So if someone has the menstrual cap it will last for 10 years**

P1: Moja?

P1: One?

M: Moja na ni haikuwi shared na mtu yeyote mtu mmoja tu akipewa tu hiyo ni yako na unatumia tu wakati wa hedhi unafunzwa vile unaingiza vile unaitoa vile unairinse wakati bado uko periods and then after your periods unafunzwa jinsi ya kuiosha na kuiweka until the next period comes, (laughs) tumeelewana mpaka hapo,……

**M: One and it cannot be shared with anyone, if one is given that one will be yours and use it when only in your menses, you will be taught how to insert it, how to remove it, how to rinse it when still in your menses and then after your menses you will be taught how to wash it and keeping it until the next period comes, (laughter) have we understood upto there**

P1: Okonyal pure

P1: It cannot pour?

M :( overlapping) eeh akimaliza periods anaisterilize vizuri anafunzwa vile anaiosha alafu anaikeep vizuri because hiyo storage pia iko very important ukiistore tu anyhow hata panya anaeza enda nayo,

**M: (overlapping) eeh after periods you sterilize well, she will be taught how to wash it then keeps it well because the storage is also very important, if you store it anyhow it can be eaten by rats**

M:Yes number seven?

**M: Yes number 7**

P7: I just want to ask you a question

P7: I just want to ask you a question

M: yes

**M: Yes**

P7: Let's say, okay am common with this one but saa ile mtu anaitumia mmh let's say when the time of retrieving it, kuitoa is is not messy?

P7: Let us say, okay I am common with this one but when someone is using it mmh let’s say the time of retrieving it, is it not messy?

M: Wakati unaitoa?

**M: When removing it?**

P7: yeah

P7: Yeah

M: So wakati inatolewa lazima ukuwe Kwa choo ama place yenye unaeza mwaga hiyo damu vizuri na uirinse vizuri tena, yeah

**M: So when removing it you should be in the toilet or a place you can pour out that blood carefully and rinse it well again, yeah**

P1: Na naeza uliza wakati unaitoa unawezakuitoa mtu mmoja ama wengi (laughs)

P1: Can I ask, when you are removing it do you do it yourself or with the help of others (laughs)

M: Unaitoa tu mtu mmoja sababu unafunzwa jinsi ya kuitoa (overlapping)

**M: Just remove it yourself because you will be taught how to remove it (overlapping)**

P5:Unaitoa tu mtu mmoja..hii haitaji watu wawili

P5: You remove it yourself, it does not require 2 people

M: So instead of kuingiza cotton wool, kuingiza manguo kusunda huko ndani ama tissue ama serviette this is the best that can be used and the beauty is this one you can use and still sex iendelee, si umeiguza vile iko soft so what do you think about it ( overlapping )

**M: So instead of inserting cotton wool, inserting pieces of clothes inside or tissue or serviette this is the best that can be used and the beauty is, this one you can use and still have sex, you have touched it you have felt the way it is soft, so what do you think about it (overlapping)**

P7: Excuse me

P7: Excuse me

M: Sasa eeh

**M: Now eeh**

P7: Kabla hujaendelea

P7: Before you continue

P7:So you're saying a woman can be ee using this cap and still can have sex with me so it won't won't mess you up?

P7: So you are saying a woman can be ee using this cap and still have sex with me, so it cannot mess you up?

M: Never

**M: Never**

P7: So that means she stays somewhere which is it's like a cup

P7: So that means it stays somewhere which, is it like a cup

M: Yeah

**M: Yeah**

P7: So you can just have sex unaeka una deposit vitu zako

P7: So you can just have sex, you insert it and you deposit the blood

M: Yeah yeah

**M: Yeah, yeah**

P2: Kama iko huko ndani?

P2: When it is inside?

M: Yes

**M: Yes**

(laughs)

(Laughs)

(Overlapping

P7: Si tulikuwa tunauliza tu

P7: We were just asking

M: Hiyo ndio fact actually .this is

**M: That is the fact actually this is**

P1: Is it elastic

M: elasticity yake haitakusaidia as a man

**M: Its elasticity will not help you as a man**

P1: yeah

P1: Yeah

M: Because wakati mwanamke ameingiza this is the vagina ameingiza tutawafunza vile wanaingiza umeingiza namna hii alafu ikaingia ikakaa hivi unaona, it has nothing to do with you, iko kwa cervix uko ndani you you can't feel it tunaelewana, ikishakaa hivi si you utahave sex yako through the vagina si vagina ndio hii

**M: Because once a woman has inserted it in the vagina, we will teach them how to insert this way and after it enters it sits like this, it has nothing to do with you, it is in the cervix inside you canot feel it, do we understand, if it is like this you will have your sex through the vagina, the vagina is this here.**

P7: In short acha nikusaidie kazi yako kidogo kitu ambayo anajaribu kusema what’s a sex worker akiinsert hii kitu na unataka kuhave sex unajua first of all you are six inches and she is 9 inches so hakuna vile itafika (overlapping)

P7: In short, let me help you what she is trying to explain, once a sex worker inserts the cap and you want to have sex, you know first of all you can have a penis six inches long and she is nine inches deep so there is no way the penis can reach it (overlapping)

P4: Sawasawa sijakata but unajua

P4: It is okay, I have not denied that but you know

P7: Uko sawa uko sawa but nasema hiyo ndo starndard size

P7: You are right but I am saying that is the standard size

P4: Hiyo ni standard lakini standard ….ndo maana nimeuliza (overlapping)eeh

P4: That is the standard but the standard…that is why I have asked (overlapping) eeh

M: Sasa wakati tunaendelea wanawake wanahavesex..wanahave menses in every 23to 35 days every month wengine wanatake two days wengine wanaenda hata seven days 2 to 7 days depending on mtu vile Yuko, they need privacy, they need good hygiene practices they need the items they are using for for the for the menstruation period sawasawa and of course understanding good understanding from men and the people that are around them wakati wako periods, si hiyo tulidiscuss wakati tulianza, number one alituambia about moods swings (mmh) mmh ama cramps wengine wako na pain wanaskia tumbo inawauma wakati wa periods so these are the information that you should have and of course we've already discussed about dissemination of the same information to the people who are there at the community level those who don't understand what menses are, those who don't understand what a pad is, si kuna wanaume hawajui hata pad ni nini wengine hata wananunuanga wakipelekanga hata hawajai fungua waone (overlapping).The fact yenye tunafaa kujua about the product or the items that are used during menses is about their safety, the quality and of course availability, do they have them **M: So when we are continuing women have sex …they have there menses in every 23 to 35 days every month some take two days some have it even for seven days, 2 to 7 days depending on the individual, they need privacy, they need good hygiene practices, they need items to use during menstruation period right, and of course good understanding from men and the people around them during their menses. We discussed that when we were starting the discussion. Number 1 told us about mood swings (mmh) mmh or cramps some have stomach pain during menses so these are the information you should have and of course we've already discussed about dissemination of the same information to the people who are there at the community level those who don't understand what menses are, those who don't understand what a pad is, there are men who don’t know what a pad is, some buy and take to their women but have never opened to see (overlapping). The fact we should know about the product or the items that are used during menses is about their safety, the quality and of course availability, do they have them**

P1: Yes

P1: Yes

M: Because sometimes mtu anapata quality nini this month anatumia pad atumie tampons ama atumie menstrual cap lakini ikifika next month hana ingine but the good thing with this menstrual cap it lasts for ten years so for the ten years that a woman have a menstrual cap with her she'll not buy pads, she'll not spend all that money that they are spending monthly to buy the items that they need

**M: Because sometimes one gets quality, this month she uses pads, uses tampons or use menstrual cap but next month she does not have any but the good thing with this menstrual cap it lasts, for 10 years that a woman have a menstrual cap with her she will not have to buy pads, she will not spend all that money that they are spending monthly to buy the items that they need**

P7: So it's very economical?

P7: So it is very economical?

M: Yes it's very economical, any questions (overlapping )

**M: Yes, it is very economical, any questions (overlapping)**

P2: Are they available

P2: Are they available

P7: I mean how much they buy them

P7: I mean how much they buy them

M: Okay the ones that are currently in Kenya have the castring nini I think we should have it as well in in our… so that somebody can see what we what the is available in Kenya this one is currently not available in Kenya but it's going to be brought and we shall give them to the sex workers whom we have in the study, yeah, so that when they are on their periods they should they they are able to use hygienic staff and not the kusunda cotton wool na hizo manini wakati wako periods so as we continue with the discussion, ammh, how do you think information is best given to men about the menstruation and how women manage it and what about the menstrual cap what do you think about it? Yes number seven

**M: Okay the ones that are currently in Kenya have the string … I think we should have it as well in in our… so that somebody can see what we want that is available in Kenya this one is currently not available in Kenya but it's going to be brought and we shall give them to the sex workers whom we have in the study, yeah, so that when they are on their periods they should they are able to use hygienic stuff and not inserting of cotton wool and the other things when in their menses so as we continue with the discussion, ammh, how do you think information is best given to men about the menstruation and how women manage it and what about the menstrual cup what do you think about it? Yes number seven**

P7: Mmh for me what I think about it I think is when dealing with menstruation is a big yes then another thing also is when we come to financial it is economical and I think hygienically it's one of the best ,if you can keep it clean for the other for future use.i think its effective

P7: Mmh for me, what I think it, I think when dealing with menstruation it is a big YES, another thing also is when we come to financial, it is economical and I think hyrienically it is one of the best, if you can keep it clean for future use, I think it is effective

M: Number one you had something to say

**M: Number 1, you had something to say**

P1: Mmh Mimi ninaisupport juu economically iko very fair kushinda compared to hizo zingine then secondly hygienically pia iko very safe so inataka tu tuempower hao watu kuitumia mi nimeona hiyo idea kidogo nikishajua kuitumia nimeona nikama ile female condom inaingizwangwa prior to,,,

P1: Mmh I support it because economically it is very fair compared to the others. Secondly hygienically it is very safe so what needs to be done is to empower people to use it, for me the little idea after I have known it is like the female condom it is inserted prior

M: Mmh, number six

**M: Mmh, number 6**

P6: Compared to those ones it's a little bit safer and cheaper

P6: Compared to those ones it is a little bit safer and cheaper

M: mmh, number eight

**M: Mmh number 8**

P8: Mmh venye wamesema wote nikiongezea tu kidogo umejua kuna times huwa tunataka sex na maybe mtu alikuwa vibaya the moment ametumia hii na bado ile sex utapata tu na utaenjoy so ni mzuri

P8: Mmh what has been said and if I can add something, you know there are times we always want sex and maybe someone was in in menses, the moment she uses this then she can go ahead and have sex and enjoy, so it is good

M: What do you think, number tatu unafikiria aje wakati unahave sex na mwenye ameivaa

**M: What do you think, number 3 what do you think when you are having sex with someone who has inserted it?**

P3 :( murmurs)

P3: (murmurs)

M: Mmh, unafikiria nini (laughs)

**M: Mmh, what do you think (laughs)**

P3:Hakuna

P3: Nothing

M:Unaonaje unaeza have sex na mwanamke ambaye anaivaa un ungependa akuambie ameivaa ama ni sawa tu hata asipokuelezea

**M: What do you think, can you have sex with a woman who has worn the cap or you would wish to be told she has worn it or is it okay if she has not told you**

P3: Hata asiponielezea iko sawa

P3: Even if she has not told me it is okay

M: Okay, number four, what do you think about having sex with a woman who has worn it

**M: Okay, number 4, what do you think about having sex with a woman who has worn it**

P4: aah, but am contradicting actuallyno with me no .

P4: Aah, but I am contradicting actually with me no

M: mmh, why not

**M: Mmh why not**

P4: Course one, you are on your menses, two, si ile plastic naeza kugonga mbaya (laughs)

P4: Because 1, you are on your menses, two, I can hit that plastic badly (laughs)

M: Okay, ammh, maybe to just explain further about hiyo kugonga hai ai ai it's not that (overlapping) I understand what you are asking, we have the menstrual cap , this is the female reproductive system, yeah, or a model of female reproductive chart, so this cap is inserted through the vagina, we have a space between the vagina and the cervix and this is the uterus even in normal circumstances when you are having sex you don't touch the cervix you don't go up up up there so this thing is going to be on the cervix not the vagina

**M: Okay, ammh, maybe to just explain further about knocking it does not, it's not that (overlapping) I understand what you are asking, we have the menstrual cap , this is the female reproductive system, yeah, or a model of female reproductive chart, so this cup is inserted through the vagina, we have a space between the vagina and the cervix and this is the uterus even in normal circumstances when you are having sex you don't touch the cervix you don't go up up up there so this thing is going to be on the cervix not the vagina**

P 7: At the base of the cervix

P7: At the base of the vagina

M: At the base of the cervix just here so wakati iko hapa hauta hauta igonga

**M: At the base f the cervix just here so when it is here you cannot knock it**

P2: Hautaifikia

P2: You cannot reach where it is

M: Na even if okay let us do this we are going to give them to them what is your opinion shold a woman tell you that am wearing it so that ufanye experiment ufee…. kama utaifeel or not what is your opinion would you want her to tell you? (Overlapping) would you want her to tell you that mimi nae nimeingiza menstrual cap

**M: And even if, okay, let us do this we are going to give them, what is your opinion should a woman tell you that I am wearing it so you can do experiment and feel it…if you will feel it or not what is your opinion would you want her to tell you? (Overlapping) would you want her to tell you that I have worn the menstrual cup**

P3:Unajua I wanted to answer you but

P3: You know I wanted to answer you but

M:Let him answer me first yes ( (laughs) yes yes yes am going to give each and everyone of you another opportunity, yes

**M: Let him answer me first, yes (laughs) yes yes yes I am going to give each and everyone of you another opportunity, yes**

P4: Personally

P4: Pesonally

M: Yes

**M:Yes**

P4: If you are telling me you are having that

P4: If you are telling me you are having that

M: yes

**M:Yes**

P4: I won't, to be sincere

P4: I want to be sincere

M: mmh

**M: Mmh**

P4: I won't because first you are in your menses, you are unclean according to what the bible says about cleanliness

P4: I won’t because first you are in your menses, you are unclean according to what the bible says about cleanliness

M: yeah, that is the

**M: Yeah, that is the**

P4: secondly,

P4: Secondly

M: yes, yes,

**M: Yes, yes**

P4: Everything has a force, just to ask eeh, when you are now maybe into the intercourse maybe it was piled up to an extend she didn't understand…. in the process, when you are inserting there is a force and the other side is a force don't you think there is a gap that can happen to it for them to dig it out, that's my question,

P4: Everything has a force, just to ask eeh, when you are now maybe into the intercourse maybe it was filled up to the extend she did not understand… in the process, when you are inserting there is a force and the other side is a force don’t you think there is a gap that can happen to it for them to dig it out, that is my question

M: Okay thank you, hii kitu once it's inserted wakati imeingizwa kule ndani haitakuwa interfered with in terms of force yenye unasema but again because you are giving it to them the majority of them have never used it so we want to check or we are trying, you know what research does is

**M: Okay, thank you, this thing once it is inserted inside the cervix it will not be interfered with in terms of force that you have said but again because you are giving it to them the majority of them have never used it, so we want to check or we are trying, you know what research does is**

P1:You try out

P1: You try out

M: Experimenting, eeh, you want to know how will it be taken, they'll have it on they don't tell you, will you feel it and tell them we nimeskia kitu ndani kuna kitu umeweka or amekuambia mimi nimeingiza menstrual cap ndani so are you okay we can continue and if you do will you feel it, unanipata, so ammh, we shall even have more discussions after giving these to them

**M: Experimenting eeh you want to know how will it be taken, they will have it on they don’t tell you, will you feel it and tell them you have felt something inside, there is something you have inserted or she has told you that she has inserted menstrual cup inside so are you okay we can continue and if you do will you feel it, are you getting me, so ammh, we shall even have more discusions after giving these to them.**

P1: Yes

P1: Yes

M: You had your partner, did he feel it? Did she tell you about it? And did you tell him prior to having sex, unanile unanipatia

**M: You had your partner, did he feel it? Did she tell you about it? And did you tell him prior to having sex,**

P1: I personally, even if it's my wife having that you tell me aah No (laughs)

P1: I personally, even if it is my wife having that and she tells me aah NO(laughs)

M: Mmh, number eight,

**M: Mmh, number 8**

P8: Okay mimi nitajibu tu kulingana na kenye yeye mwenyewe alisema huko mwanzo tukidiscuss alisema maybe umesha mmeshanegotiate vizuri ukaingia kwa room na ukapata maybe anaattend na alisema kitu hapo hivi pesa mkononi upewe nini kuma kitandani sindio, hakuna Cha ndani siondio, umeshafika pale ndani, ammh, umejua pia yeye ako biashara na ulisema kuna circumstances inamweka lazima tu ata atafanya tu hiyo biashara juu maybe anataka kufungiwa mlango hana pesa hana nini, the moment ako na hii na hajakuambia na mmeingia huko ndani unajua hutajua

P8: Okay, I will answer according to what he said at first when discussing he said maybe he has already negotiated and gone to the room and you find out she is in here menses and she said “Money at hand, the vagina on bed right’’. Nothing like inside, when you reach there ammh you know she is in business and you said maybe circumstance forced her she will do the business and maybe the house is going to be locked and does not have money, the moment she has the cup and have not told you when I have sex with her I will not know

P4: Ndio maana nimesema

P4: That is why I said

P8: eeh

P8: Eeh

P4: Akiniambia,

P4: When she was telling me

P8: Eeh,

P8: Eeh

P4: Listen to my statement if you tell me you are having that, no, you understand me

P4: Listen to my statement if you tell me you are having that, No, you understand me

(Overlapping) she has told me

(Overlapping) she has told me

M: So in other words hasikuambie

**M: So in other words, you should not be told**

P4: Hasiniambie (overlapping)

P4: She should not tell me

M: Wewe huende tu pale

**M: You just go there**

P1: Ata experience hasipoambiwa

P1: Not even told about the experience

P4: If you tell me,

P4: If you tell me

M: ooh itakuwa Kwa mind

**M: Ooh it will be in the mind**

P4: Yes the esperience nikiambiwa because if you tell me the experience later vitu zitarun kwa mind are so different

P4: Yes, the experience if I am told because if you tell me the experience later things will run in my mind are so diffrent

M:What is your opinion generally?

**M: What is generally your opinion?**

P4: My opinion generally now comes in that if any woman is having her menstrual cycle period eeh, it doesn't take long for you to get back to normal cycle, keep it let you just shade it off after that continue but in your menses keep your privacy and cleanliness

P4: My opinion generally now comes in that if any woman is having her menstrual cycle period eeh, it does not take long for you to get back to normal cycle, keep it let you shed it off after that you continue but in your menses keep your privacy and clenliness

M: Why do you think women, sex workers have sex even when they are in their periods, why do you think they do that (overlapping)

**M: Why do you think women, sex workers have sex even when they are in their periods, why do you think they do that (overlapping)**

P4: Majority of them have to manage depending ……

P4: Majority of them have to manage depending…

Not majority, a sex worker is having sex because of money

All: yes

M: So the reason why they do sex, they have sex even during their period is because

**M: So the reason why they do have sex even during menses is because**

P: Of money

P: Of money

M: So that is why it is important for them to use the best or good quality products during their periods if they have to have sex...

**M: So that is why it is important for them to use the best or good quality products during their periods if they must have sex**

P4: That’s why I was saying

P4: That is why I was saying

M: Yes number seven

**M: Yes number 7**

P7: In general whatever that you are trying to tell us ,the message you are trying to pass by is about my understanding is the best practices of having sex with a sex worker.Sex worker having good ways of containing even if they are in a periods they can make the best method of hygiene to control the flow

P7: In general, whatever you are trying to tell us, the message you are trying to pass is about my understanding is the best practices of having sex with a sex worker. Sex workers having good ways of containing even if they are in their menses they can make the best method of hygiene to control the flow

P1: Yes.

P1: Yes

M: yes number two.

**M: Yes number 2**

P2: Mimi naona ni vizuri kama ni mke wako wa nyumba akuambie juu kuna wale utapata wamebarikiwa hiyo sehemu na anamuumiza alafu kuna wengine wanaweza fanya vibaya waforce ,unaweza ambiana kama wewe ni mama wa nyumba . anakuwa safe

P2: I think it is good if your wife to tells you because there are those you get who have big penis and is hurting and there are those who can force, if you are the wife then you are safe

M:: So we for your wife lazima hakuwe safe?

**M: So we for your wife must be safe**P4: eeeeeeheeee.

P4: Eeeeeeheee

**Nurse: But for a sex worker?**

p 4: ajipange mwenyewe

P4: She should take care of herself

Nurse: Yes number one.hehehehehe

**Nurse: Yes number 1…heheheheheh**

P1: Mimi venye amesema naeza changia mimi.venye amesema venye number two amesema.kwa asex worker awe empowered na hiyo menstrual cup inaeza kuwa vizuri sana.Then ni nzuri kwanini hasiambie client imewkewa i. unaona. Yeye hafanye biashara yake kama kawaida.unaona hata hii female condom ...kuna watu wakisha gwara wakisha kunywa pombe hawajuangi dame amevaa female condom

P1; What I can say, what I can contribute what number 2 has said for a sex worker to be empowered with the menstrual cup it can be good. If it is good why don’t you tell the client it has been worn, For her to do her business normally, even the female condom there are people when drunk they don’t notice the lady has put on a female condom.

P2: Enyewe

P2: Exactly

P1: Wewe unamaliza unadhani umewacha huku lakini hakuna

P1: You have finished thinking that you have left it there but it is not there.

P 7: Sasa mimi nataka kuongeza kwa bradhe number two.Mi ni bradhe hii issue iko hapa si issue ya wife wako . This is all about sex worker so main focus ni sex workers. Wife wako mtaelewana even traditionally its okay but if you going for a sex worker .The best method for sex worker ni hiyo cup.Juu kazi yake ni economical.

P7: I want to add to my brother number 2, my brother the issue that is here in not your wife’s. This is all about sex workers so main focus is sex workers. Your wife you will come into an agreement even traditionally it’s okay but if you are going for a sex worker, the best method for sex worker is the cup because it is economical

M: ee yes.yes.

**M: Ee yes yes**

P1: For a sex worker I agree with them, I agree with it but logically there are things that you can’t tell a customer

[overlapping).they don’t need to tell you let them do their shugli as normal .as long as you do your issue

(Overlapping) they don’t need to tell you, let them do their stuff normally as long as you do your issues

M: Yes

P8: Kwa nini hakuambie

P8: Why should she tell you?

P4: Yes the issue is why share it out

P4: Yes the issue is why share it out

M: I'm glad you have changed your mind .yes number four.

**M: I am glad you have changed your mind, yes number 4**

P4: But now the point is was the case that she has to tell me.

P4: But now the point was the case that she has to tell you

M: Ok yeah and that is a question on its own

**M: Okay, yeah and that is a question on its own**

P4: Yes

P4: Yes

M: I was just asking the good thing it is important for you to know that she has worn it

**M: I was just asking the good thing it is important for you to know that she has worn it**

P:Nooo

P: Nooo

M:Fine alright .Number five anything you have to add.

**M: Fine alright, number 5 anything you have to add**

M: unataka kuambiwa ama hautakikuambiwa?

**M: Do you prefer to be told or not?**

P5: Eeeeee.

P5: Eeeeee

M: Aseme ama hasiseme?

**M: To be told or not?**

P5: unaona hapo kusema hiyo, inaeza leta oooo nirudishie pesa yangu ooo.

P5: You know if I am told, she can return my money

Laughter,akisema atakutoa roho ….shugli itakatizwa

Laughter, if she says she will do away with you….sex will not be done

M: mind imetoka hapo

**M: You will not be interested**

P5: Imetoka

P5: It has gone

M: So as we round up I just want to ask what do think about the discussion that we have just had? What would you say about it? Number eight.

**M: So as we round up, I just want to ask what do you think about the discussion that we have just had?**

P8: Mhhhhm according to me the discussion that we've had today have learnt alot and maybe the introduction of that new sanitary menstrual cup i mean.Atleast imenisaidia na vile itasaidia hao wasichana wetu.They are our sisters and they are our daughters unaona so itatusaidia sana.Atleast mkintroduce biashara itakua nzuri sana.

P8: Mhhhh according to me the discussion that we have had today I have learnt a lot and maybe the introduction of the new sanitary menstrual cup I mean, atleast it has helped and how it is going to help our girls. They are our sisters and they are our daughters so it will really help them. Atleast when you will introduce the business it will be very good

M: Will you have manage having sex with a sex worker who has worn it and does not tell you? Aaa

**M: Will you manage having sex with a sex worker who has worn it and does not tell You? Aaa**

P8:I can do that

P8: I can do that

M:yes number 6

**M: Yes number 6**

P6: we say we've conclude about what we have learnt.The rubber is good economically and ten years...

P6: We have said we have concluded about what we have learnt. The rubber is good economically and using it for a period 10 years

M: Call it the menstrual cup.

**M: Call it the menstrual cup**

P6: The menstrual cup...

P6: The menstrual cup

Ground laughs hehehehehe

M: Okay. Anything that you think that we've not discuss we needed to discuss number seven?

**M: Okay. Anything that you think we have not discussed and we needed to discuss number 7?**

P7: For me about all the discussions tumekuwa nao leo i think it is about introducing this thing and we put it on the field for the research for a start ni kama for future itakuwa is something which is good ,its appreciated by the comminty /society.kudos

P7: For me about all the discussions we have had today, I think it is about introducing the menstrual cup and put it in the field for research for a start it is like in future it will be a good thing, it is appreciated by the community and society kudos

M: Kudos Yes number one.

**M: Kudos yes number 1**

P1: Mi nasema hiyo menstrual cup is very healthy vile ulisema so natamani hiyo research iishe haraka ilitusaidie hizi masiwaline zetu. Hunaona madame wanaenda kwa choo wanadump.eeeee.Sanitation itakuwa poa sana mmmm.

P1: I am saying the menstrual cup is very healthy the way you said I wish that research ends quickly to help with your questions. You see ladys going to the washroom and dump, eeee. Sanitation will be very good

M: Yes number four.

**M: Yes number 4**

P4: Today discussion is good.

P4: Today’s discusion is good

M: mmmm

**M: Mmmm**

P4:Eeeee aaa it has added something to my knowledge But i would also encourage that ee most people out are not knowledgeble to what we have discussed now and ee majority of men some of us are very ignorant into knowing what should be done on menses and how to live with these sex workers in our own care so it is good if we expand the branches out such that even into the community you see when we talk about sex workers some people think they are just in these major towns go to interior there are some places that you will not imagine that you find a sex worker but have toured Kenya there are some places that you cannot imagine you will find a sex worker but yet there are there.So it is good if you also expand your branches. Take it out so that we educate others and get rid of 1, 2, 3 to help someone.

P4: Eeeh aa it has added some knowledge to me, but I would also encourage that ee most people there lack the knowledge on what we have discussed now and ee and majority of men some of us are very ignorant into knowing what should be done on menses and how to live with these sex workers in our own care so it is good if we expand the branches out such that even into the community you see when we talk about sex workers some people think they are only in the major towns if you go into the interior there are some places you will not imagine that you can find sex workers but I have toured Kenya nad there are some places that you cannot imagine you can find sex workers but yet there are there. So it is good if you should also expand your branches. Take it out so that we educate others and get rid of 1, 2,3 to help someone

M: Thank you number four.I want number three to say something. Ni nini umetoka nayo hapa leo kwa hii discussion yenye tumekuwa nayo?

**M: Thank you number 4. I want number 3 to say something. What have you learnt from here today in this discussion that we have had?**

P3: Nimefurahia na siku ya leo nimejifunza mengi.

P3: I am glad and I have learnt a lot today

M: Mmmmhm.Kama nini umetoka na information gani hapa yenye mtu ata akikuliza ama huende huelezee mtu about kitu tumediscuss utamuelezea nini? Namba tatu ongea, number tano wacheka nini?

**M: Mmmmmmm. What information have you learnt here that when someone asks or you can explain it to someone about what we have discussed what will you tell them? Number 3, talk, number 5 what are you laughing at?**

P5:Wewe bonga

P5: You talk

P3: Kama msichana au mwanaume?

P3: Like a female or a male?

M: Kama msichana.

**M: Like a female**

P3: Nitamu encourage kutumia aaaa always poa na aaa…...

P3: I will encourage them to use aaa always good and…

M: Sawasawa asante. So am tukimalizia nataka niwashukuru wote kwa kukuja.Tumekuwa na discussion muzuri sana tumefurahia ata sisi and tunawaelezea tu wakati mnaenda pale nje pia mnaendelea tu kuwaelezea  hao wenye hawajui kwasababu vile tume discuss community huko watu wengi hawajui kuhusu menses. Wakiwa wanajua wengine wakona misconception so mnaeza tu kuwaelezea tu waambie hapana sio ukweli iko namna hii.Yes number two.

**M: Alright, thank you. As we are finishing I want to thank you all for coming. We have had a good discussion we are glad too and we want to tell you when you are going out there continue educating those who don’t know because as we have discussed there are many people in the community who don’t understand about menses. When they know some have misconceptions so you can explain to them and tell them no it is not true it is like this. Yes number 2**

P2: Saa hii kitu mtaban itaendelea kufanya kazi

P2: For now what you will ban will still be used?

M: Aaaa wakati atatumia hii haitaji..hizi zingine ..........

**M: Aaa when she will use this then she will not need these other ones**

P2: Nasema kwasababu ni mgeni sisi ndio tunaelewa sasa si ni geni na venye naona inaweza fanya poa sana. Sasa hizi tunaenda kupiga marufuko.

P2: I am saying because it is new we are the ones who understand it well, it is new and I think it can do so well. So we are going to ban this other ones

M: Aahaaaa, hakuna...

**M: Aaaaahaaa, no**

Laughs hehehehehe

M: Lakini nataka kuwaelezea,hii bei yake ikienda umejua wakati tutatumia tunafanya hii research tunawapatia hii bure.Wakati kama huu tukiongea wakati huu inaenda for four thousand shillings.But sisi tutapeana free kwa sex workers wenye tuko nao kwenye study.But wakati wataleta Kenya  pengine waata subsidized price yake but the beauty is atakama utainunu 1500/- ama 2000/- whatever price wata subsidized tu.It is still hygienic, it is still clean, it is cost effective kwasababu ni kitu hutumie ten years. Alafu another thing it is not ata mtu mwenye si sex worker anaeza tumia mtu kama mimi naeza tumia.

**M: But I want to tell you, the price when we will be using it when doing this research we will give them for free. As for now it is 4000/- shillings. But we will give it out for free to sex workers who are in the study. But when it will hit the Kenyan market maybe they will subsidize the price. But the beauty is even if you will buy it for 1500/ shillings or 2000/- shillings whatever price they will subsidize the price. It is hygienic, it is still clean, it is cost effective because it is something you will use for 10 years, another thing is that anyone can use it not only sex workers, someone like me I can use it**

Members: Mmmm

M: Unaona but we want sex workers to stop kusunda umejua mimi nikiwa kwangu maybe mi si sex worker ama mimi ni sex worker but ntasema wakati wa periods no going outside but again sex worker mtoto hako nyumbani amefukuzwa karo amepigiwa call amepata ule client wa nguvu ee anasema hmmm cotton wool iko hapa shwii ameingiza huko ndani kama ni tissue amengiza huko ndani hata kama ni serviette lakini hygienically is not good .Hata inaeza mpatia bacterial infection sindio.

**M: You will see, but we want sex workers to stop inserting, when I am at a home I may be a sex worker but will say during menses no going for business but again there is a child at home that has been sent home because of school fees, she has been called and have a client who has money ee and will say hmmm cotton wool is here and inserts inside if it is tissue she has inserted, even serviette but hygienically it is not good. It can cause bacterial infection right**

P 7: Exactly.

P7: Excatly

M: Sindio so that is why we want to give them what to use that is hygienic and the moment amekuwa na hii kitu hatanunua pads ile cost tulikwa tunapiga ile hesabu haatakuwa nayo kwasababu hatakuwa na menstrual cup.

**M: Right, so that is why we want to give them we want them to use hygienic and at the moment she was having this, she will not have to buy pads the cost we calculated she will not have to do that because she will be having the menstrual cup**

P7: Once in a lifetime

M: Exactly mmeniskia?

**M: Excatly, have you heard?**

Members: Yes

P 2: Na ningependa niulize hivi? Ikisatumika inafaa hioshwe na maji moto ama ni baridi?.

P2: And I would like to ask this? After use is it supposed to be washed with hot water or cold?

M: Yeah sasa hii inaoshwa na maji plain water haiwekwi sabuni tutawaelezea wakati tutakuwa tunawapea and then ana rinse tu wakati anatumia anarinse anairudisha anairinse na maji safi anarudisha lakini akishamaliza periods tuseme alikuwa na three days ama seven days the last day anairinse vizuri alafu ataichemsha kwenye mkebe for ten minutes alafu akishaichemsha kwenye .. ni silicon  imetengenezewa na silicon.

**M: Yeah, it is washed with plain water without soap we will explain when we will be issuing them and then you rinse when she is using, she inserts it back, removes rinses it with clean water and inserts it back. After the menses are over let us say it was 3 days or 7 days the last day she rinses it well then boils it in a tin for 10 minutes then after boiling in the …. It is silicon it is made of silicon.**

P7: So you can just boil it when it is on the stove?

M: Yes so unachukua ka aa no you boil it for 10 minutes.

**M: Yes, so you take it like that and you boil it for 10 minutes**

P7; But physically?

M: physically haita haribika hii ni silicon doesnt expand doesn’t relax

**M: Physically it will not get spoilt it is silicon and does not expand doesn’t relax**

P2: Kama ile chupa ya mtoto

P2: Like the feeding bottle of a baby

M: Kama ile bottle ya mtoto si huwa mnachemshanga tits za mtoto si unaona haziharibiki that is the same material imetengenezwa sawa wakati tunawambia unaipanguza vizuri ikishakauka..... Itakuja na hii bag yake alafu unaona pahali unaekanga, si wewe unaona tu mtu ako na place yake yenye anaekanga tu vitu zake zile personal yenye yeye hawafai kusikia panya isikule alafu anaeka anangojea tena next month wakati periods imekuja anaendelea kutumia. Yes number two.

**M: Like the feeding bottle you always boil it the tits for the baby you see they don’t get spoilt that is the same material it has been made of the time we tell them you wipe it well after it is dry it will come with this bag then you keep it, there is a place someone always keeps it, there is a place where someone usually keeps her personal things where it cannot be destroyed by rats, keeps it as she waits for next month when menses starts then continues using it. Yes number 2**

P2: Najua kuna venye saa zingine nyumba zetu ziko joto saa zingine kuna mabati ikiwekwa juu ya mabati inaeza haribika ama?

P2: There are times our houses are hot and can it get destroyed if placed on the iron sheets?

M: Haufai kuweka juu ya mabati that is why nilikuwa naongelelea storage, anything silicon ata hiyo chupa ya mtoto hiyo tit ukiweka kwa mabati umejua the heat that is coming from the iron sheet can affect..

M: You are not supposed to place it on top of the iron sheets that is why I was talking about storage, anything silicon even a baby feeding bottle if you place the tit on the iron sheet, the heat coming from the iron sheet can affect it.

P2: Sasa kanafaa haweke wapi?

P2: So where can it be stored?  
M: Sasa ndio naeleza unaona hii pahali mtu anaeka pads zake zenye hajatumia ama kale ka bag kake kame hung... hakuna mwanamke hana.Personal effects zake penye anaekanga tu vitu zake

**M: Now I am explaining, you see this part you put your pads that you have not used or even that small bag where it hungs … no woman doesn’t have it. Her persanl effects where she puts her things**

p4: Kale kakibeti kake.

P4: That small purse.

M: That is why I am explaining where one keeps her unused pads or a bag she has hunged somewhere… there is no woman who dos not have it. Where she usually keeps her personal effect

**M: That is why I am explaining where one keeps her unused pads or a bag she has hunged somewhere… there is no woman who does not have it. Where she usually keeps her personal effect**

P4: Her small bag

M:wengine hata wanatembea nayo wenye wako na irregular menses wakisha osha hivo hivyo ikuwe tu kwa bag eee.

**M: There are some that always have it those with irregular menses after cleaning it they keep it inside the bag**

P2: Saa ingine ameinunua Na hajai kuitumia

P2: Sometimes she has boyght it and not used

M: Aaaahaa tutawafunza jinsi yakutumia, jinsi yakusafisha, jinsi yakuimaintain naku store.Tumeelewana sote? Asanteni Sana na mungu awabariki.

**M: Aaahaa we will teach them on how to use it, how to wash it, how to maintain it and how to store it. Do we all understand? Thank you and May God bless you**

P2:Asante

P2: Thank you

P 8: Nilikuwa naomba si mnaeza tusaidia nayo ata sisi?

P8: I was requesting if you can help us with?

(Laughs hahahaha)

P8: Mnaeza tusaidia umejua sex worker ni nani? Sex worker ni maybe ata tuko na mabibi na kuna ile mahali huwa wanapatanga kitu yake chini ya waba kama hatujui?

P8: You can help us, do you know who a sex worker is? Sex worker is maybe we may have wives at home and there is a place where they get

M: Unafikiria pia mabibi wako ni sex workers?

**M: Do you think your wives are also sex workers?**

Yes

M: .So mmekuwa na experience yenye bibi ya mtu ni sex worker?.

**M: So you have heard experience that someones wife can be a sex worker?**

Members: Yes, wengi sana.

Members: Yes, so many of them

P: Wengi anafanya tu shugli yake na anaenda nyumbani

P: Some do sex work and go home

M: Sasa nyinyi mkipata mahali flani wewe unasema tu sawa ……

**M: So if you get her somewhere it will be okay…**

M: kila mtu hatajua vile alifika pale

**M: No one will know how she reached there**

P8: Anaenda pale anatafuta kitu anatafuta

P8: She goes there to look for money

P4: Shugli yako ni shugli yako

P4: Her business is her own business

[Overlapping]

(Overlapping)

P7: Like Mombasa tukiwa kule mombasa ilikuwa common.mombasa ni common

P7: When we were in Mombasa it was very common

P4: Ata tukikuja eeh at times najua nimekuona na tukipatana kwa barabara tunarufi mtaa najua tu .unatembea tu tukienda

P4: Even when we come eh at times I have seen you and when we met on the way going back home I know but I will not bother with your business

Najua tu nani ni bibi wa nani na anapack mahali.ata tunatembea nao kwa barabara anarudi kwake unarudi kwako,

I know so and so is the wife to so and so, and is a sex worker somewhere we meet on the way she goes to her house as I go to mine

M: Lakini sasa ni kukanyagia

**M: So you will have to keep quiet**

P7: Sa juu it’s a business ,itabidi utaswallow tu hiyo pride yako

P7: So because it is business, you will be forced to swallow your pride

P2: Lakini sioni kosa hapo ata kama bibi yako anafanya hiyo kazi, mimi naona sex worker wanafanya poa kuliko ma bibi ………

P2: But I don’t see any problem there even if it is your wife that is doing sex work, I think they do sex well well than being a wife

M: Haina shida kama hiyo ndio inafanyika maybe tutafikiria utafiti nyingine tuangalie, tuangazie hiyo swala hilo la wanawake wenye wako kwenye nyumba zao wenye wanafanya..sex work...

**M: No problem if that is what is happening maybe we will think of another research to do on that, to focus on that issue of married women engaging in sex work**

P2: Nasema hivi venye najua saa zingine anaogopa.mwenye ako nayo hamwoe tu

P2: What I am saying is this, sometimes she is afraid of the husband to see her

P5: Ni talent

P5: It is a talent

M: Eeh akiona sex worker mwenye amembamba

**M: Eeh if he sees a sex worker who is appealing to him**

P2: Amemfurahisha kila kitu iko sawa hamwoe tu

P2: She is appealing everything is okay she will have to marry her

M: Asante Sana, asanteni Sana na mmbarikiwe...

**M: Thank you very much, be blessed**