**Community Male Partners FGD 3**

**25th May, 2023**

**Start time: 11:33am**

**Stop time: 13:07 pm**

**Moderator: Edith Osire**

**Note taker: Enid Awiti**

**Number of Participants: Nine**

**M: Male communities focused group 3, starting time 11:33, Karibuni Sana tunaambiwa wengine hawaelewi kijaluo. Wangapi hawaelewi kijaluo hapa?**

**M: You are very much welcomed. We are told some of us do not understand Dholuo language. How many amongst us do not understand Dholuo?**

P: Moja tu.

P: Only one.

**M: Ooh ni wewe? Hauelewi kabisa?**

**M: Oh! So it is you, you mean you don’t understand completely?**

P: Naskia tu ongea tu kijaluo.

P: I understand a little, just talk Dholuo.

**M: Hapana nataka tukiwe tukiongea huwe na uwezo wa kujibu na ujibu kwa ile lugha uko comfortable nayo.**

**M: No, I would like that when we talk you are able to respond in a language you are comfortable with.**

P: Basi Kiswahili.

P: Kiswahili then.

**M: Sawasawa so ntakuwa nawaelezea tu Kwa Kiswahili pengine nitaongeza tu Kwa kijaluo Kama mtu anataka nimueleze kwa mapana marefu lakini kama wewe untaka kujibu ama kuuliza swali au unataka kutoa maoni yako utaongea tu kwa kiswahili ile lugha uko comfortable nayo sawa?**

**M: Okay then, I will be explaining in Kiswahili then maybe I would include Dholuo in case someone would want me to explain in detail. But then if it is you who would want to respond or ask a question or make a contribution, you will just talk in Kiswahili that language you are much comfortable with.**

P: Sawa.

P: Okay

**M: So kwa majina mimi naitwa Edith nafanya hapa hivi UNIM kwa hii utafiti tumewaita hapa leo ili tuwe na mazungumzo kuhusu wale wanawake tunaita sex workers kwa sababu kuna research tunafanya na wao hapa UNIM so tunataka tujue ni nini mnajua kuhusu wanawake especially menstrual hygiene ama wakati wanaenda kwenye hedhi ile inaitwa periods.Tunataka kujua mnajua nini kuhusu menses, menstruation ama periods ama wakati unaenda kwenye hedhi.So tutakuwa na discussion ile iko kila mtu ana contribute mtu asione yeye hataki mtu haonge kama mnataka kukosoana kama unataka ku disagree na ile statement mwenzako ame make unaifanya iwe respectfully sindio eeeh, so tutakuwa tunaitana na hizo numbers tumeweka kwa vifua vyenu saa tukisema vile number two amesema number six uko na maoni gani na tunaendelea namna hiyo sawa?**

**M: Saa tukianzia nataka niulize ni nini unajua about periods ama menses. What is periods or what is menstruation ama kuenda hedhi kwa mwanamke ni kitu kipi? Number nane.**

**M: So, my name is Edith . I work here in UNIM under this research. We have been invited here today so that we can have a discussion about those women we call sex workers. This is because there is a research study we are doing together with them here at UNIM. So we would like to know what you really know about women, especially concerning menstrual hygiene or when they are experiencing their menses, which is called periods. We would want to know what you know concerning menses, menstruation or periods or during the time that they are experiencing their menses. So we will have a discussion in which everyone is entitled to their opinion so that no one would feel victimized while talking. If you would want to disagree with the statement made by your colleague, then do so in a respectful manner, right? So we will be calling you by the number tags on your chests that if we say number six, what opinion do you have and we continue like that right?**

**M: So as we start, I would like to ask what do you know about periods or menses? What is periods or what is menstruation or experiencing menses among women, what is it? Number eight.**

P8: Kuenda hedhi nikuattend kila mwezi wa mwaka mayai yao ikisha mature inaoza na inatoka.

P8: Experiencing menses is the process of blood coming out every month of the year. Whenever the eggs mature and get spoiled and come out.

**M: Inaoza na inatoka.**

**M: It gets spoiled and comes out.**

P8: Sasa ingine mpya inajitengeneza.

P8: Now another new one forms.

**M: Hhha hhhhm. number ang'wen niin gi wach.**

**M: Hahaha, number four did you have an issue?**

P4: Naonge gi wach but aneno mana is like ni owacho ma chalgi gima adwa wacho.

P4: I did not have any issue but I think it is like he is saying what I wanted to say.

**M: Mmm wachawacha.**

**M: Okay, just say it already.**

P4: Eeh.

P4: Yes.

**M: Wachawacha marino nidwa wacha ang'o.**

**M: Just say your own, what did you want to say?**

P4: Aparo ni wakati no aparni monthly ka joma mine ineno malo iwacho ni onyalo neno remo kawokne katimre dwe kwa dwe.

P4: I think during that time on a monthly basis, women experience their menses. We could say that they undergo menstruation every month by seeing blood.

**M: Number achiel age group mane madhie due? Hhm.**

**M: Number one, which age group experiences menstruation? Yes.**

P1: Dwe inyalo chako dhii kija twelve.

P1: One could start experiencing her menses at the age of twelve.

**M: Hhm.**

**M: Yes.**P1: Eeeeeh.

P1: Yes.

**M: Yes, number five.**

P5: An aparo ni duwe lure gi hormones, nikech jomoko iyudo ni…nyiri moko chako kata gi nine.

P5: I think menstruation depends on the hormones because you may find that some girls would start as early as nine.

**M: Hhhm.**

**M: Okay.**

P5: Eeee.

P5: Yes.

**M: Number adek nentie gi wach.**

**M: Number three did you have something to say?**

P3: Gima number five owachon emane adwaro wacho ma en seperate lingana gi hormones mag nyako ntie jok machake gi nine jok moko chake gi ten jok moko be biro kuchelewa chake gi thirteen years.

P3: That which number five has said is what I wanted to say that is; different girls have different cycles depending on their hormones. There are those who would begin from nine years, others ten while others would start as late as thirteen years.

**M: Mmmm.**

**M: Okay.**

P3: Koro en kaka hormones gi react kake eduwe biro ne yes.

P3: Now this depends on hormones reactions hence determining how the menses would come, yes.

**M: Koro information mawawacho gi hii maneno yote tunasema hii information mnapata wapi?**

**Where did you get this information about menstruation? (***talking in the background***).Where do you get this information from what we have discussed?**

**M: Ok tunaendelea hghghgm nilikuwa nauliza sasa information mnapata wapi yes number three.**

**M: Okay let us proceed, as asked earlier; where do you get such information? Number three.**

P3: Wakati nilifika class five ndio nilianza kufundishwa kuhusu women reproductive ndio walimu wetu walikuwa wametuelezea jinsi wanawake na umri na hiyo hormones vile inatendeka.)

P3: I started learning about the human reproductive system in class five. Our teachers explained to us how women, their ages and how hormones happen. (*Chair being dragged on the floor*

**M: Uko na maoni tofauti number nne.**

**M: Do you have a different opinion number four?**

P4: Maoni ma an go ok ane ka obor gi gima nyawadwa nowacho ni reproductive system newachako go mana e primary kwanene e subject moro ni science emawasome parts go kaka gigo timore kendo ka wachopo ee high school wayudo bende ee biology kendo koro wasome mapana sana.

P4: My opinion is much closer to what my colleague has just said, that the reproductive system we started learning from primary from a subject called science. That is where we learnt those parts and how those processes happen. Again when we reached high school we found it in biology and again we learned about it in detail.

**M: Mmm number sita tuko pamoja? Dhie duwe en ang'o?**

**M: Okay, number six are we together? What is menstruation?**

P6: En monthly period mamine dhie kila duwe.

P6: It is a monthly period that women attend every month.

**M: Mmmhm. Ni en monthly period mamine dhie kila duwe.**

**M: Mmmh. So it is a monthly period that women attend every month.**

**(***Laughs***)**

**M: Eeeh number abich.**

**M: Yes, number five.**

P5: Anto kakanadwa kele, nadwa kele gi yoo moro kaka ayudo information konchiel iyudi ni kata mana egweng kata mane family iyudo ka in muoch muochne nyathi manyako koro ni ee isechako baa gini kata gi jomaa waadak go bende san tan malo okanyawinjo gimoro.

P5: As for I would bring it up in this way; the manner in which I get the information, you will find that even within the village or even within the family. You will find that you could approach a young girl that, ‘okay, now you have started roaming yet those whom we live with are looking above, she would not get anything.

**M: Hmmmm**

P5: Yeah okay.

**M: Yes, number one**

P1: An kaka gi pacha ntiere kaka nyathi manyako kineno kodwar chako dhi malo odwar chako ee dhi malo ichako nene gi behaviors mage.

P1: In my opinion, there is a way in which a young girl would behave when they are just about to start their menses, you will see this from her behaviors.

**M: Mmmm.**

**M: Okay.**

P1: Mmm kata ka ng'a o bi kadek adek ibro chako neno kochako wuoyo gi chwo otugo gi dichwo majowoi koro ing'eni hormones mage osechako idho.

P1: Yes, at times one comes in three folds and you will see them start having conversations with men, playing around with boys and with that you will understand that her hormone levels are rising.

**M: Mmm.**

**M: Okay.**

P1: Mmm

P1: Yes.

**M: Mmm okay to be uparo ni ati generally men ong'eyo information about menstruation, wanaume wanajua kuhusu hedhi pale nje?**

**M: Okay. Do you think that generally men know information about menstruation within the community?**P: Yes

**M: Wakona hiyo information?**

**M: Do they have that information?**P: Kabisa kabisa.

P: To a greater extent.

**M: Ama kuna wengine hawana?**

**M: Or is it that some of them do not have it?**

P: Hawana kuna wengine hawana.

P: They don’t have, there are some who do not.

**M: Mmmhm.**

**M: Okay.**

P: Mmm.

P: Yes.

**M: Yeah na wenye hawana mnafikiria tunaeza fanya aje ndio wajue pale kwa community kwa wenye hawana tukifikiria wengine hawana nyi wengine wakona information wengine pengine wako na ile information yenye si right, so mnafikiria tutawafikia aje na ujumbe huu? yes number six.**

**M: Yeah. And those who do not have, what do you think could be done so that they can have the information within the community. Some people do not have the information while you have, suppose they have the information which is not right. How do you think we can pass this information to them? Yes, number six.**

P6: Kuwaelimisha?

P6: Educating them.

**M: Tutawaelimisha vipi? wanyalo puonjo gi nade? wachawacha gi dhok ma you are comfortable with.**

**M: How will we educate them? Let us just talk in the language you are comfortable with.**

P6: Nia kwa mfano kaopono waromo kode samunyalo bedo kugo mbaka kama tokoro sama ing'e ni goyo mbaka tuwinjo pache.

P6: For example, whenever we meet them then we could have a chat and probe within the conversation if they have the information and what he knows.

**M: Mmm.**

**M: Okay.**

P6: Koro ichako nyise ni kama kama katimo kama to tok ber kata kitimo to ber.

P6: And then you would start showing them what, if done, could be good and what is not right.

**M: Mmm.**

**M: Okay.**

P6: Mmm.

P6: Yes.

**M: Hhhm how else yes number four.**

P4: Aparo ni wanyalo...gi yie kawaluo forum aina ni.

P4: I think we can… if they agree to join such a forum.

**M: Mmm**

P4: Nikech maybe ee iwa ka be wanyalo biro kaka wabiro ni to ntie kang'ama pokno winjo.

P4: This is because, even amongst us we would come here but then there is one who has never heard of it.

**M: Mmm**

P4: Dong' odhi we information sama wawuoyoni.

P4: It is ring that he would get the information in the process of us talking.

**M: Mmm**

P4: Eeeh aparo ni forums aina gi nyalo miyo ong’e matut.

P4: Yes, I think such forums could also make someone understand the details.

**M: Mhmm any other way ma wanyalo inform you number adek niwacho ni ikya?**

**M: Is there any other way that we could use to inform you? Number three, you said that you don’t know?**

P3: Mmm.

P3: Yes.

**M: Jomoko kyaa.**

**M: Others do not know.**

P3: Mmm.

P3: Yes.

**M: Wengine hawajui wanyalo chopo kodgi gi information nade community kuchocho kuonde ma gikya weche ma mag mag menses gi kata mag dhidhie due.**

**M: Others do not know; how can we reach out to them with the information within the community where they come from? This is particularly to those who lack information on menses and matters of menstruation.**

P3: Okay kaka wa nya chopo kuomgi en koro kaka wabiro ka endini, nitie information mwadhi wok godo kae yudo koro kwa dok kwonde mawantier kwonde mawatie kwa seche moko wabete kata e group mar chuo wanyalo chako punjo gi achiel kachiel kwa kelo topic go to giwinj gi kamano kako kaal nyako dhie due to inyalo konye kama or inyatimo kama kamaye kawasewok gi information maber.

P3: Okay the only way we can reach them is just like the way we have come here. There is information that we are going to carry along with us and so if we get back to where we live. Sometimes we have certain groups of men where we can start teaching them on particular topics and they do get to understand. So this information could be helpful to a girl experiencing her menses once we get the information.

**M: Mmmhm yes number five.**

P5: An akele ni ni aparo ni inyalo liase gi gi jok moko mondo okete kata e radio.

P5: I would bring it this way; I think one could liaise with radio stations to talk about it.

**M: Mmhm**

P5: Olande kata e tv.

P5: It could be aired even on television.

**M: Mmhm**

P5: Ee aparo ni mano be nyalo medo choko ne ji moloyo nyithindo.

P5: Yes, I think this could help in educating the masses, especially children.

**M: Mmhm**

P5: Eee.

P5: Yes.

**M: Okay koro ka wadhi mbele number ochiko kanyo bi idonjo kawasechako eee koro kawadhi mbele what do you think about women when they are menstruating sama sama mine wa kata nyuole wa dhie due be ntiere gik moko nego gi tim to be ntie gik monego gi tim uparo nade ang'o gi moko nego gi tim kata ang'o monego gi tim sama gi dhie due? number two.**

**M: Okay let us proceed, number nine you have just come in when we are in the process. Yes, as we proceed, what do you think about women when they are menstruating? When women or our family are experiencing their menses, is there anything that they should do when they are on their periods? Number two.**

P2: Kaka ng'ama miyo ka gi dhie due to iwacho ni katagik moko mipono ni mipono gi kaka maembe gini machungwa gini iwinjo ni gigo okone go no pono.

P2: As a woman, whenever they are on their menses, they should be advised not to pick fruits like mangoes or the likes of oranges.

**M: Voice voice ni wuoye matek matim.**

**M: Your voice, kindly speak louder a little bit.**

P2: Awacho ni sama ng'ama miyo okonego ni gik mipono ipono gi okonego bed ni gipono kaka machunga, maembe ginigi, popo bende gini okonego bende gipono.

P2: I mean to say that as for women, they should desist from picking fruits like mangoes, oranges and pawpaw whenever they are on their menses.

**M: Mmhm.**

**M: Okay.**

P2: Nikech iwacho ni ka gipono kamano koro kape obiro nyalo chuo bende nyalo ketho mon.

P2: Since you have said that whenever they pluck, they would spoil. Can men also do the damage?

**M: Mmm okay number three kasto wadhie number one mmhm.**

**M: Okay number three then we move to number one.**

P3: Ariplay gik moko onego pok gi tim tokane nikech once ni onyalo yudo eee iluongo nang'o pads to nyalo timo atima tich moramora though to koro sex emoko nyal timo.

P3: As I replay there are things that they should not do but once they can get sanitary pads then they could just do anything apart from sex.

**M: Mmhm**

P3: Mano kende gima aneno ni okonyal timo sama en edue.

P3: That is what I think they should not do whenever she is on her menses.

**M: Mhmm.**

**M: Okay.**

P3: Kende.

P3: Only.

**M: Mmhm number achiel.**

**M: Yes, number one.**

P1: An kaka ang'eye ng'amaa ng'ama odhie due en ng'ama olil koro gi an kata aina no to kidwaro ng'eyo to kata kaen min odi obiro kweri ni kachieng sunday ma dhano dhie church obro ng'isi ni anokabidhi anokadhie church nikech church en kumaler to ing'e ni enolil koro ing'e ni kucho da.

P1: According to my understanding, someone on her menses is dirty and if you want to know that, even if she is your wife she will decline going to church on a Sunday, telling you that she will not be going. This is because the church is a holy place but then she is dirty and that place is a no.

**M: Mmm.**

**M: Okay.**

P1: Mmm.

P1: Okay.

**M: Number four**

P4: An gi pacha ka miyo dhi sechemok odhie due jomoko wacho apani en beliefs kwom maybe gi mila moko jo moko wacho ni ntie gik ma jomoko wacho ni okonego bed ni odhie puodho kata ng'wedo alot ong'wedo alot ni is like ni okya kata ka alot no dhi kethore ka nok  gin beliefs to an oka okathink so  ntie moko bende ntie churches moko  mo oamini ni gin jogo ma jogo ma dhie due kata moko nego bedni gi dhie church onego bedni gi giwe mondi nyaka gi chop gitimang'o nyaka gitieki alafu aparo ni mara adek okonego bedni kaen nyathi maa lets say nyathi ma nyithindo manyiri mapod onge ute gi oko nego bedni gi gibedo machiegni gi joma chuo mana kamano.

P4: In my opinion whenever a woman experiences menstruation sometimes others say, I think it is due to some cultures norms and beliefs. Other people would say that she is not supposed to go to the farm, not to mention gathering vegetables from it. They believe that the vegetables may get spoiled. As for me, I don't believe in such beliefs. There are also some churches where those who are menstruating should not attend the services, so they should wait until they complete their menstruation period to be allowed to attend church services. Then thirdly, I think as for those young girls who are not married they should not mingle with men. Just like that.

**NT: Bedo machiegni ni beta beta kama kose.**

**NT: You mean just sitting next to them like this or what?**

P4: Riwruok go ni wigi riwore.

P4: Being together is like putting their heads together.

**M: Riwruok nindo nindo to having sex.**

**M: Being together as in sleeping together to have sex.**

P4: Yeah

**M: Wacha wacha kaka en mondo ng'ama ndiko ong'e gimondiko.**

**M: Just say the way it is so that the note taker could understand clearly what to write.**

P4: Yeah

**M: Kikibed gi wasiwasi.**

**M: Do not worry.**

P4: Sawasawa.

P4: Okay.

**M: Wacha ni nindo nindo ing'eni nindo wanya nindo aming'a kama [laughs] kamano number abich intye gi wach moro.**

**M: Talking of sleeping, you know we could be sleeping for a long time like this** (*laughs*) **Yes, number five you have another issue.**

P5: E an gi kora.

P5: Yes, in my opinion.

**M: Mmm.**

**M: Yes.**

P5: Aneno ni dhie due.

P5: My understanding of menstruation.

**M: Mmm.**

**M: Yes.**

P5: Engima normal.

P5: It is a normal thing.

**M: Mmm.**

**M: Yes.**

P5: Nikech okotimre ne ng'at achiel timore ne ji ariyo timore ne ji adek e piny ma ngima almost anyalo wachoni 98% dhie due jo moko koro an okane ka ng'ama dhako kata nyako dhie due ni oko nyal timo gikmoko unless ni en gi shida moro en gi two moro kata en gi tabu moro manyalo mio manyalo mio okoting gimoro kata otim gimoro.

P5: This is because it doesn’t happen to one person, it happens to two or three people. I could say that in the whole world, 98% are menstruating and so I don’t see it that when a woman is on her menses should be prohibited from doing some things unless she has a problem or a certain disease. Or maybe a problem or disease that does not allow her to do some tasks.

**M: Number nine ne ni gi wach koso ....... classification moro adwaro.**

**M: Number nine did you have something to say? I need some clarification.**

P9: Mmm.

P9: Okay.

**M: Number ariyo owacho ni okonego opon olemo.**

**M: Number two has just mentioned that fruits should not be picked.**

P2: Mmm.

P2: Yes.

**NT: Ni kopono olemo to koponi koth pe obiro to koth pe bro goyo matunda no ma makoro oko okobi produce fruits kendo.**

**NT: That if she picks the fruits and suppose it rains, hailstorms would hit the fruits such that the tree would never produce such fruits again.**

**M: Eh koro emapenjo ni be engimise witness to joma moko be engimuseneno ka timre yes number nine.**

**M: Yes, and here comes my question. Is this something you have ever witnessed and to others have you ever witnessed such happening? Yes, number nine.**

P9: Okay gi kor ka kora now chon ka na pod adak gi dana kwara to naneno ki kwero sister na ni kiki idh wi yadhni yadhni ki idho to yadhni bro tho koro gimomiyo nikwere ne pod wa kya yani gimomiyo nikwere nokya koro bang idak dak e dala eka nong'e ni nyathi ma nyako oktho kadaidho yien mora mora obed ojwok obed ...oktho koidho yien mora mora.

P9: Okay, according to me, it’s been a while now. While I lived with my grandparents, I could see my sister being prohibited not to climb this tree and that if they climbed it the tree would eventually dry up. And the reason as to why they were being prohibited was not known to us. I mean the reason as to why they were being prohibited was not known to her and so after staying at home for quite some time we knew that a young girl should not climb any tree lest it dry up, be it euphorbia…. No climbing any tree.

**M: Mmh koro en taboo en en myth ineno gik moko ma jii wacho ga maoko bedo confirmed kaa nikech koponi mane gi manetimore e families koro wawach for example mantiere mine mbilo toun gi maembe diere dala to maembe ochiek koro maembe go ubrowe top nikech ka ng'ama miyo odhi pono maembe tokoro maembe thoo.yes number nine (***laughter***)**

**M: Okay, so it is a taboo, it's cultural myths and stereotypes which have never been confirmed. This is because this is the same thing that used to happen within the families. Let us say for example, if there are only women at home and the mangoes have ripened on the tree, does it mean that the mangoes will be left to go bad since if a woman goes and picks them the mango will dry up? Yes, number nine.** (*laughter*)

P9: Okay ntiee be mana same same kanyaka ntie kwara moro bathe kanyo ntie no nywolo nyiri lilo. koro noluong niluongo kaka kwajok xxxx iluongo ni xxxx biane mondo idhi kwannane machunga moro kae iluongo wa wadhi wakwanyo machunga wakelne, tokokini ti nang'o mini dak nikwanyo machunga no ni an okanyal kwanyo dong' baba notamore.

P9: Okay there is a similar case scenario, there is this grandfather of men who is our neighbor. He gave birth to girls only. Now he used to call me since we are from xxxx. He calls me,’xxxx, could you come and help me pick oranges for me from the tree.’ He could summon us to pick these oranges but whenever we asked the girls why they are not picking, they would say that father has refused.

**M: Nikech koro wakya ga reason.**

**M: Does this mean that we do not know the reason?**

P9: Wakia ga reason nien mane.

P9: We usually do not know the reason.

**M: Koro sani ka wagoyo nyawache koro you are connecting the two?**

**M: And so as we speak about it now, do you connect the two?**P9: Mmm.

P9: Yes.

**M: Yes, namba achiel.**

**M: Yes, number one.**

P1: Koro an gimomiyo koro nawacho kamano ni an go gadier, noyalnwa go e kanisa ni ng’ama dhako ma dhi e dwe en ngama olil ma okonyal timo gik mangeny like kaka pono lemo kata dhi e kanisa iwinjo, eeeh mago gin gik ma okonyal.

P1: The reason why I say so is that, I am so sure about it. It was preached to us at the church, that any woman who is on her menses is a dirty person and she is limited to doing so many things. Like, picking fruits or attending church services? Yes, such are the things she cannot.

**M: Yes, namba auchiel.**

**M: Yes, number six.**

P6: An kendo gima ang’eyo ga sanasana nyako ma odhi e dwe kata ka idhi kode to nitie twoche moko ma be oaffect I nikech ntie diere moko ma nadhi gi nyako moro modhi e dwe nawinjo mana ka asiko agwonyora yaani asiko awinjo ka private parts ga gwonya kabisa, to enbe owacho ni oguche rame ma okonyal kata tio koro gino be affect e.

P6: According to what I know, in most cases a girl on her menses even if you have sex with her, there are diseases you can contract. This is because there was a time that I had sex with this girl while on her menses and I could scratch myself due to itchiness on my private parts. And she also complained of lower backache that she could not do any work so this did affect her.

**M: Mano gima ji wacho ga but wadwa ng’iyo the truth about dhi e dwe gigi okmi ng’ato oguche rame, dhi e dwe okbimii problem moro amora ni kia ni iilori nikech idhi gi ng’at ma niee dwe. Dwe mana kaka namba abich nowacho cha its just a normal occurrence matimore inafanyika kwa wanawake wote wenye wameanza kuenda hedhi. Wengine wanaenda from 8years wengine wanaenda from 9 years wengine, it depends on your hormonal constitution vile vile uko.**

**M: That is what people do say but we now want to investigate the truth about menstruation. It doesn’t cause back pains; menstruation does not cause any problem such as itchiness whenever you have sex with someone on her menses. Menstruation just like number five have just said earlier, it’s just a normal occurrence in all women who have started menstruation. Some start from the age of 8 years’ others from 9 years. It depends on your hormonal constitution how you are.**

P6: Dakika moja tu.

P6: Just a minute.

**M: Mmmh.**

**M: Yes.**

P5: Adwa penji atemo awinjo kiwacho gimoro kanyo which means ni ng’ani namba 6 wachoni ni odhi gi nyako moro madhi e dwe to ochako winjo ka parts moko osechako rame idwa wacho niya ka ngato dhi e dwe pod inyalo have kode sex podi kose itemo wacho na’ngo?

P5: I would like to ask you as you have said something. Just like number six has just said that he had sex with a lady who was on her menses and he started feeling itchiness on his private parts. Do you mean that a man can have sex with a lady on her menses or what are you trying to say?

**M: As we continue with our discussion mano dhi biro, koro mondo wadhi mbele, wabodhia adhia mbele ngat moro amora manigi penjo moro amora wangi question and answer session and wadhi explain gimomiyo wa advocate for gik maler kata ma mon onego oti go kata ma patners u maun go e udi, kata wives kata patners and of course even sex workers ma unyalo bedo ni unindo godo. Mago te wadhi explain. Koro mondo wadhi mbele adwa penjo kamae, upar ni ler mane ma mine onego bedgo sama gidhi e dwe, uparo ni an’go ma onego bed ni gitimo mondo gibed joma ler sama gidhi e dwe…namba aboro.**

**M: As we continue with our discussion that would come up. So to move forward we will continue with the discussion and those with questions, we will have a question and answer session for that. We will explain why we advocate for use of hygienic materials among women or partners that you live with within homes and of course sex workers that you may be having sex with. We will explain everything and for us to move forward I would like to ask; What type of hygiene do you think women should have whenever they are menstruating? What do you think that they should do to maintain their hygiene during their menses? Number eight.**

P8: Onego giti gi pads, mmmh sanitary towels go gibore go alafu lwok bende onego bed ni gilwokre kata didek e odiechieng mmmh.

P8: They should use pads, yes those sanitary towels. They should use them and then on bathing, they should do so thrice in a week. Yes.

**M: Namba seven?**

**M: Number seven?**

P7: Ni vile tu mwenzangu amesema unafaa kuwa msafi. Na ahakikishe Kuoga kila saa ata mara tatu hivi kwa siku.

P7: Just like my colleague has said, one should maintain hygiene. And one should consider bathing even thrice a day.

**M: Mmm namba nine?**

**M: Okay, number nine?**

P9: An korka kora, Ngama dhi e dwe onego o maintain usafi mare ma ka osefwenyo ni ochako dhi e dwe, to o maintain olwokre didek e odiechieng achiel, onyalo lwokre gokinyi ka ochung e pien, ka oromo abirio olwokre ka romo sama wuon ot odonjo e ot cha, kendo ochako olwokre mondo omiyo jaduong ne kata ka dwa have sex to ohave sex e yo moro mayot.

P9: In my opinion, a person on her menses should maintain high levels of hygiene once she discovers that. She should maintain bathing thrice a day. She could bathe in the morning when she wakes up, in the afternoon at around one and when the man gets home she takes a shower. This is because suppose the husband would want to have sex with her then it happens easily.

**M: Mmmh kata ka oponi o have kode sex sama odhi e dwe no. Yes, namba abich.**

**M: Okayeven if he decides to have sex with her while she is on her menses. Yes, number five.**

P5: Anto gi kokakora naneno ni kan’gato dhi e dwe ng’ama dhako kata nyako aparo ni onego oritre gi rage’ng kata kaka pads to jomoko be nitie ma tiyo gi lewni koro kata otiyo gi nanga go to oritre kata gi adek abich moko to ka otiyo gi pads to Obed gi pads go manyalo sustain e ma ka owinjo ka gicha bet dwa pong to ogolo oketo manyien eeeh.

P5: In my opinion I think that if one is on her menses, a woman or a girl should be ready with sanitary towels. Other people may use pieces of clothes and even if she uses the clothes, they should arm themselves with three or five. And if she uses the sanitary pads then she should have those that can sustain her in that whenever she feels that it is becoming saturated then she changes into a new one, yes.

**M: Namba adek?**

**M: Number three?**

P3: An kokakora aneno ni onego oritre gi ler ma hali ya juu to onego olwokre kata dirio ka rach nikech seche moko for example kaka un sani un e tich ok inyal wuok ni idok eodi lwokri to in e tich, aparo ni kiritri maler itin’go kata spare pads moro ma kamacha opong to inyalo wilo moro ok ninyak iwuogi. Inyalo lwokri gokinyi sama ichiew cha then kawang idok ot godhiambo be kendo inyalo lwokri to inaina ma sawa.

P3: In my opinion she should practice a high level of hygiene and she should take a shower at least twice. This is because, for example, like right now you are at work and you can't go back to your house so that you can take a shower. I believe that if you keep higher levels of hygiene then you could carry some spare sanitary pads for changing, not that you must leave. You could take shower in the morning when you wake up and later in the evening when you get back home you could also take a bath, then you will just be okay.

**M: Namba 4 ne itingo lweti?**

**M: Number 4, did you raise your hand?**

P4: eeeh anto aneno ni direction no sawa ni onego bed ni on’gio lwokre, onyalo lwokre kata dirio okochuno ni Obed didek, alafu gi sanitary towels be onego bed ni engo ma oromo nikech onego bed ni ongeyo ni odhiga kwom muda marom nadi...Alafu inge ni bieng ni ogolo remo en remo ma iwacho ni en remo ma olil ema ogolo no koro onego bed ni ochamo morobalanced diet ma be dwoko ne remo eeeh.

P4: Yes, I think that the direction is okay. That she should be getting used to taking a shower. She could take a shower twice and it must not be thrice, then sanitary towels should also be sufficient being that she should be aware of her number of menstrual days. Then being that she is bleeding and the blood is dirty as it is said, then she should be considering taking a more balanced diet to replenish her blood loss. Yes.

**M: Mmmh wayudo niya nitie jomoko kata chwo moko ma ngio kata kaka unbe uwacho kata namba achiel owacho ni mama ma mio kata nyathi ma nyako ma dhi e dwe en ng’ama olil. Iparo ni an’go ma wanyalo timo mondo u think diffrentely concerning mama ma dhi e dwe. nikech namba abich owacho ni en to him dhi e dwe is normal en occurence ma timore, its a normal occurence matimore en normal namba achiel owacho nyaka gin nopwonjgi e kanisa na’ngo? Uparo ni an’gamo ma nyalo mio chwo o think diffrently wanaume watafikiria vipi tofauti kuhusu kuenda kwenye hedhi? Ni nini tunaeza fanya ama ni kitu gani tunaeza kuwaelezea ndio wafikirie vi tofauti kuhusu wanawake wanao enda kwenye hedhi kata nyiri ma dhi e dwe. Yes, namba nine.**

**M: Okay, we could find that there are some people or some men who look at, or just like you all have said just like number one. That a woman or a girl who is on her menses is impure. What do you think that we can do to make you think differently concerning women undergoing menstruation? This is because number five has just said that to him, menstruation is normal, it is something that does happen. Even number one has said that they were taught at the church, how? What do you think can make men think differently concerning menstruation? What is it that could be done or be told so that they could have a changed perception about women on menstruation or the girls? Yes, number nine.**

P9: An aneno ni gi pacha aneno ni luore gi maintain kata janyuol mar nyako kaka ng’ama idak go no kaka okao responsibility mare ka osebedo mwandu na koro en chik na mondo ang’i ni gigi te oyudo kata ka en nyathina kata ka en nyara ang’io ni gigi te be en godo mondo wa maintain ler necha, odhi mbele kik onen ng’ama olil edier ji.

P9: According to me, in my opinion it depends on the parent or your partner how he/she takes their responsibility. Once she is my own, it is my role to monitor all these. Suppose she is my child or my girl, I will have to make sure that she has all these items so that we could maintain hygiene in that case. So that going forward she should not be the dirty one among her peers.

**M: Koro mondo chwo owete gi Obed gi paro machal gi mari no iparo ni inyalo tim ang’o mondo gi think kaka i think no? In where you sit ingeyo ni jaodi kata chiegi onego bed ni ingieo ne pads to ngat machielo to oktim kamano. Ang’o manyalo mio othink kaka ithink no.**

**M: So for all men to have the same mentality that you have, what is it that could be done to think the same way you do? Where you sit, you know that you should buy enough sanitary towels for your wife but then you don’t do that. What could be done to make him think the same way you do?**

P9: Ok anyalo wacho ni ka idhi kode e public walwonge kata e fórum moro to maboyz nitie to inyiso gi kama kama kama ni ng’ama nyako ok olil en mana remo ma ogamo chande e ma bet olil koro gi pach joma chwo moko to gingeyo ni nyathi ma nyako cha olil, to ololil totally.

P9: Okay I can say that if you go with him to a public forum and there are boys then you tell them like this; it is just bleeding but not that the girl is dirty and it is the blood which is dirty. So in my opinion other men know that that girl is dirty and she is extremely dirty.

**M: Namba four?**

P4: An kokakora onego waket ji obed ka ong’eyo ni ng’ama dhako kadhi e dwe to ok olil aparo ni wanyalo chako from tender age, kata e primary kanyo ichako pwonj gi ni dhi e dwe en kama kama ok en kama kama ka gino obiro obiro kama koro ing’eyo ni ng’ato dongo ka ong’eyo ni Gini enga kama kama.

P4: According to me we should let people know that whenever a woman is on her menses, she is not dirty. I think we should start from a forum from a tender age or even from primary school where they are beginning to learn about menstruation. So that whenever this comes, one grows knowing the facts.

**M: Mmmh…namba one ne ingi wach?**

**M: Okay, number one did you have something to say?**

P1: An gima anyalo wacho ineno ni ni mondo jowete wa moko go mondo on’ge en mana kaka sani wabiro wabedo ka kamae ni to janyuol be onego ochak kode nikech, ineno biro e dwe oken gimoro ma goyo hodi kama tinene (describing using hands) eeeh, onyalo poyo ga ne Nyathi ma nyako koro sechemoko ka oduong eka ichako kode kama kama koro responsibility en mana kuom janyuol mokuongo mondo omi obed machiegni gi nyathine ma nyako.

P1: What I can say is to ensure our fellow men who are not here to receive the same information through a similar forum. Parents should also start as early with them as menstruation will not alert one when it is about to come. (*describing using hands*) yes, you could be surprised that when a young girl becomes of age and that is when the parents would want to start. But then at this point, the only option left is to practice family planning. But then it would be a little easier if they would start being closer to her at a tender age.

**M: Yes, namba three.**

**M: Yes, number three.**

P3: An aneno ni ka sex education nyalo bedo introduced mondo ochak pwonjo nyithindo gi kapod gitindo nikech kata ka okonyisgi ka gitindo to gigi ochuno ni nyaka gin’ge nikech kata koro kaka sani ukao time mondo ubi upwonjwa de bed ni nochak pwonjwa sex education ka watindo de okwabiro kae. Koro domiyo chwo moko man I oko makia nikech kaka koro wanto waseng’eyo, onego gin’ge gi ma gitimo kata gima gin nyiso ng’ama dhako ma dhi e dwe eeeh yes.

P3: I think that sex education could be introduced to children while they are still young, this is because when you don’t tell them at that age they will definitely discover on their own. Just like the way you have gathered us here and taken your time to take us through sex education. If this could have been done to us while we were children, we could not have come here. So other men who are not here should get the same training to support their women whenever they are on their menses. Yes.

**M: Koro ka wadhi mbele, namba four in gi wach?**

**M: As we proceed, did you have something to say number four?**

P4: An sawa.

P4: I am fine.

**M: Uko sawa, koro ka wadhi mbele, ng’ama onego ngi ni ng’ama mio nigi pads kata gik ma gitio kodo saa ma odhie dwe to is it important for a man to know. mwanaume anafaa ajue kama bibi yake ama patner wake anaenda kwenye hedhi? Na ni nani anafaa kununua vitu hivi…namba four.**

**M: You are fine, so then let us proceed. Who should ensure that a woman has enough sanitary towels whenever she is on her menses and is it important for a man to know? And who should be buying such things? Number four.**

P4: An aneno ni sama isebedo gi ng’ama miyo e ot magi gin gik ma, nikech awinjo ka nyawadwa moro owacho ni gin okduong’koro aneno ni is the best thing ma onego bed ni watimo ni gini inyie iketo stock.saa ma idhi timo shopping to imake sure ni gini be nyaka inyiew. Ma iketo e ot kanyo ma saa ma gino obiro to odhi okao kacha cha eeeh onyalo dhi to okawe sama owinjo ka odwa tiyo kode. Koro aneno ni mano is the best way.

P4: In my opinion, once you have a woman within your household these are things that, I have heard one of us say that this thing does not knock its way in. Now I think that the best thing is that we should stock such things whenever we go shopping and make sure that this thing too. You should stock them in the house so that whenever that thing comes she just picks, yes. She could go pick it whenever she wanted to use it. So I think that is the best way.

**M: Namba eight?**

**M: Number eight?**

P8: Anto kokora, aneno ni nitie mine moko ma giyudo income ok gigeno kwom chwo gi koro mondo omii ng’ama mio yot, ng’ama dichwo nyaka provide, same to nyithindo ma wanywolo sechemoko inywolo Nyathi to oki provide ne gigo sama oki provide ne gigo, obro tiyo gi dende mondo oyudi koro mondo wa avoid gik machalo kama, timre onego wan joma chwo wa’ngi ni joma mio kata nyithindwa ma nyiri nigi gik ma ginyalo konyore go sama gid hi e dwe.

P8: According to me there are some women who earn an income and do not depend on their men. So make it way easier for the women, the man must provide. Same to the children we raise, sometimes we would give birth to children but we fail to provide them these things. When you don’t provide such things, she will have to use her own body to get them. So to avoid such things. We should ensure that as men, our young girls or women have sufficient dignity packs to help them while they are on their menses.

**M: Namba ariyo?**

**M: Number two?**

P2: An gima anyalo wacho en ni wan kaka jom a chwo ka ingeyo ni jaodi dhi e dwe to gigo, gik ma gitiyo go in ema onego bed ni inyieo to ikelo ne to imie otigo mmmh. Mondo obed ng’ama ler mmmh.

P2: Personally what I can say is that as men, if you know that your wife is on her menses then you should buy those things that they use and bring to her for use, yes. So that she could maintain hygiene, yes.

**M: Yes, namba six.**

**M: Yes, number six.**

P6: Anto gima awacho ing’eyo ni gigo ber ka ibedo go e ot nikech seche moko wawach ni ingi Nyathi ma nyako ing’eyo ni Nyathi ma nyako ma pod onge ng’ato ing’eyo ni pod oluor donge? Koro okonyal nyiso babagi to min gi to onyalo owachone. Koro samoro saa ma gino onge e ot onyalo dhi kawo kata mar min gi to odhi tiyo go, nikech adier nyithindo ma nyiri ma wadak go adier sechemoko gimoro chande but okonyal biro nyisi ni gi ma kama timre, nikech dichwo ema onego bed ni nyieo gigi, koro onego bed ni inyiewo gi to iketo gi e ot ma saa ma odwa tiyo go to onyalo yudo.

P6: What I can say; you understand such things should be stocked within the house. Let’s say, suppose you have a young girl and you know that she does not have a boyfriend and is shy right? So she cannot tell her father but she could tell her mother. So whenever these things are not in the house, she could even take her mother’s and use them. This is because for a fact young girls whom we live with may have something troubling her but she may not have the courage to tell you. The man of the house is the one entitled to buying such things and she should be buying them and stocking the house so that whenever they need to use them, they can easily find them.

**M: Yes, number seven?**

P7: Mimi kwa upande wangu naweza fuata vile mwenzangu amesema kuwa wanawake lazima wakue na hizo pads for emergency coz anyime akuwenazo inaeza tokea si ati kila time ikishatokea ndio unaenda kutafuta pads unaeza kuwa tu nayo for emergency...yah...mmh.

P7: According to me, I could follow whatever my colleague has said that women must have those sanitary pads for emergencies since anytime she could start her menses. Not that she goes looking for the pads after it has started. You could just have them for emergencies, yeah, yes.

**M: Na tumeongelelea wanawake wetu sana aaah. What of sex workers who should provide for them hizi pads…Yes number three.**

**M: And we have just talked too much about our women, yes. What of sex workers who should provide them with these sanitary pads. Yes, number three.**

P3: Ne aneno niya, ndiyo onego bed ni wanyieo gigi waketo e ot, but ka wanyalo yudo washirika kata kaka NGOS gigovernment kanyalo nyieo gigi to gipogo e skunde, e chiro kata kuma sex workers gi bede. especially ne joma nyiri nikech gin ema gidhi e dwe. Koro ginyalo pogo di dwe ka dwe kata e skunde nyalo timo maber. Kasto wan joma chwo vende ka wanyiepo kata ka wadhi shopping ongo wanyiew gigi nikech mama sechemoko onge gi pesa to oluor Kwai pads, koro ka inyieo to iketo kacha at least en gi free time moro m aka odwaro tiyo go to odhi kao akawa ma okolwor.

P3: In my opinion, yes we should buy these things and stock them in the house. But if we could get partners like NGOs and governments then we could buy these things and donate them to schools, markets or even at the places where the sex workers are stationed. Especially to the girls since they are the ones who are menstruating. So we should donate to them on a monthly basis and distribute them to schools and this could work best. And then as for us men when we go shopping, we should buy these things since the mother of the house may not have money but she could be shy from asking you for sanitary pads. So if you buy and place them there at least she would have free time. And that she would conveniently use them without any difficulty.

**M: Mmmh…to be iparo ni onego wabed gi discussion about mensturation gi patners wa gi obed sex worker obed jaodi ma intiere go e ot obed girlfriend is it of importance for us to have a discussion about mensturation. Yes, number eight?**

**M: Okay. Do you think that we should have any discussion about menstruation with our partners, be it sex workers or your wife whom you live with together, be it girlfriend? Is it of importance for us to have a discussion about menstruation. Yes, number eight?**

P8: Yes, ber ka wabet gi discussion ainani ni mondo mi gibed free ingeyo ni nitie joma mine moko wigi kuot ma okonyal keto gi jaode kata osiepne mbaka kalure gi weche mag dhi malo. Koro in kaka dichwo, ingeyo ni joma chwo iwacho ga ni pachgi lach moloyo ng’ama dhako ng’ama dichwo ema nyalo loso discussion aina no nikech ng’ama dhako seche moko en ng’ama ni ngau sechemoko chunye tin ma kata ka iwacho ne wach moro to iye wang. Towere gi weche go Koro ng’ama dichwo ema nyalo kete piny ma hoe mos mos mondo gichop kuma ginyalo bedo gi discussion no.

P8: Yes, it is in order to have such discussions so that they can be free. You understand there are some women who shy off whom you cannot talk to in presence of their husbands or friends on matters of menstruation. Now as a man you should understand that men are said to be wise compared to women, men can organize a discussion like that because at times women are impatient and would lose interest so easily and they may also have a short temper and may get annoyed easily. Leave alone such issues, so a man can convince her to reach a point of having such discussions.

**M: Number four?**

P4: Aparo ni discussion onego wabedgo sama in gi min ot onego bed ni ibedo kode free. Ka nitie odiechieng moro ma maybe o attend to onyisi okapar ni obro pandi. koro onyisi ni kawuono to ogore noma oknyalre koro sechego wakati go be onego bed ni uwuoyo matin. Alafu discussion onego obede kwanza jo ma mio, nyithinde ma nyiri ka onego bed ni odiscuss gokodgi, eeeeh.

P4: I think that the discussion should happen when you are with your wife and you should be free with her. If there is a day that she is on her menses then she will have to tell you, I don’t think she can hide this from you. Now she will have to tell you that today is a bad day and it is not possible and that is the time that you both could have a little chat. And then the discussion should be among mothers and their daughters too, she should be talking to them. Yes.

**M: To be onego bed ni ing’eyo sama jaodi dhi e dwe? As a man kata patner ni kata girlfriend ni, yes number nine.**

**M: Should you know the period in which your wife menstruates? As a man or your partner or girlfriend. Yes, number nine.**

P9: Ok lure kaka in unfree gi patner ni kata wife ni, lure ni un thuolo marom nade? to ung’iyo e yo marom nade Koro odhi ng’eyo samoro ka en gi shida to odhi gochoni onyisi kamae kamae. Idhimie kony. Onyalo konya kama kama kaka for example sex workers wawere gi wife mondi, wanyalo bedo gi patners outside marriage kata kaka sex workers koro ong’eyo ni koromo koda to odhi yudo kony moa kwoma. Koro kata ka odhi bedo gi shida moro to pache mokwongo dhi rem kwomi, ni wagochne bae nani awinj gima odhi kona.ni gima kama kama tima. Kamano eeeeh.

P9: Okay, it depends on how you are free with your partner or your wife. It depends on the level of openness and how you are fond of one another. And now whenever she has any problem, she will call you to tell you what the problem is, you will have to help her. You will have to help her in a way, for example, let us say sex workers leave the wife alone. We could be having partners outside marriage just like sex workers. She knows that whenever we meet she will get some help from me. And then even if she might be having a problem, her first option will be to call my bae so that I can get what he has to say that I have this problem, yes.

**M: Ng’ama nigi paro mopogore…yes namba five?**

**M: Anyone with a different opinion, yes number five?**

P5: An gi pacha aneno ni onego wabed gi discusión gi joma mine kata nyiri kata sex workers go. Nikech idhing’eyo program ni sani to adhi e dwe okanyal, kata ingeyo ni dhi e dwe mbele kae unyalo bedo gi nyathi. Koro aparo ni onego ubed gi discussion ni an last week ne adhi e dwe koro sani to aparoni wanyalo ginene mondo wadhi mbele. Eeeh.

P5: In my opinion, I think we should have discussions with women or girls or even those sex workers. Since you will understand their monthly cycle to know when to have sex or not or rather know when to get pregnant incase one needs a baby. So I think you both should have a discussion like, I was on my menses last week so I think we can move forward. Yes.

**M: Koro ka wadhi mbele, what do you think about having sex during menses? Ngono wakati wa hedhi mwafikiria nini juu ya hio? Number one**

**M: So as we proceed, what do you think about having sex during menses? Number one.**

P1: Ka iriwori gi ng’ama dhako ka en e dwe.

P1: When you have sex with a woman during her menses.

**M: Mmmmh…be nitiere shida? Shida mane.**

**M: Okay, is there any problem on that, which problem?**

P1: Eeeh nitiere shida nikech sama dhako dhi e dwe to otami ni aa nikech obronyisi nis ani to wea wea an marach. To e dwe ka wan gi twoche mangeny moko ma, sechemoko iyudo ni chon ka ne pok odhi gi ng’ato sama odwa odwa dhi e dwe iyudo ni piny ie rame ma ka ochiegni tieko ibro yudo ni kendo en gi two moro. Koro kendo sama idhi kode cha to chal ka gima ikao remo ka. Ing’eyo ni sama u have sex to ikao remo ka idwoko ie koro inyalo mie kendo problema moro makendo inyalo chako chiedho, nikech ne okweri to insist. Eeeh koro imie problem moro ma inyalo kendo thiedheuchako thiedho, mano e gimomiyo ng’ama dhako kata ng’ama nyako sama odhi e dwe to otami. Mar ariyo, ng’ama dhako sama dhi e dwe okonego bed ni okiriwri kode nikech mokwongo olil, odum [*everybody laughs*].

P1: Yes, there is a problem because whenever a woman is on her menses then she would refuse denying you sex claiming she is not okay but she will never tell you the exact thing. And again there are so many diseases associated with menstruation, back then you could find that when a man wanted to have sex just before her menses, she could feel pain on her lower abdomen and then when she is about to finish then you will again suffer from another disease. And then during the time you are having sex with her it is as if you are taking the blood back inside her womb which would later lead to other problems leading to medical attention, this is because she warned but you insisted. Yes, so you could cause her a problem that you will have to seek medication. That is why a woman or a young girl should deny one sex when they are menstruating. Secondly, when a woman is on her menses one should not have sex with her because she is dirty and smelling. (*everyone laughs*)

**M: Namba four?**

**M: Number four?**

P4: An gi pacha, aneno ni ng’ama dhako sama dhi e dwe to iriwri kode, aneno ni onyalo gamo remo eeeh.

P4: In my opinion, I think that when you have sex with a woman on her menses, she could conceive.

**M: Gamo remo means?**

**M: *Gamo remo* (*conception*) means?**

P4: Inyalo mako ich, eeeh koro en risky unless ne en ng’at ma ne tarajia nyathi.

P4: One could get pregnant, yes it is risky unless she was ready and prepared for a baby.

**M: Namba three?**

**M: Number three?**

P3: An aneno ni sama ng’ato dhi e dwe ok onego inind kode mokwongo nikech first, nitiere twoche moko matindo tindo kaka STI’S ma inyalo yudo, second, macha en tong ma unfertilized, en tong ma okethore koro owuok inform of remo. Koro imagine in ka idonjo e gima olil, kanyo inyalo wuok gi two moramora ma ikia kuma oaye.

P3: I think that one should not have sex while on her menses because; first there are diseases such as STIs which could be contracted. Secondly, this is an unfertilized egg and it has been raptured in the form of blood. So just imagine getting into a dirty thing, you are at risk of any infection that you may not know its origin.

**M: Namba five?**

**M: Number five?**

P5: Ang gi kora, aparo ni remo is just a fluid like other fluids en mana en koro en remo. Gimanyalo moni nindo gi nyako kata dhako sama dhi e dwe okane, eeeh.

P5: According to me blood is like any other fluid. This can not prevent you from having sex with a girl or a woman who is on her menses, I don’t see the reason. Yes.

**M: Namba two?**

**M: Number two?**

P2: Ng’ama dhako ka dhi e dwe okonego iriwri go az in nitie twoche moko ma inyalo yudo kata en onyalo yudo.

P2: Whenever a woman is on her menses one should not have sexual intercourse with her, there are some infections that you could contract from her or she may develop to that effect.

**M: Mmmmh namba eight?**

**M: Okay number eight?**

P8: An kaluwore gi pwonj mane ayudo kwom jopuonje mane opuonja, nonyisa ni sama iriwri gi ng’ama dhako ma dhi e dwe ok onyal mako ich nikech onge tong moro amor ama ose ikre manyalo loso ich. Koro sama ng’ama dhako dhi malo to en safe ok onyal mako ich. Mano e kaka japuonj nonyisa akia kata ne owuonda kata nonyisa adier nikech nonyisa after a malo.

P8: Due to the knowledge that I do for teachers who taught me back then. I was told that during sexual intercourse with a woman who is on her menses, she cannot conceive because there is no mature ovum that can cause conception. Now whenever a woman is on menstruation she is safe from getting pregnant. That is how the teacher taught me and I don’t know whether he told me the truth because I was told after menstruation.

**M: Koro we will talk about that we shall discuss about that mondo wang’e ni japuonj namba aboro nowuonde koso noko wuonde, namba abirio.**

**M: Now we will talk about it, we shall discuss that to know whether number eight’s teacher misled or told him the truth, number seven.**

P7: Ok an gi kora, ng’ama dhi e dwe okane shida moro amora ki nindo kode. Unless ka en gi problem moro to inyalo wene freedom. To ka shida onge to inyalo dhi adhia mbele.

P7: Okay according to me, I don’t see any problem if you have sex with someone on her menses. Unless she has a problem she could be excused but if there isn’t a problem the one could just proceed.

**M: To be nitie men ma have different types of sex sama nyako dhi e dwe? By different types of sex, I mean…ero namba abich ong’eyo gima atemo wacho. Be nitiere kama, mano be timore? Mmmh yes namba five? Be nitie kaka mago timore.**

**M: Are there men who have different types of sex when a lady is on her menses. By different types of sex, I mean, yes number five knows what I am trying to say. Are there such cases? Okay, yes number five, do such happen?**

P5: Eeeh nitie mano koro luore gi ng’ama mama. Nitie jomoko ma ohero, awache gi language ma lay en chien gi mbele eeeh nitiere jomoko ma en ichakone mana gi chien jomoko be ichakone gi chien ga idhi mbele manyosoni sama odhi e dwe, ka mbele ng’ich to onyalo mii chien eeeh mano.

P5: Yes, there is, that depends on the woman. There are those who like it, let me say it is a lay man’s language; it is back and front. Yes, there are people whom you would start from the back, others you start from the back as you move forward. Which means whenever she is on her menses, meaning the front has blood so she could give you the back, yes that way.

**M: Mmmh...ok namba four?**

**M: Okay number four?**

P4: an gima ang’eyo Sama odhi e dwe, unless idhi ka ikia but anto in my mind, ka onyisa kata mana denda ema oktii, eeeh [*everybody laughs*]. Unless mana ni ne akia but in case ni ka aseneno kata spot matin kama hio shughuli imeisha kabisaa.

P4: What I know is that when she is on her menses unless she is not aware but in my mind or my body doesn’t respond. Yes (*everyone laughs*). Unless I am not aware but even if I get to see a tiny spot and that could be the end of it all.

**M: To koro sama idhi gi nyako ma dhi e dwe as a man, ler mar dendi as a man be pogore kose ang’o ma itimo mondo I maintain ler mar kokakori. Donge samoro idhi iyudo sex worker, okowachoni to ka itieko to iyudo ni kara weche ne onjaore. As a man, ler mari pogore koso bedo abeda the same? Number eight.**

**M: Suppose you have sex with a girl on her menses as a man, how about your own body hygiene. Does it change, or what do you do to maintain your personal hygiene? Suppose you go and find a sex worker, she doesn’t reveal but then after you are done you find yourself soiled with blood. As a man, does your hygiene change or does it remain the same? Number eight.**

P8: Nyaka pogre. Nikech seche moko remo go odhi obwogre kwomi, koro kaponi idhia dhia kaka in to inyalo dum ne jowete ni. Koro nyaka ilwokri maler. Koro kata ka Chieng ogoi to okigoo jowadu gi harufu.

P8: It must be different. This is because blood will splash on you and if you just ignore you will smell amidst your colleagues. So you will have to bathe well so that if you are hit by sun rays you don’t emit some strange stench amidst your colleagues.

**M1: To joma lets say okopoyo, ka iamua ni itime by choice donge? Be nitie gik ma idhi timo mopogore koso idhi have sex mana normally? Yes, number one.**

**M1: What of those who are not caught unawares, what if you decide to do it by choice right? Are there things that you would do differently or you would just have normal sex? Yes, number one.**

P1: Aparo ni ka idhie pap donge, to in e ot, to hera bende ng’eny ibro yudo ka onyisi ni anto adhi malo lakini ti gi condom. Mmmh.

P1: I think if you go to the field while you are in the house, the love is overwhelming, she will let you know that she is on her menses and advise you to use a condom. Yes.

**M1: Ok number four?**

P4: An anyalo paro ni there is a time mane okonyisa to kane aamua ni anini to awinja winja e denda awinjo ka morale aonge go. Ka awuok adier to aneno ka nogore noma. Eeeh koro iyudo ka morale cha ilalo kabisa.

P4: I can remember there was a time when she never told me but when I was in the process of the coitus then I just heard from my body, I was put off. When I disembarked I found it was a mess. Yes, you find that the morale diminishes completely.

**M: Tokoro, be nitie gima wanyalo timo mondo perception mag men moko obed different. Especially when it comes to ladies ma dhi e dwe. Ni kitu kipi tunaeza fanya ama kufikiria vitofauti ndio tuangalie hao wenye wanaenda periods diffrentely wakati wanahitaji sex ama wakati wewe mwenyewe unataka kuwa na ngono na wao. Ni nini tunaeza fanya?**

**M: Is there something we can do to change the perception of other men, especially when it comes to women undergoing menstruation? What is it that can be done differently or think concerning those who are on menstruation whenever they need sex or whenever you want sex with them? What is it that we can do?**

P4: Aparo ni ka ochuno ni nyaka wadhi, koro afadhali wadhi gi Condom.

P4: I think it is a necessity, at least we could use condoms.

**M: Number five?**

P5: An koka kora, aparo ni onego los pwoonj moko kata programes moko mondo onyisgi more about dhi e dwe eeeh. Mondo gi understand gima dhi e dwe en, aparo ni mano ka ng’ato ose understand to nyalo bedo maber.

P5: In my opinion I think there should be some training or programs so they could be educated on menstruation. So they could understand what menstruation is, I think if someone has understood that then it could be better.

**M: To what are your thoughts kuom mine kata sex workers makao tissue kata cotton wool to soyo iye kucho mondo remo kik wuogi mondo en odhi mana mbele gi tije ge. Wale wanawake wenye wanatumia tissue ama cotton wool kuingiza kule ndani ili waendelee na kazi yao ya ngono, unafikiria vipi juu yah hio? Number three.**

**M: And what are your thoughts concerning women or rather sex workers who use tissue papers or cotton wool during menstruation so they could go about their work or sexual activities? Number three.**

P3: Pale akichukua hivo vitu anaziba tena tena anajiongezea upande ile mwingine.

P3: Whenever they use such, it blocks one side and then the other side.

**M: Yes, number four?**

P4: An aneno ni gima gitemo timo no en ataro. its like ni en tamaa mar mondo mio olos pesa nikech koro oyudo ka rito tek eeeh. Koro en rito mana ni olos pesa okodwar ni chieng moro Obed ni okoso dhi tich. Maybe en gi koso mar pesa koro oneno ni obro continue yudo pesa cha. Kata en owuon kuome ong’eyo ni gino rach, ong’eyo ni gino risky nikech huenda ikakwama huko makoro chuno ni kendo nyaka tere mana e hospital.eka gol gino kendo mano dhi cost e pesa. Koro aneno ni en tamaa emomiyo gitimo gikmoko kaila no but its not Good.mmmh.

P4: I think whatever they are doing is contrary. It is like greed for money to make more in a day because they could not be patient enough. It is about making money so they cannot wait and they would want to make money everyday. Maybe it could be lack of money and they would not want to miss any single day without going to work so she could continue getting the money. Even for her personally, she understands very well that it is not right, she knows that it could be risky and it could be retained inside her which could also lead to her being hospitalized for the removal. This could as well cost her money. So, I think that it is greed that would lead them to such habits but it is not good. Yes.

**M: Number six.**

P6: Anto moro nitie mano nyisa ni adier nitie yath moro ma gimwonyo ga koro in malo kamano to sechemoko ng’ato oluongoni pesa maber, koro ng’ato paro ni awe pesa ni to ng’ani be oluonga koro atim nan’go? Koro nitie yath moro ma gimwonyo to chungo gi.

P6: As for me there is this one who told me that they do take a certain pill whenever you are on menses. Someone would say, ‘’money is good.’’ Someone would want me to leave the money yet I have an appointment with a customer, what can I do? So there is this pill that they take to stop menstruation.

**M: To nyi’ng yath no be nonyisi?**

**M: Did she tell you the name of the pill?**

P6: Nying yath no te ne okonyisa. En yath moro tindo machalo capsules otindo tindo kabisa.

P6: She didn’t tell me the name of the pill. It is a tiny pill in capsules, very tiny.

**M: Number five isenene? Ilwonge nango?**

**M: Number five, have you seen it? What is it called?**

P5: Akia.poka nene kata.

P5: I don’t know; I have never seen it.

**M: Koro remo ma dhi e dwe gi remo ma kawaida be nitie tofauti, ka ng’ato otongi ma icako chwer, to gi remo mar dwe ma wuok ei vagina. Number two.**

**M: Is there a difference between menstrual blood and normal blood? When someone cuts you and starts bleeding and the menstrual blood from the vagina. Number two.**

P2: Nitiere tofauti remo ma ng’ato otongi en remo ma kata ingie to okwar yaani en remo ma kwar. To remo mar dhi e dwe ibiro neno ka obiro marateng rateng kama eeeh.

P2: There is a difference; that blood that comes out whenever you are cut is red but menstrual blood looks darker, yes.

**M: Number eight?**

P8: Remo ma ka ng’ato otongi en ka owuok to owuok maliw. To ma malo cha en ma thick, ma opoto iyudo ka sama owuok cha omakre omakre. Mmmh oken remo ma liu.

P8: The blood that comes out when you are cut is diluted, but menstrual blood is thicker and it forms clots whenever it comes out, yes it is not diluted.

**M: Mmmh number five?**

P5: Anto aneno ni remo ma ka ng’ato otongi to en remo ma dum an gi kokakora remo macha wuok from vein to morocha to wuok from tube that’s the difference. yah gi kora.

P5: In my opinion, that blood that comes out when you are cut has some smell, according to me. It comes from the veins but the other one comes from a tube, that is the difference. Yes, in my opinion.

**M: Koro other than position ma giwuoke be nitie any other difference, remo en remo. Number adek.**

**M: Other than the site of origin, is there any other difference? Blood will always be blood. Number three.**

P3: Remo ma otongi en pure en en clean, to remo ma wuok piny kucho mar nyako en remo molil, en unfertilized egg. Which means ni olil en gimokethore.yes.

P3: Blood from a cut is clean and pure, but blood from that lower side of a girl is dirty blood, it is an unfertilized egg. Which means it is dirty, it is something that has gone bad.

**M: Number four?**

P4: Aparo ni remo ma ka ng’ato otongi, en remo ma okowinjo owuogi lakini en remo maler. Alafu kata ka ineno en remo ma opoto okochot. Nikech en gima ringo. To remo ma wuok ne joma mine en remo ma owinjore owuogi en gima normal en gima onego bed ni wuok koro en bet opek.

P4: I think blood from a cut is one which is not supposed to come out and it is clean. Even if it clots then it doesn’t get dilute because it is something running. But this blood from women menstruation, it is blood that should come out, it is normal, it is something that is supposed to come out and it is thicker.

**M: Yes, number one**

P1: Ineno remo ma ng’ato otongi en obiro ma bet liquid to oler.to ma idhi e dwe, dong ineno ka motongi cha opukre piny to ka obudho piny matin to chal kagima odwa poto. Koro there is a time ma nyako moro ne odhi e dwe to aparo ni gino nopore ne, to noyudo ka wabet kode e mtoka to kaochung, taneno remo to ka en remo to en remo ma opoto. Eeeh to odwa biro black black.

P1: You see, this blood from a cut looks liquid clear and it is clean. But this from menstruation, you understand this from a cut it pours down and after some time it clots. So there's a time when a lady was on her menses and I think she was unaware, we were traveling together with her in a vehicle. When she stood up, I saw a thick blood and it looked darker, blackish.

**M: To ka ng’ato ne ume chwer? Wawuondre ni ng’ato ume chwer, dong jomoko umgi chwer, koro remo ma chwer e ume no gidhi e dwe be nitie tofauti? Yes, number nine.**

**M: What if someone is nose bleeding? Let us assume someone’s nose is bleeding, do others experience nose bleeding, and so the blood from nose bleeding and that from menstruation, what is the difference? Yes, number nine.**

P9: Remo ma wuok e dwe gi ma wuok e um an anyalo wacho ni gin remo ma ose expire. Odwaro mondo oyudi chance monyalo wuok go oko. Mondo at least remo maler odong e dendi. Mmmh.

P9: The blood from the nose and that from menstruation; I can say that they are both expired. It is one that needs a chance to come out, at least to give room for clean blood to remain within the body. Yes.

**M: To kaponi ne idhi gi jaodi, kata girlfriend ni, kata sex worker, to itieko to ineno ka remo nikwomi, reaction ni bedo ma chal nadi? Uta react vipi number nine.**

**M: Suppose you had sexual intercourse with your wife, girlfriend or sex worker and upon finishing you see blood on you. What reaction can you have, how will you react? Number nine.**

P9: Ka ne akia to apo ka atieko ta neno remo kuoma. Koro gimadhibiro e mind ni en ni adhi akau PREP amwony. Nikech sometimes ne udhi without ata condom. Iyudo ni jaherana ma asemiyo nyaka chunya, otrust a anbe asetrust e to nokokona ni odhi e dwe, wadhi adhia without condom. Koro ka iluoro ngima ni adier to ibro ringo idhi kao prep. Koro eka obro dwogo kata after three weeks to openji ni gima notimore cha be nineno adier. Koro eka onyisi ni nodhi e dwe to noluoro nyisi nikech nedineno ni otwoni.

P9: So I was unsuspecting then upon finishing I saw blood on me. What comes into my mind immediately is to take PREP? This is because you never used a condom. You could find that this is my lover whom we trust one another and she did not inform me that she is menstruating and that we could have sex without a condom. And so if you really love your life then you will have to look for PREP. Thereafter, I will look for her after three weeks and ask her if she saw what really happened. Then she would let you know that she was on her menses but was afraid of telling you the truth fearing that you will think of her denying you.

**M: To would you understand ka onyisi kamano?**

**M: And would you understand when she tells you like that?**

P9: An gima aparo, aparo ni remo to ka aneno to wasiwasi to nyaka abed go. ipenjori ni to kara ang’o ma otimore. But ka en sex worker, for example kata ka wan e room to nyaka akwae pi mondo alawra go mondo atleast agol remo go.

P9: In my opinion, I think that when I see blood I must be worried. You will have to ask yourself what is happening. But in the case of a sex worker, for example, if we are in the room I will have to ask for water from her to clean myself from the blood.

**M: To tofauti mane manyalo bet ka oponi I have sex gi jaodi ma dhi e dwe kata sex worker ma ingeyo.**

**M: What difference could be if you have sex with your wife or sex worker whom you are familiar with?**

P1: Gi jaoda, wasiwasi okdhi kawa as such adhi neno ni ne odhi e dwe but its normal. Aparo ni e oda anto an free ka an e oda to abro wuok to adhi luokra. koro mano e pogruok.

P1: With my wife, I will not get worried as such, I will understand she is on her menses and it is normal. I think I am free within my house and I will go take a shower, so that is the difference.

**M: Koro manyiso ni jaodi ka dhi e dwe to onyisi to idwa dhi kode to en sawa to ka en sex worker to?**

**M: Which means you are okay having sex with your wife while on her menses but then for a sex worker, what is it?**

P2: Anto konyisa to okanyal nikech gigi anto mana ka oporena.

P2: As for me when she tells me I can’t only if I am unaware of.

**M: Sawa number five?**

**M: Okay, number five?**

P5: Anto gi kokakora ingeyo ni jaodi en ng’ama in go pile. Sechemoko jopim kan e osebiro ma opime. Koro oseng’eyo status ne ma koro kata ka ineno remo to okibed gi wasiwasi ahinya. Lakini sex worker en ng’ama kata upimoru kode kawuono, ikia ni ban’gi no ikia ni onindo gi ng’awa.

P5: In my opinion, you know very well that your wife is whom you stay with everyday. Sometimes those who do HIV testing had come and tested her and she is well aware of her status in that if you see blood you don’t get so worried. But as for the sex worker, someone whom you have tested today, you may not know her next client.

**M: Koro sex worker to nyaka wach awacha. En ka odhi e dwe to nyaka onyisi ni ndugu anto kawuono ok anyal. To jaodi to kata ka owachoni to idhi ahead then that’s normal.**

**M: So the sex worker will have to disclose whenever she is menstruating that brother I am not okay, I can’t. But then when your wife tells you then you are okay and normal.**

P3: Aaah gima anyalo wacho, aparo ni kitambo i amua ni idhi e sex worker to ise amua. Eee iseamua ni kanyo ema idhi konyori e koro okonego ibed gi wasiwasi mang’eny.

P3: No, what I could say is that I think for you to decide to go for a sex worker then you have made your decision. Yes, you have decided that is the place you will get help and so you should not have any worries.

**M: Number two?**

P2: Onge sex worker manyalo nyisi ni odhi e dwe nikech mano en gima nego morale dabal, unless mana ka en ma iromo go e yoo emanyalo nyisi.

P2: No sex worker will ever tell you that she is on her menses because that alone kills the morale to a greater extent. Unless she is one whom you have just met randomly, maybe she could tell you.

**M: Yes, number one**

P1: Ineno kaka sex worker gima omiyo okonyal nyisi ni odhi e dwe, nikech osengio ni inindo kode gi condom. Koro en e job. Koro kata odhi e dwe kata okodhi e dwe, nyaka ibro mana nindo kode.

P1: The reason as to why a sex worker will never tell you that she is on her menses, is that she is used to having sex using a condom and she is at work. And so whether she is menstruating or not you can still have sex with her.

**M: Mmmh Angi penjo achiel ka pok wadhi mbele, ne wawuoyo ni wife seche moko nyalo nyisi ni en marach, koro i dont know how to put it, but do husbands seek for service when their wives are mensturating? Udhiga ir sex workers sama chien koni rach, yes number nine.**

**M: Okay, I do have one question before we proceed. We were talking about a wife who says that she is on menstruation, it's like I don’t know how to put it. But then do husbands seek sexual advances when their wives are menstruating? Do you only go to the sex workers at a time when there is a problem at home? Yes, number nine.**

P9: Ok ka chien ogore noma kata okoni ni ogore noma okanyal to dhi chuno ni abed gi patner moro oko. To adhi wuok kata ni adhi neno mpira to an awuon ang’eyo kuma adhiye.to ka atundo to atieko shughuli mane otera to alwokora ma koro ka adok e ot to okdhii kelo na case moro amora.

P9: Okay, whenever there is a problem at home or there is a problem on the other side then I will have to secure a partner outside the marriage. I would leave as if I am going to watch football but it is only known to me where I will be going. When I reach there, I would finish up whatever took me there, then I would take a shower and go back to the house and there would be any case at home.

**M: Number one?**

P1: Aparo ni ka wadwa wacho kamano, an gima anyalo timo en niya, immeadiately ma obro nyisa to abro beda beda sawa to ka ochuno ahinya ni koro agombo to anyalo dhi manyo oko. Inyalo kata tiyo gi sabun to be iyudoayuda ka in free. [everybody laughs]. Aparo ni maboy sani ing’eyo. jomoko ong’eyo sabun ohingo tijno kabisa.

P1: I think if we were to say that, what I would say is that immediately she tells me that I will be okay and if the desire is overwhelming then I will have to go get it from outside. You could even use soap and feel relieved and better. (*everyone laughs*) I think by now boys would know, others understand that soap can do that job better.

**M: Number five?**

P5: An aporo ni ka use dak kata for two, three months, to mano en gima onego bed routine ma ka jaodi dhi e dwe, ka onyisi ni odhi e dwe, to ka ok idhi ga kode ka odhi e dwe to an aneno ni onego irit arita eeeh. nikech jomoko dhi ndalo adek ang’wen. mana for three four days koro four days oknyal timi gimoro.

P5: I think after you have lived for two to three months then this should be a routine whenever your wife is on her menses. Whenever she tells you that she is menstruating and if you don’t have sex with her while she is on her menses then you should just wait. Others would menstruate for three or four days. You just need to wait for four days and it won't hurt.

**M: Yes, number one?**

P1: Samoro bedo ni anyalo kata timo wanking, kata bedo gi boyfriend moro oko.

P1: Sometimes I could do the *wanking* (masturbation)or rather have a boyfriend outside.

**M: Wanking en ang’o?**

**M: What is wanking? (*masturbation*)**

P1: Pull up, unaji pull. [laughs].

P1: Pull up, you pull yourself. (*laughs*)

**M: Eeeh dong ing’eyo ni jomoko nyaka bed e wanking, koso un e wanking ute? (Masturabation). Eeh. An gi penjo, iwacho ni ibedo gi boyfriend moro oko?**

**M: Yes, you understand others will have to practice the *wanking* (*masturbation*), is it that all of you are for *wanking?* (masturbation) Yes, I do have a question, you did mention something like having a boyfriend from outside.**

P2: Yah be nitie chwo moko ma ka mondgi onyisogi ni odhi e dwe to chunye chido nikech adier nogombo, to seche moko Mamani ni ei ot kae okonyal ji pull koro omanyo a gay who can keep him company. Eeeh. Koro iyudo ni mae secet ne mare ma en ema ong’eyo. Mmmh.

P2: Yes, there are some men who if their wives tell them that they are on menstruation then they will feel heartbroken yet they had the sexual urge. Then maybe while the wife is in the house he cannot masturbate, then he will have to look for a gay who would keep him company. Yes, so you will find that this will be his little secret known only to him. Yes.

**M: Ok koro kawachopo kanyo to adwamiyou a brief explanation about mensturation and how it happens. Ne iwacho ni japuonjni moro nokoni ni a woman oknyal mako ich ka dhi e dwe donge? Koro around 23 to 25 days every for every woman or any girl nitie gima ilwongo ni mensturation kata dhi e dwe, jomoko dhi e dwe every 23 days mano ema iluongo ni mensturation kata dhi e dwe. Samoro en 35 days nitie jomoko madhi nyaka upto 35 days. Jomoko be dhi kata after every 2 weeks. Moko dhi after 21 days but mokogo tegemea shida ma gin kodo gynaecologically. Kwa wanawake unapata wengine wako na shida Fulani, wengine wanatumia hizi njia za kupanga uzazi na inawadhuru kihedhi. Unapata mtu anaenda sana wengine ata one week wengine wanaenda four days, wengine wanaenda 2 days so approximate days yenye imejulikana wanaendaga 3 to 7 days but ukipata mtu anaenda excess than 7 days then labda ako na shida flani daktari anafaa atatue.**

**Na unaeza pata wengine pia wanaenda tu continuously wakitumia family planning methods. Unapata mtu ako na family planning method yenye anasema mimi kila siku naona damu ata kama ni drops lakini anaona nini? Damu so kuna reasons ya mwanamke kuona hedhi kila siku wengine after 2weeks wengine after 10 days, but ile yenye imeangaliliwa ikafanywa research na wakajua ni kwamba ni 3 to 7 days. And inakuja from every 23 days to 25 days. So from 23 days means pengine mtu anapata every 23 days, wengine after 25days.**

**But iko within that range between 23 to 25. So nikitaka kutumia model, hii ni model ya reproductive health ya woman (shows picture.) hivi ndivo nini ya mwanamke inakaa so hizi zenye wamechora chora hapa za white, hizi ni sperms (illustrates). Mnaziona? Hizi ni sperms tu hii ni model tu ya kuelimisha ama kufunza. Alafu eggs ni hizo, hii ni ovary. Hii ni vagina(illustrates). Apa inaitwa cervix ama ile njia ya mtoto kupita ni apo. Cervix iko juu vagina iko apa. Alafu hapa ni uterus, hapa ndio mtoto huwa anagrow ndani.**

**Alafu hizi ni fallopian tubes. And then we have the ovary, sasa apo kwa ovary ndio ile egg ya mwanamke inakua manufactured, inakua mature, ikishakua mature, wakati yenye imefunikwa hivi, ni wakati egg haijakua mature. Egg ikishakua mature, inakua released, hapa unaona (illustrates), inafunguka sasa inakua released through the fallopian tube ili ikuje I meet sperms incase sex ifanyike.**

**Incase sex ifanyike, the man deposits sperms or semen here. Semen contains spermatozoa. Spermatozoa ndio hua inakimbia inakuja inakutana na egg hapa kwa fallopian tube, and then fertilization ina occur. Fertlization ikishafanyika kwa fallopian tube ndio mtoto anakuja anakua hapa kwa uterus. Tunaelewana mpaka hapo. In the event that wakati tu egg inaanza kuwa released hio ni cycle hio cycle ya every one month yenye mnasema. Hii wall ya uterus inakua vascularized ama inakua na mishipi mingi ya damu, in readiness for fertilization incase sperms zi fertilize egg hapa kwa fallopian tube.**

**The reason is, wakati hii implantation inafanyika hapa kwa uterus, inafaa ipate kama hii uterus lining iko ready kuhold mtoto mpaka term, si m toto anafaa kuwa nine months ndani ya tumbo ya mama so, wakati fertilization inafanyika inakuja inaji implant hapo. Inapata kama wall ya uterus incase fertilization ama implantation itafanyika, then mtoto atagrow vizuri mpaka azaliwe.**

**Lakini kama fertilization haija fanyika, coz ata mnaeza have sex ndio na hakuna fertilization imefanyika or fertilization ikifanyika na mtu ako na family planning, mnajua venye family planning inafanya, family planning egg inakua released tu inaingia hapa(illustrates), kwa vagina inakuja mpaka I meet egg but hakuna fertilization inaeza fanyika. Ile dawa/hormone yenye mtu amedungwa for 3months ama ile amewka kwa mkono 5 years inafanya fertilization isifanyike. Inakua tu yaani inatoka na hio menses wakati menses itakua inafanyika. So hii vascularization ama hii mishipa thick yad amu yenye imekua hapa kama fertilization haijafanyika ndio sasa after 2 weeks. Unajua fertlization ikifanyika leo 14th day ako ready anaeza pata mimba. Asipopata mimba hio 14 days zingine ni ile ya kungoja tu hio uterine wall yenye ilikua na damu mingi itoke hio ndio hio hedhi. Mnaelewa? Ile damu ilikua ishatengenezwa I hold pregnancy, sasa haio ndio inatoka kama periods. Na unajua ni uterine lining that’s why wengine wakienda hedhi unapata ni clots clots kidogo, ni hio uterine wall inatoka kwa sababu sasa haina kazi. Ivo ndivo tu mungu aliumba wanawake.**

**M: Okay now as we reach here, I would like to give you a brief explanation about menstruation and how it happens. You said that one of your teachers told you that a woman cannot conceive while on menstruation, right? So around 23-25 days, every woman or any girl has something called menstruation; others menstruate every 23 days and that is what is called menstruation.**

**Sometimes it is 35 days. There are those who would go up to 35 days. Others every two weeks. Others would go after 21 days but this would depend on their gynecological problems. As for women, you would find they have certain problems, others would use these family planning options that would affect their menstrual cycle. Others would experience their menses for quite longer periods as long as one week while others four days. Others even go for two days but an approximate day that is known is 3 to 7 days whereby if you get someone going for more than 7 days then maybe she has a certain problem which the doctor should solve.**

**At times you may find others continuously on menstruation so long as they are using the family planning methods. You may find someone using family planning methods but then she says that she sees blood every day even if it is a drop. So, there are so many reasons for menstruation among women, others after two weeks, others 10 days. But what has been concluded after research is 3 to 7 days. It normally comes from day 23 to date 25. So as from 23 days while others after 25 days.**

**But it has to be within the range of between 23 to 25 days. So if I would use a model, this a woman reproductive health system model (*shows picture*) This is how the reproductive system of a woman looks and these here in white are the sperms (*illustrates*) Can you see them? These are just sperms and this model is for educational purposes only, then these are eggs the ova. This is the ovary and this is the vagina. (*illustrates*). This place is called the cervix or the path in which the baby takes out. Cervix is above the vagina, there is the uterus where the baby grows inside. Then these are fallopian tubes and we have the ovary, where the female eggs (ova) are being manufactured to maturity. After it has matured when it is enclosed this way, that is when the ovum has not matured. After the ovum is matured, it is released through the fallopian tube so that it can meet the sperm in case there is coitus.**

**In the event there is sexual intercourse, the man deposits semen and then the sperm here. Semen contains sperms and the sperm contains spermatozoa. The spermatozoa move to meet the ovum at the fallopian where the fusion then fertilization takes place. After fertilization, at the fallopian tube then the zygote is formed then the fetus which will in turn be the baby at the uterus. Are we together until there? In the event that the ovum is released, that is the cycle that continues every month which you have been talking about. The uterine wall is vascularized or rather covered by blood vessels in readiness for the fertilization in case the sperm fertilizes the ovum at the fallopian tube.**

**The reason is, during this implantation period at the uterus, it should find the uterine lining ready to hold the fetus to term. Is the fetus supposed to be at the womb for nine months? During the fertilization, it gets implanted there. It gets when the uterine wall is well prepared for the baby to grow to term. But then, incase fertilization does not take place, this explains why you could have sex then no fertilization doesn’t take hence no pregnancy. This could be because one has a family planning method. The ovum will be released as usual meets the sperm but no fertilization takes place incase of family planning. (*illustrates*).**

**That injection drug for three months or that which is used as an implant for 5 years blocks fertilization. It will just be there and later come out as blood during menstruation. So this vascularization or the thick blood vessels comes out after two weeks whenever fertilization does not take place. Incase fertilization does not happen then it comes out after 2 weeks. When fertilization takes on day 14 then there will be conception. When she doesn’t conceive after day 14, then the uterine wall will be raptured into blood and comes out as menses. The blood that had been prepared to hold the pregnancy is the menses. Do you understand? The main reason why others tend to have clots is that it is the uterine lining. It comes out because it is now obsolete. That is how God created a woman.**

P3: Koro ka apenji,

P3: If I may ask you,

**M: Penja…**

**M: Ask me.**

P3 Sama wall ni break ni ma owuore ni ka olwar piny donge owuok remo?

P3: As this wall breaks and ruptures to fall, does it come out as blood?

**M: Yes**

P3 Donge en remo maber?

P3: Isn’t it safe blood?

**M: Donge koro kanyo e kuma am going to. Ok en remo ma inyalo dok tio go kendo e del.it is a physiological process. It is process that it is only God who can explain. But it is not blood that you can take and transfuse to somebody. Because it is coming out and that is why we use pads because it is coming out. I do not want to say it is expired blood, it is not expired blood because wakati unapata mwanamke mwenye ata alikuwa na mimba, na mimba inatoka, si kuna wengine wana bleed sana? Mbona wanableed sana, mpaka ata ile damu ilikua inahold mtoto inatoka, wengine ata wanazaa, tena wanableed mpaka wengine wanakufa. Mbona wanakufa na mbona wana suffer from anemia, where does this blood come from, it is just part of your body.**

**M: Now that is the next topic we are heading to. It is a safe blood that could be reused within the body, it is a physiological process. It is a process that only God can explain. But it is blood that cannot be used for transfusion. It is coming out and that is why we use sanitary towels whenever it comes out. I don’t want to say that it is expired blood because when you find some pregnant women who miscarry, they do bleed in excess. What do they bleed in excess, until the blood that was holding the baby comes out. Others do deliver and bleed afterwards, others even bleed to death. Why do they die, they do suffer from anemia, where does this blood come from? It is just part of your body.**

P4: Sasa daktari nataka unisaidie, makoro itemo wacho ni ya blood ni ka wuok to en ga fresh blood?

P4: Now doctor, I would like you to help me. You are now saying that this blood is fresh whenever it comes out?

**M: Yes, its fresh blood because you find that kuna mtu ana bleed mpaka akuwe na anemia, unaskianga mtu akisema daktari amesema uterus yangu iko na shida ama maybe waende watoe, ama maybe Niko na fibroids.**

**M; Yes, it is fresh blood because you find that someone would bleed until she becomes anemic. Have ever heard of someone telling the doctor that my uterus has a problem or maybe they go remove it, or maybe it has fibroids.**

P5: To ang’o momiyo most times ka remo ni wuok to en ga gi smell moro?

P5: What could be the cause in most cases when your blood comes out and it has an abnormal smell.

**M: En gi smell because the vagina nigi gima ilwongo ni normal flora. The vagina of a woman has something called the normal flora. Normal flora is bacteria ile mzuri. Yenye ina protect vagina that is why vagina ata haifai kuoshwa na sabuni. Inafaa ikuwe tu plain water. The moment umeweka sabuni pale, una interfere na PH ya vagina. So wakati damu inamix na hizi vaginal fluids, that is where the smell comes from. Kwasababu naturally wanawake kuna tu fluid huwa inatoka because of the normal flora. Vagina haikuangi ati dry, ama vagina inakuanga ati dry dry, Hapana haikuangi. So wakati imemix na hizi, and that is why ata mwanamke unajua lazima uoge. Ng’ama okolwokore biro dum, that is the truth. Ama nadang’anya?**

**M: It has a smell because the vagina has what is called normal flora. The vagina of a woman has normal flora which is good bacteria that protects the vagina and that is why it should not be washed with soap but plain water. The moment you place a soap in there, you interfere with the vaginal PH. So the moment blood mixes with these vaginal fluids, that is where the smell comes from. This is because naturally women release some fluid due to the normal flora, the vagina is never dry, or do you think the vagina is always dry? No it is not. So whenever it mixes with such, and that is why as a woman you have to bathe. Someone who doesn’t take a shower will have to smell, that is the truth. Or am I lying?**

P6: To an gi penjo achiel? Iwacho ni vagina ok onego ket e sabun?

P6: And I do have one question, did you say that the vagina should not be washed in soap?

**M: Yes, kabisaa.**

**M: Yes, very true.**

P6: To ang’o momiyo jo ma nyiri moko soyo sabun iye kuro ma duny kabisa?

P6: But then why is it that some girls do insert soap in there as they agitate so much?

**M: That is what we are now teaching them. Ema kelo kata infections mang’eny. En iolo aola pi, plain wáter. Ka ilwokori inyalo mana luoko bembe nigi but vagina plain water.**

**M: That is what we currently educate them on. That is what brings in a lot of infections. With it you just need water only even as you take a shower, you could just wash your thighs but then the vagina uses only water.**

P6: Kata ka ni have sex?

P6: Even if you have had sex?

**M: Plain water. Self cleansing vagina nigi natural way of cleaning itself. Tume elewana, emomiyo samoro wawacho ni sama ubro bedo gi groups ugo ubro discuss, magi e information ma onego bed ni u pass. But onge sama itimo menstrual health program mora mora ma okgi discuss about vaginal cleanliness and hygiene. Wawinjore nyaka kanyo. Koro mano e gima timre ga every month koro ka adhi mbele mine wa kata nyiwa ng’eny gi tiyo gi gik ma opogore opogore. Nawinjo ka use mention gik ma gitiyo go ndalo ma gidhi e dwe. Koro an gi some here, nitiere jomoko ma pok onenoga.**

**M: Plain water. Vagina is self cleansing and it has a way of cleaning itself. Are we together? That is why sometimes we say whenever you will be having group discussion with such groups of people you will discuss them. This is the information you will be passing to them. There is no time you will undertake a menstrual health program without talking about vaginal cleanliness and hygiene. Are we together to that point? That is what happens, as we proceed; our women or our young girls, most of them use different stuff. I heard you mention some of the things they use during menstruation. And I have some of them here, are there those who have never seen them?**

P7: Gima atemo penjo? Ero awinjo ka i explain maber, ipar an wrong ka awacho ni sama iriwri gi ng’ama dhi malo ni onyalo mako ich?

P7: What I am really trying to ask; I have heard you explain well, am I wrong if I say that when you have sexual intercourse with someone during menstruation, can she conceive?

**M: Oh ok mano ne ok a explain. Mako ich sama ng’ato dhi malo is very difficult. But there is a very small percentage of people ma when she is menstruating, she is ovulating. But very minimal. So it is not 100% ni someone cannot get pregnant but it is almost 0 for somebody ma dhi e dwe mondo omak ich. But inyalo yudo ni people are different, nitie jomoko ma inyalo yudo ni, there is a case mane nitiere ni ng’ato oyudo twins to twins gi, gestation gi opogore az in moro ohingo wadgi gi duong. Dong iwacho ga ni ka gin rude wawe mapacha walikua conceived the same day. Lakini hao mmoja alikua mkubwa kwa mwingine for two or three months meaning wakati alikuwa ashapata mimba, ovulation ilifanyika tena. Alihave sex ten ana hio egg pia ikakua fertilized. But they are very very few cases. Almost nill but we don’t say that they don’t happen they can happen.it is possible. Yes, number four.**

**M: Ooh! Okay, I never explained that. Getting pregnant during menstruation is very difficult. There is a very small percentage of people who ovulate during menstruation, but very minimal. So it is not 100% that someone cannot get pregnant but it is almost zero for someone on her menses to conceive. But you can find that people are different, you could find some people, like there was a case where someone conceived twins but then these twins had different gestation period as one was older than the other. Is it said that when they are twins then they were conceived the same day? But with these ones, one of them was older with two or three months. Which means after she conceived the first one, ovulation did happen again. She had sex and the other ovum got fertilized. But there are very few cases. Almost nil but we don’t say that they don’t happen. They can happen, yes it is possible. Yes, number four.**

P4: Koro an kendo gi question, ang’o momiyo iyudo ka ng’ato mako ich to ng’ato nigi implant oketo e bade. Ang’o ma timorega kamano.

P4: Again I do have a question; why do you find that one gets pregnant when they have an implant in their arm. Why does it happen?

**M: That is a good question, family planning methods are not 100% effective. They are 99% effective. Some are even 96% effective so which leaves us with the other 4 or 3%. So there is a possibility that you can get pregnant while on family planning method. Theres that possibility and it happens.**

**M: People who use pills, kwa wenye wanameza pills wanashindwa tu. Kuna ata wengine wanakuja apa hospitali, unamdunga depo, akisha dungwa depo amehave sex the same day bila protection. Because they always say wakati umeanza family planning, kama nimeanza leo na pengine nlikua na ovulate leo, nitatumia protection for the next 2 to 3 days ndio ile family planning ianze kukua effective ianze kufanya kazi. Me nimeenda nikahave sex nishawekewa ya mkono, saizo nlikua na ovulate, si nimepata mimba. Saizo me nimejua niko protected na kumbe mimba inagrow.**

**So that is a possibility. Family planning methods are not 100% effective and wakati umekuja kuwekewa family planning, daktariii atakuuliza, when did you have your periods last? Utamwelezea, ukisha mwelezea ndio watapima pressure, wajue weight yako iko namna gani ndio wajue the right family planning method for you. After that watakuuliza maswali mengine, na watakuambia wakati umeanza hii family planning now that your periods was on this date, wakati unaenda saa hizi ujue ukitumia condoms for the first three days ndio itapata kama hii family planning imeanza kuwa effective kwa mwili yako. Lakini ukienda tu kwa hizi za chemist, hizi naskianga wasichana wanadungwa tu kwa chemist wale hawana mawaidha ya kukuambia, hawajui. Hawata kuelezea kwa mapana na marefu. Na tumepata wasichana wanakuja ati mimi nilidungwa depo na bado Niko na mimba.**

**Meaning hakuelezewa how it works. And again what I want to stress, most family planning methods are not 100% ata watu wamezaa na wako na coil. Wewe haujawahi skia, mwanamke alikuwa na coil na ameshika mimba. So those things happen.**

**M: Those who use pills are always surprised, there are those who come here at the hospital, you inject her of depo, after that she haves sex the same day without protection. This is because they always say that whenever you are on family planning, when you start today and you had started the ovulation the same day, Inhave to protect you from the next 2 to 3 days thereafter the family planning starts being effective. The moment I have sex the same day I get the implant on my arm, but that time I was ovulating, I will have to get pregnant. By that time, I believe that I am protected, but then the pregnancy grows.**

**So that is a possibility. Family planning methods are not 100% effective and at the time when you come for the family planning, the doctor will ask you, ‘’when did you have your periods last?’’ You will explain to the doctor and after which they will look at your pressure, determine your weight to determine the right family planning method for you. After that they will ask you more questions, and then tell you that this is the time that you started your menses and now you are safe or not and whether to use condoms for the first three days, that is when the family planning becomes effective against your body. But then if you just go to these random chemists, I understand girls are just injected without any proper instructions., they do not know. They will never advise in depth and that is when you see girls reporting that they were injected on family planning and they still get pregnant.**

**Meaning, you were never guided on how it works. And again whatever I wanted to stress on; most frequently family planning methods are never 100%. Even those who have given birth have coils. So you have never heard, there was a woman who had coils and she still gets pregnant. So such things happen.**

P8: To sama osemako ich ka en gi coil no owinjore ogol gino immeadiately koso inyalo weawea mondi.

P8: And at this time when she has conceived having this coil, should she remove it? Is it okay having it while pregnant?

**M: Kama coil, onge kaka inyalo gol coil kapodi pok onyuol. Atakaa na hio mimba na watafanya ultrasound to see the location of the coil. Watafanya ultrasound wakati mtu ameshika mimba na coil so that they know hio coil iko on which part of the uterus. So depending on the position of the coil then, the doctor or the gynecologist will make a decision based on that. Yes, kama ni mtu alikua amedungwa depo na amepata mimba, depo is progesterone. For a pregnancy to go term it needs more of progesterone for it to grow well. So watakuambia wewe utakaa tu na mimba, so depo ingine ndio hauta dungwa. Na decisión ya kuwa na mimba ni ya mwanamke, ama niaje.**

**M: You cannot remove the coil before you deliver. She will have to be with that pregnancy and they undertake an ultrasound to see the location of the coil. They will do that during that time from the time of conception to know from which point is the coil on the uterus. So depending on the coil, the doctor or the gynecologist will make a decision based on that. Yes, if she had been injected on depo and she gets pregnant, the depo is progesterone. For a pregnancy to go to term, it needs more progesterone to grow well. Then they will advise to keep the pregnancy and they will not give you another depo. And the decision to keep the pregnancy is for the woman, right?**

P8: Which means haina effect yoyote?

P8: Which means it has no effect?

**M: The gynecologist will guide from there and they will monitor you depending on vile unaendelea. Kama umeshika mimba na uko na issue, wataitoa tu immeadiately. Kama uko na depo, unajua sindano ikisadungwa hakuna vile unaeza itoa kwa mwili. Kama ni pills ulikua unameza you have now to stop the pills so that you can get pregnant. Yes, number three.**

**M: The gynecologist will guide you from there and they monitor you depending on how you progress. If you conceive and it has complications, they will just get rid of it immediately. If you have depo, you know once you have the injection, you can’t reverse it from the body. If it is the case of pills you can stop the pills to get pregnant. Yes, number three.**

P3: Me nlikua nataka kuuliza, so incase ashike mimba?

P3: I wanted to ask, what if she gets pregnant?

**M: Eeeh inatolewa questions wabro penjo.you know we have to move ama mnataka kukaa apa mpaka. Si tutauliza maswali when that time comes. Can we just continue alafu maswali itakuja unless uko na swali ile haiwezi ngoja? Sawa yes.**

**M: Yes, it has to be removed. We must move on unless you want to sit here forever. Isn’t that we can ask the questions when the time comes. Can we just continue and ask questions later on unless you have a question that can’t wait? Okay, yes.**

P9: Me nlikua naskia ati hiyo family planning is not good. Is it true or?

P9; I heard that family planning is not good, is it true or false?

**M: Inategemea, that is why I said ifikika extent yenye unataka family planning method, you will be advised based on your health. Wataangalia weight yako, wataangalia pressure, watauliza your gynecologic history, uko na Watoto wangapi, umewahi toa mimba, kuna mimba imewahi toka tu peke yake, vitu kama hizo so they’ll give you advice on the right family planning to use based on your history ile yenye daktari alikua ashachukua. And then pia unaeza pewa advice zote, the decision is yours as a woman. Iwe uambiwe hii iko namna hii, hii iko namna hii alafu useme, me nlikuja nataka sindano. Daktari atachukua sindano na ata kudunga. Kwa sababu decision ni yako. Yah. Yes.**

**M: It depends and that is why I said if you reach a time when you need family planning, you will get advice based on your health. They will check your weight, pressure and ask about your gynecological history. How many children do you have, have you ever had an abortion, such things then they will advise on the right family planning method to use based on your history. Then you could be offered an advice, the decision is yours as a woman. You will be told this is like this; then you will decide which method you deem fit for you. For instance, injection. The doctor will inject you because it is your decision. Yes.**

P: To be owinjore ni ikau nyathina ma nyako ma pok onyuol itimne family planning?

P: Is it right to have my child who has never given birth get family planning?

**M: What do you think? Yes, I will address that ayaa. Koro wangi different types ma gik ma mon tiyo kodo. Ma en reagent mar lab ok en remo kik ibwogi(demonstrates). Dong ineno ka en pink. Ma en reagent nagolo agola e lab just for demonstrations. Koro mae en cotton wool, dong cotton wool to useneno. And then wantie gi lau, dong nitie jomoko ma tiyo gi kiraka, gidhi adhiya e tailor to gikao kiraka ema gitiyo go. Then wantie gi pads kuna mtu amewahi kosa kuona pads, kuna mtu anataka kuguza? Alafu tuko na reusable pads, hizi zenye wanaweza kuosha tena wanatumia. Iko namna hii, wanaweka kwenye panty, kasto gi diye e bwo panty kama, koro panty ni kama then wanatumia. So hii, ni ile reusable, kaa gisetiyo go to gilwoko maler to girito go cycle machielo. And then wantiere gi gima ilwongo ni tampons. Iseneno OB? Useganeno tampon, kama e kaka tampon chalo tampon en ma isoyo. Anyway sama mama dhi e dwe remo ma gi loose per month is about 2-3mls. Ineno kijiko moro mar chiemo cha maduong mar chiemo en kijiko no around 2-3 ema gi loose in normal human maonge gi shida mora mora. But nitiere jomoko kaka nasewacho apo awali, otiyo gi family planning, samoro gik mang’eny nyalo miyo ng’ato bedo gi peiods mang’eny. Environment, nitie jomoko ma environment miyo gibedo gi periods mang’eny. Yes.**

**M: What do you think? Yes, I will address that later. So we have different types of things women use during menstruation. Don’t be scared, this is just a laboratory reagent. (*demonstrates*). Don’t you see it’s pink, this is just a reagent from the lab for demonstrations. Now this is cotton wool, I believe all of you have seen cotton wool. And then we have clothes, there are those who use clothes? Then we have sanitary pads, is there anyone who has never seen pads or one who would like to touch? Then we have reusable pads, these ones that can be used and reused after washing. This is the issue; the pad is placed on the pants. Then you press it under the pants like this, then they use these pants. As for this reusable pad, after using then they wash it clean as they wait for the next cycle. Then we have this thing called tampons, have you ever seen OB? Have you ever seen a tampon? This is how it looks like, it's been inserted. Anyways whenever a woman is on her menses, they lose about 2-3mls of blood. Do you know that serving spoon, yes they lose 2-3 spoonfuls of blood, this applies to a normal woman without any problem. But there are these people whom we discussed earlier, she uses family planning methods, sometimes there are so many things that can make you prolong your menses. There are those who are equally affected by the environment, yes.**

P1: Iwacho ni remo ma gidhi loose en kijiko ariyo? Ang’o momiyo gika wuok ga mang’eny.

P1: You have said that you lose blood which amounts to two spoonfuls? Why is it that they bleed so much?

**M: 2-3mls a day. Do’ng ema awacho ni itategemea na mtu sasa. Nitie jomoko ma nyalo dhi for three days but owuok mana matin matin. To nitie jomoko ma owuok mang’eny. Koro tegemea gi ng’ato people are different ema omiyo ineno kata family planning g iwinjo ka ng’ato wacho ni an sindan otama, mimi siezi enda sindano, mwingine anasema me nliekewa ile ya mkono lakini ilinishinda siwezi kuendelea nayo. Tunaelewana. So it depends with the person. So nikiendelea, hii OB wangapi wamewahi kuiona? Sa OB mwanamke akiwa kwenye hedhi anaingiz ndani, akishaingiza hii Kamba inabaki kama imehang, so hii ina collect tu blood. I will just give a demonstration of how it absorbs. So like tuseme ame ngiza ndani, na hii ni damu, so wakati ameingiza, tuseme damu itaanza ku expand peke yake. So that is what happens. So wakati atakua anabadilisha just vile anabadilishanga pads, atakua anabadilisha OB anatoa anatupa anaeka ingine. Eeeh. So this is how the tampon works. Sasa mkifikiria pads ni pesa ngapi? Sanitary towels how much is a packet of pads?**

**M: 2-3 mls a day. Just like I have said, it depends on the person. There are those who bleed for three days but in drops. There are those who bleed in plenty. This depends, and people are different. That is why you will find that family planning affects some people. You will hear someone say that I cannot withstand injection. One would say that, I went for the implant and I cannot continue with it. Are we together? So it depends on the person. So as we proceed onwards, how many of you have seen this OB? So this OB whenever a woman is on her menses, she inserts it, after inserting this thread remains outside hanging. And so this only collects blood. I will just give a demonstration on how it absorbs. So let’s say she inserts it and the blood stays within, as the blood gets in it continues to expand itself. So that is what happens. So if reaches the time to replace the pads, she will be replacing the OB with another. Yes, so this is how the tampon works. So how much do you think is the price of the sanitary towels, how much is a packet of sanitary pads?**

P: 60 bob. It depends with the company.

**M: 60 bob. Tuseme tu 60 for a packet. A packet inabeba nane ama tisa sindio? Kama mwanamke anaenda kwa periods 3 days na anatumia 3 pieces per day, atatumia packet ngapi?**

**M: 60 bob. Let us say 60 shillings for a packet. A packet carries eight or nine right? If a woman menstruates for three days and uses 3 pieces per day, how many packets does she use?**

P3: Mbili.

P3: Two.

**M: Mbili approximately sindio. That is 120ksh per month sindio. 120 times 12 hio ni pesa ngapi? Coz lazima aende periods every month. Hio ni total of how much? 1440 sindio, hio ni the quality of pads yenye ni the cheapest. Kama anatumia hii cortex yetu hii yenye tunatumia demonstration hapa, hii ni 210, hii packet. So akitumia mbili ama tatu tuseme, wengine wana bleed a lot. In a year atatumia pesa ngapi?**

**M: Approximately two, right? That is KES 120 per month, right? 120 times 12, how much is that? Because she must menstruate every month. How is the total? 1440 right. That is the cheapest quality of the sanitary towels. In case she is using this cortex of ours, demonstration hapa. This is KES 210, a packet. So if she uses two, two or three, others bleed a lot. How much does she use in a year?**

P: Pesa mingi.

P: A lot of money.

**M: Hii OB unaikiria ni pesa ngapi per packet, 650. Na pengine anatumia moja ama atumie mbili meaning in a month, 1200 ama 1300, times 12 months, a lot of money. Kuna cotton wool wengine wanatumia, it is less costly but what are the disadvantages of using cotton wool?**

**M: How much do you think is this OB per packet? 650. And maybe you could use one or two in a month. Kes 1200 0r 1300 by 12 months, a lot of money. There are those who use cotton wool which is less costly, but what are the disadvantages of using cotton wool?**

P4: It is not hygienic.

**M: Its not hygienic. Another one inaeza tokana tokana mmh, itajaa haraka, you will use a lot of it actually. Alafu kama wengine wanatumia hii reusable pads saa zingine una bleed mingi na pengine hauna maji karibu, utaosha saa ngapi, uta I keep wapi. Yes.**

**M: It is not hygienic. Another one, it can come out, yes. It will get full at a higher rate and you will actually use a lot of it. Then there are those who use these reusable pads, sometimes you bleed so much yet you don’t have water close to you, what time will you clean yourself, where will you keep it. Yes.**

P: An adhi penjo penjo achiel, OB ni gi cortex, dong OB en expensive sana. To ober mohingo cortex?

P: I will ask one question. Between OB and cortex, is it that OB is very expensive and better than cortex?

**M: OB is more expensive. Okwanyal wacho ni ober ahinya, gima wanyalo wacho en covinience. Ng’ama dwaro dhi e swimming ok nyal tiyo gi pads but onyalo soyo OB to odhia dhia ogo abal kaka odwaro. Ok o limit i.**

**M: OB is more expensive. We can not say that it is much better but we could say that it is much more convenient. Someone who would want to go swimming cannot use sanitary pads but could insert OB then she would just go swimming if she desires. It doesn’t limit you.**

P8: Cortex ni tije tek nikech kaka ikete, nitie joma kia. Sa haitoki?

P8: This cortex has a lot of technicalities because there are those who do not know how to insert it, then it doesn’t come out easily.

**M: Cortex isoyo asoya na uko sawa, uko very comfortable. Haiezi toka.**

**M: You only have to insert cortex then you are just okay, you are very comfortable, it cannot come out.**

P9: Koro odong ka oliero kamano. Haiezi toka sasa?

P9: Even if it hangs like that, can it not drop?

**M: Eeeh oliero e panty. So tukiendelea mwanamke anapoenda hedhi, o need a private place kuma onyalo change e pad. Onge dhako manyalo gombo ni onene kuma o change e pad, kata Obed OB, kata Obed Cotton wool, kata Obed tissue, kata obed law, okodwar ni ng’ato onene. En a private affair for women. Ineno kata ka ng’ato perods owuok ne e law, it is embarrassing. Wanafeel eii it is not so good. Number ariyo, be you need to use the right products. Right products for menstruation.**

**Number three, they have to practice good hygiene. Nyaka gibed ni giler sama gi dhi e dwe. And of course they have to have somewhere where they can dispose thisthings. Koso idwaro ni sama in gi sex worker kata jaodi kata to kilokri to pad ma osetigo ema ineno? (audience laughs), yah okigomb kata neno so they have to have somewhere where they can dispose their sanitary well. Koro nitiere gima ilwongo nii menstrual cup, koro en ema nada wuoye kwa mapana na marefu. En bende itiyo kode, akia ka be nitie ng’ama osewinjo about a menstrual cap? Onyalo dhi round mondo unene, mae kikombe mar dhi e dwe.**

**Women nyalo tiyo kodo during periods. Kikombe cha hedhi ambayo wanawake wanaweza kutumia wakiwa kwenye periods. Unaingiza kule ndani, ina collect damu na wana collect, wakiosha, wakirudisha mpaka wamalize periods. Imetengenezwa na silicone material. Na ni nzuri sana, ni kitu imedhibitishwa na shirika la afya WHO. Inaitwa menstrual cap. Hio mwanamke anaeza vaa kwa muda wa 12 hours before aitoe kama hana hedhi mingi ama kama ako na ile hedhi mingi, anatoa tu vile huwa anatoa pad akifeel imejaa, si anatoa anaweka ingine, hivo ndivo atakua anatoa, akitoa anasafisha anarudisha.**

**Sasa hii menstrual cap mostly iko available US, UK Europe, uko Canada. Wanatumia sana. Na sasa tunataka tuilete tusaidie sex workers wetu nayo. Hao wenye tuko nao kwenye utafiti. Tunataka tuone kama wanaweza tumia menstrual cap so that they reduce their chances of bacterial infections and STI’S. because unapata wakati wako hedhi, tume discuss hapa na nyinyi, hawatukelezea wako hedhi kwa sababu ya pesa wanataka. Sasa tunataka watumie the right product when they are in their period and they must go for sex work.**

**M: Yes, it hangs on the pants. So as we continue women do need private places where they could change their sanitary pads. There is no woman who would like to be seen as she changes her sanitary pads, be it cotton wool, tissue or cloth, she would want anyone to see her. It is a women's private affair. Even if blood stains someone’s cloth, it becomes so embarrassing. They don’t feel okay. And number two, you need to use the right products for menstruation.**

**Number three, they have to practice good hygiene. They have to be clean when on their menses. And of course they must have somewhere to dispose of the sanitary towels. Or do you want that whenever you are with your wife or sex worker, that when you turn around you see the sanitary towels that have been used? (*audience laughs*). Yes, you may not want to see, so they must have a place where they can dispose of their used sanitary towels properly. So there is something called a menstrual cup, and so it is what I wanted to talk about in depth. It is also being used. I don’t think there is anyone who has ever heard of menstrual cups, is there anyone? It can move around so you can see it, this is the menstrual cup.**

**Women can use it during menstruation, a menstrual cup. You insert it inside, it collects blood, as they wash and return until they finish their menstrual period. It is made of silicon material and is a good thing as approved by the health organization WHO. It is called a menstrual cup. A woman can use it for 12 hours before removing it and if she doesn’t bleed much or even if she bleeds heavily. She can just remove it the same way she removes the sanitary towel once she feels it is full and replaces it with a new one. The same way, she will be removing the filled cup, washes it and returns it back.**

**Right now this menstrual cup is mostly available in the US, UK, Europe and in Canada, they use it a lot. And now we would want to bring it to help our sex workers with it. Those whom we are with in this research. We would want to see if they can use this menstrual cup, so that they can reduce their chances of getting bacterial infection and STIs. This is because as we have discussed here, you find that during menstruation they will not disclose that to you because they need money. Now we would want them to use the right product when they are on their menses and they must go for sex work.**

P1: How much is one?

**M: Currently at the momen this is 4000ksh and you can use it for ten years. Every month for ten years. Yah. So we are bringing in menstrual caps for our sex workers who are in the study tuone kama itawaelekeza vizuri. Because utafiti ikifanywa, baada ya utafiti watasema, hii kitu imefanya vizuri. And then tutaona kama itakua rolled out tuwape sex workers wote hata wenye hawako kwenye study. And we hope wata subsidize hio cost coz zile zenye ziko kenya at the moment, ni zile ziko na kakitu apa. Na hio huwezi tumia during sex. Hii ndio inaeza tumika wakati wa hedhi because tunawaonyesha vile wataiosha, vile wataiweka mpaka the next period ikuje. Na ni vizuri they will use it for ten years. Mpaka hapo? Yes, number five.**

**M: At the moment this is KES 4000 and you can use it for ten years. Every month for ten years. Yes, so we are bringing in menstrual cups to our sex workers who are in the study to see if it will take them well. This is because whenever a study is done, after the study they will have to give feedback if it is good. And then we will see if it will be rolled out so we can give it to all the sex workers, even to those who are not in the study. And we hope they will subsidize the cost for them in Kenya at the moment. Those that ones with something here, which you cannot use during sex. This one can be used during menstruation and we will show you how they will wash it. How they will keep it until the next menstruation cycle and it is good that they will use it for ten years. Up to this point? Yes, number five.**

P5: O stretch koso en aena kamano tu? So inaingia kama imelala.

P5: Does it stretch or it is just like that? Is it inserted flat?

**M: Aaah hai stretch iko tu hivi. Kama naweza kuelezea nikitumia hii, hii ni vagina(demonstrates), so hii tutakua tunawaelezea jinsi ya kuingiza, wataifunga hivi. Alafu wataingiza hivi ndani ya vagina. Eeeh kama imelala kama besheni, so ikifika huko ndani itakaa hivi. Yes, itasimama. Na tukisha wafunza hio technique, haitaweza kuturn itabaki tu hivo ndani ya cervix. So wakati una have sex, the vagina si ndio wanahave nayo sex, siyo cervix itakua hapo ata hauta I feel. Kwa sababu ata iko soft. Yes, we want to give them and we want to know if you felt it.**

**M: No, it doesn’t stretch, it is just like this. It is like I would explain it using this, this is vagina (*demonstrates*), so we will be showing you how to insert it, then they will fasten it like this. Then they insert it like this into the vagina. Yes, on a flat position like a basin, so once it reaches inside it remains this way. Yes, it will be in an upright position. And once we have shown them the technique, it will not turn back, it will just remain inside the cervix. So whenever you have sex, the vagina, isn’t the vagina that is being used during sex but rather the cervix, it will remain intact and you won’t feel it because it is soft. Yes, we would want to give them so that we can know if you feel it.**

P: Na mtu akiskia kama kuna kitu ndani aulize? Watu ni tofauti.

P: And what if someone feels as if there is something inside and decides to ask? People are different.

**M: Kama hamskiangizile cotton wool wanasunda huko ndani, we umeskia. Eeeh sasa hii ata ukiskia, ok what we want to do juu hawajatumia, hatujawapea. Wacha tuwape kwanza, ni research alafu tutakuja kupata maoni yao.**

**M: If you have never felt the cotton wool they normal stuff inside, have you ever felt it? Yes, even if you do feel this. Okay, what we would want to do is that, because they have never used it and we have not given it to them. Let us give it to them first under this study then we will get feedback from them.**

P6: But wengine wako na bolingo wanatoa tu.

P6: But there are others who have long penis, they will just remove it.

**M: Bolingo ni nini? Hata kama mtu ako na bolingo hio mnasema, ooh mnamaanisha long penis ile inaweza kufika huko uko ndani. Haiya mwenye ako na long penis na mwanamke ameeka cotton wool ndani ama tissue, anafeelingi?**

**M: *Bolingo,* what is it? Even if someone has** *bolingo*, that is what you are saying. Ooh you mean a long penis that can reach the cervix. Okay, those with long penis and the woman inserts cotton wool or tissue paper, how does he feel?

P: Unajua cotton wool kuna vile ni soft sasa utaskia ni kama kuna kitu ingine ina slide. Ineno Gini ga ichopo kuma entie to onyalo weyo mana ni en chiembi(laughs). Yom to oyom mar adier.

P: There is a way in which cotton wool is soft, so you will just feel like there is something sliding. You could reach at a point and feel as if that is your *food* (the vagina) (*laughs*). At times it is that soft.

**M: Yah so as we continue aneno ka saa bro Mayowa wang’wa sani. Koro ng’ama nigi penjo kuom menstrual cap, kikombe mar choko remo.**

**M: Yes, as we proceed, I can see time is not on our side at the moment. So anyone with a question concerning the menstrual cup, that retains blood.**

P7: Ka osebedo gi iye kucho, moment ma koro odhi gole, remo no dhi pukre koso odhi wuok awuoka?

P7: Once it is inside, the moment she decides to remove it, will it just come or the blood will spill?

**M: Aaah koro wabro pwonjo gi kaka gitimo, nitie kaka igole, remo nyalo spill matin depending on ni en marom nade. But wabro pwonjogi how to gauge kama kaka gi gauge ga gi pads cha. kaka gi gauge ga gi cotton wool cha. Koro wabro pwonjigi mondo kik o spill. And then wabro pwonjogi kendo kapok gi have sex ka gin gi gini they empty it. Nikech dong bang sex to gin ga gi wateja kata angwen in a night kata abich, kata apar yes koro wabro pwonjogi mago te.**

**M: No, now we will show them what to do, there is a way in which it is removed. There could be a slight blood spillage depending on the size. But we will show them how to gauge just the same way they do with the sanitary pads or cotton wool. So we will show them how to avoid spillage. And then we will show them how they empty it before they have sex. Is it that after sex they still have clients even up to four or five a night, or even ten. Yes, we will show them all that.**

P: Koro apenjo, gini onego Obed size achiel? Same to condom.

P: And may I ask you, must things be in one size with the condom.

**M: Size achiel. En aena size achiel nikech the female reproductive tract, en mana ni jomoko ni ga gi pelvis maduong, jomoko chwe jomoko tindo. But en aena standard size. Mana kaka padsdong sama pads biro to gin ga standard size? Kata idhero kata ichwe topad en pad donge? The same thing with this one. Same to condom dong ineno kata condom mathis ka, yes thank you for that input. Koro wadhi mbele gi discussion wa, what are your thoughts about a man having sex with a woman who has menstrual cap? uparo nade bedo gi sex kuwa na ngono na mwanamke ambaye jivalia hiki kikombe cha collection. What is your thought? Number two? Iling ahinya. Iparo ni inyalo accept e kose onyalo bedo marach ni?**

**M: One size. It is just one size because of the female reproductive tract. It is only that other people have a wider pelvic, other people are fat while others are thin. But it is just a standard size. Just like the sanitary pads, they do come in standard size right? Whether you are fat or thin, it is still a pad, right? The same thing with this one, same with condoms. Have you ever seen a smaller condom, yes, thank you for that input? So as we proceed with our discussion; what are your thoughts about a man having sex with a woman who has a menstrual cup? What is your thought number two? You are so silent; do you think you can accept her or she can not be attractive?**

P2: gimawaparo ka sama itimo sex gi mama ma orwako Gini gima afeel en ni akia ni awach nang’o, though oknyal bedo marach na.

P2: I think when you have sex with a woman who has this thing, I don’t know what to say about what I feel though it cannot be a bad thing to me.

**M: Yes, number 4?**

P4: Aparo ni sama en gi gino, gima onego apar en ni okete with a reason. Ok okete aketa. Eeeh maybe for my safety bende ni mondo remo ka kik dhi kwoma, at lest mondo en be okonye kik obed ni olil.

P4: I believe that whenever she puts on that thing, she has a reason for it, she doesn’t put it for the sake. Yes, maybe for my safety and also to avoid spilling blood on me and at least to help her not to get soiled.

**M: Koro ineno ka en gi maber?**

**M: And so do you think it is a good thing?**

P4: En gima maber.

P4: It is a good thing.

**M: Number nine?**

P9: Ann aneno ni ma nyalo bedo maber moloyo pads.eeh. ma ka anyiewo ne kata sex worker e town kata jaoda onyalo geng’o. koro nitie chwo moko ma ni ga gi chuny matindo. Ineno ka oseneno remo to modos ge mag sex be koro lal. To ka okoneno remo cha to atleast onyalo bedo gi morale gi wife ne chande.

P9: I think this could be even better than sanitary pads, yes. Even if I buy it for a sex worker in town or even my wife it can be prevented. But then there are some men who are scared away or shy away easily, once they see blood then the mood for sex is spoiled. But when he doesn’t see that blood, he could have the morale with his wife.

**M: To would you want the sex worker ni onyisi ni anto asoyo gimoro eiye kae? Yes, number one? To in, inyalo gombo ng’eyo.**

**M: Would you want the sex worker to tell you that she has inserted something inside? Yes, number one? And can you develop an interest in knowing?**

P1: Ok onyal nyisi.ing’eni okanyal gombo ng’eyo nikech okang’eyo ni odhi e period. Eeeh.

P1: She cannot tell you because she would never want you to know that she is on her menses, yes.

**M: Number four.**

P4: Gima omiyo anyalo wacho niya mana kaka opwonjwani, ing’yo ni nitie ng’ama kia tij okombe ni. Koro ka onyisi to pok ne opwonji about gini, ibro penje ni okombe ni en mar ang’o? ka en ng’ama ong’eyo to onyisa, anyalo wacho ni am safe but an nikech aluoro neno remo. Eeh. Koro ang’eyo ni okombe no dhi ge’ngo ok adhi neno remo. Eeh.

P4: The main reason why I want to say that; just the way we have been taught. You understand there is someone who doesn’t know the importance of this cup, and so if she tells you but you have never been educated about this thing. You will have to ask her what is this cup for? If she knows someone who knows then she will have to tell me. I would say that I am safe because I am scared of blood. Yes. And so I know that this cup will prevent me from seeing blood. Yes.

**M: Number six?**

P6: An ang’yo ni sex worker oknyal nyisi ni oketo okombe ni nikech odich gi pesa ni. In bende idich kode. Koro time ma ubet go piny ka uchako explain go ema onge. En owacho mana ni biashara. To apenjo niya, okombe ni be onyalo ge’ngo mako ich?

P6: I know that a sex worker will never tell you that she has inserted this cup because she is after your money. You are also after her. Now there will be no time to sit and have a chat to explain this. She will just talk about business. If I may ask, can this cup prevent pregnancy?

**M: Ok onyal. Kikombe ni is specifically for mensturation. Ok onyal ge’ngo ich, haizui mimba, na haitazuia ugonjwa ya zinaa. Hii tu ni yak u collect hedhi ama damu ya mwezi. Haina dawa yoyote pale na sio mpira, na sio condom. Eeh. Yah uko freelance juu una have sex na vagina na cervix iko huko ndani. Yes, number nine?**

**M: It cannot. This cup is specifically for menstruation. It cannot prevent pregnancy and it will not protect from STIs. This is just for collecting menstrual blood. It doesn’t have any drug and it has no condom, it is not a condom. Yes, you are on free mode because you have sex through the vagina and the cervix is far inside. Yes, number nine.**

P9: Nitie ma boyz ma sama o have sex odwaroni achambue mind ya yule msichana akue akimfikiria kila siku. So unapata mwingine akitaka kuhave sex kwanza anaanza ku romance, kum lamba, such a thing like that unaona ndio achukue mind yake iwe karibu na yeye. So nlikua nasema, this thing is Good kwa wale ambao wanaogopa kuona damu. Unajua kuna mtu amezoea kufanyiwa ile romance, una lambwa, something like that, so this thing ita ni patia ile morale ya kumfanyia ile romance.

P9: There are some boys whom whenever they have sexual intercourse she would want to explore the mind of the girl so she doesn’t forget about him. So you find someone exploring foreplay before he starts the actual sex; playing around with romance, licking her such a thing. So he wants to occupy her mind. So as I was saying, this thing is good for those who are scared of seeing blood. You there are those who are used to being romanced, being licked, something like that; so this thing won't give that morale for romancing her.

**M: Yah unapata kuna wanaume wengi hawapendi kuona damu, ata waki realize una hedhi wengine wana switch off and everything so, hii itafanya hautaona damu pale nje, ata ukitaka ku romance vile number tisa ametuelezea, ataweza tu ku romance. Tunaelewana vizuri.so what are your thoughts do you think this is a good thing. Mmmh, hii mnaona ni mzuri?**

**M: Yes, you find most men don't like the sight of blood. Even after realizing that you are menstruating, some of them do switch off from everything. So, this will not happen and you will not see blood outside even if you would want to romance the way number six explains to us, you can just romance. Are we clear? So what are your thoughts, do you think this is a good thing? Okay, so you approve of this, is it good?**

P8: It is a good thing than this OB. Hio sio mzuri. Alafu hii inazuia sioni damu kabisaa so inanipea ile morale ya kumpea mapenzi yangu yote. Once mkoshaona ile, mtu haezi lamba damu yenyewe.

P8: It is better than this OB which is not good. Then this prevents blood so much that it gives me the morale to give all my love. Once one sees the blood, he cannot lick the same blood.

**M: Sasa kama kuna anyone anafikiria ako na kitu yenye hatuja guzia? Yes, number three**

**M: Is there anyone with a burning issue that we have not touched on? Yes, number three.**

P3: Kama bibi yangu alikuwa anatumia dawa ya kuzuia kupata mimba, na sai amekaa four months bila kuona hio kitu, apo kama organization yenyu mnaweza msaidia aje?

P3: If my wife was using the family planning method and it has been four months without seeing that object, as an organization how can you help her?

**M: Sasa kitu tutaambia bibi yako tu ni aende hospital. Hio inaitwa hormonal imbalance. Akienda any hospital aelezee tu atasaidiwa. Kitu watafanya ni watamuuliza ni family planning gani alikua anatumia so daktari ampe dawa ndio iweze ku resume. Eeh aende tu hospital. Normally huwa mnachargiwa diffrently msichana akiwa kwa hedhi, time mna negotiate, is the price the same? Kama umepata mtu ako na periods. tuseme umeshachukua sex worker sindio, uko na yeye alafu ukimaliza unapata kumbe alikua periods uta mpa tu pesa ama how do you pay? Yes, number five.**

**M: So what we would advise your wife is to go to the hospital. That is called hormonal imbalance. If she visits any hospital, then she will be assisted after explaining herself. The only thing they will ask her is the type of family planning method she has been using so the doctor can give her another drug so that she can resume. Yes, let her just go to the hospital. In normal cases, how are you charged for services at the hospital? When a girl is on her menses, when negotiating is the price the same? If you get someone who is on her menses, let us assume you have picked a sex worker right? You are with her then after you are done you realize that she was on her menses. Will you just give her money or how do you pay? Yes, number five.**

P5: Donge gicha uwinjoru chuth eeh dong ne usewinjoru. Ma pesa seche moko isemiye eeh. Sex worker ma ong’e tije pok ne omiga pesa bang tich. Okao pesa chuth to osoyo ei ofuko ne. be ka idhi ahinya to onyisi ni koro idhi medo.

P5: In that case you must have an agreement before, at times you would have paid prior. A sex worker who understands her job has never received money after work. She pockets the money in advance and if you go beyond the agreed time you may be told to add more.

**M: Ok number three?**

P3: Anto an gi paro mopogore, ang’o momiyo ka inindo gi nyako ma dhi e dwe, possibly after 3 days ka idwa layo to iwinjo ka lach ni cha ka odwa wuok iwinjo ka gima gimoro ywaye, kagima odwaro ni orami kamae.

P3: I have a different opinion. Why is it that whenever you have sex with a girl on her menses, possibly after three days if you want to urinate you would feel as if something pulls back the urine with some mild pain.

**M: Mano iyudo STI mano ok en dhi e dwe, i can assure you. Samoro in gi urinary tract infection kata STI. And you should just go to the hospital mondo opim maber, opim lach mondo ing’e. Then that is a misconception gino ni e wii. number five.**

**M: That is STI not menstruation, I can assure you. Sometimes you have urinary tract infection or STI. And you should just go to the hospital for a proper examination, have your urine tested for you to determine. Then that is a misconception, it is something in your mind. Number five.**

P5: Koro, nitiere gimoro ma osebedo ka timore gi nyiri ma asebedo ka aromo go owacho ni ka osetieko periods, to owinjo ka kanyo ile seriously mano nyiso na’ngo? Odwa ni at least I bed kode machiegni. Libido ni malo. Eeh.

P5: So there's this thing which has been happening to the girls whom I have been meeting. Once she is done with her menses, she would feel high excitement. What does that mean? She feels that you should be closer to her, her libido rises. Yes.

**M: Aaah what happens some I would say its physiological because the body, someone might just feel like having sex nikech otieko periods. Maybe during period ne ok ohave sex, and sometimes ogombo agomba sex. So maybe its just the physiology of the body ni koro awinjo ka adwaro sex. If they didn’t have sex during the time they had their menses. So I don’t think if it has anything to do with ni koro periods ema cause. For the catholic nuns, donge gid hi e periods, koro they will just stay in the next period and next period. That is just personal. Ng’ato nyalo bedo ni oneno ni osetieko periods koro yawa mia gimoro. Koso nango. Koro adwa goyo un ero kamano kuom discussion ma wasebedo go. it has been a fruitful discussion unless ka nitie ng’at ma nigi wach machielo but koro watieko gi kanyo. And just to tell you, ka inyalo bedo gi shida mek nyach, you can come back kae treatment en free, ibro yudo. Inyalo spread the information. Ukiwa na any symptom, unafeel hauko poa uko chini, unakuja tu apa UNIM tutakutibu free of charge.**

**M: Aah! This is what happens; some would say it is physiological because the body, someone might just feel like having sex just because she has completed menstruation. Maybe she never had sex during her menses and she maybe longing for sex. So, I could be the body physiology that demands sex. If they did not not have sex during the time that they had their menses. So I don’t think it is caused by the fact that she was menstruation. For the catholic nuns, do they have their menses, so they will just stay observing their menses cycle after cycle. That is just personal. Someone could see that she is done menstruating and now feels like having sex. How about that? Now I would like to thank you for the discussion that we have had. It has been a fruitful discussion unless someone has something else but we are done at this point. And just to tell you, if you could be having problems concerning STIs, you can come back here for treatment. It is free. You can spread the information. If you have any symptom, you don’t feel okay at the lower side you can always come here at UNIM we will treat you free of charge.**

P6: Mnafanya circumcision? Niko na watoto. Moja na miaka nne mwingine tisa.

P6: Do you offer circumcision services? I have children, one is four and the other is nine years old.

**M: Circumcision tunafanya. Sasa hao bado hatufanyi mpaka wafike 15 years. For wanaume tunafanya as from 15years and above. And then tuko na 0 to 60 days. Wale wadogo kabisaa.**

**M: We offer circumcision services but currently we don’t offer those until they hit 15 years. For men we offer services from 15 years and above. And then we have 0-60 days, those very young.**

P7: Niko na swali, nitie gima tinde aneno ka bedo introduced iluongo ni PREP ubende karu kae entie?

P7: I have a question, there is something I have seen being introduced lately called PREP. Do you also have it?

**M: Eeeh prep nitiere but ei hospital gi kocha. We don’t offer it in union but we give referrals so kibiro, wabro pimi hiv nikech mondo omiyi prep nitie gikmoko ma nyaka ng’i. PREP en pre- exposure prophylaxis. It is given to people who think they are exposed to HIV more and among them sex workers are the key populations who are exposed, or men sleeping with other men, or men having sex with sex workers consistently, and those long distance truck drivers who inject themselves. So those are the population that are given prep. To gi mine ma yach ma are not sure of kaka chou gi wuotho mondo Nyathi ma odhi nyuolo cha kik bed gi hiv just incase koro prep nyaka wang’I those parameters.**

**Mano ema iluongo ni level of exposure how exposed are you to be taking prep. Prep is not taken after you’ve gotten hiv, its before hiv koro wadwa ng’io level of exposure. You have to be hiv negative for you to be given prep you cannot be given when you are positive. So once we test you we will link you to Lumumba hospital where the prep is given so don’t go there to panga line. If the HTS counsellor ka ose test I utapewa, so hautapimwa tena huko, hizo procedure utakua umemalizana nazo huko. Eeeh. Just for clarification, vile number nine alikua anasema ati kama bibi yake anaenda period ataenda kutafuta mwanamme mwingine, mbona atafute mwanaume mwingine na si mwanamke mwingine? Hapo siku elewa. O hatataka mwanamke tena?**

**M: Yes, we do have prep but at the hospital the other side. We don’t offer it in UNIM but we do referrals, so if you come we will offer you testing services because before we give prep there are things that must be tested. PREP is pre-exposure prophylaxis. It is given to people who think they may be exposed to HIV more and among them sex workers are the key population who are exposed, or men having sex with other men, men having sex with sex workers consistently and those long distance truck drivers who inject themselves. So those are the population given prep. And even pregnant women who are not sure of the sexual behaviors of their husbands, so that the unborn baby can not contract HIV, just in case. So with prep we have to look at those parameters.**

**That is what we call level of exposure, how exposed are you to be taking prep. Prep is not taken after you have contracted HIV, it is before exposure and that is why we would want to determine the level of exposure. You have to be HIV negative to be administered PREP, you cannot be given when you are positive. So once we get you tested we will link you to the Lumumba Hospital where the prep is administered, so don’t go and be on the waiting bench. After the HTS counselor tests you then you will be given so that you are tested agin there, you will have done the procedures here. Yes. Just for clarification, how number nine was putting it that he goes looking for a boyfriend whenever his wife is on her menses. Why look for another man instead of another woman? I never understood that part, or is it that he will never be in need of a woman again?**

P9: Ok unapata, kuna watu ambao wako very very keen so unapata akishaona hio damu, so inamchafua tu moyo kabisaa.so tunasema ni bisexual.

P9: Okay you find that there are these people who whenever they see that blood they get so disgusted; we would say they are bisexual.

**M: Sawa tumemaliza na hapo na tumeshukuru so mta sign. Ni two forms.**

**M: Okay we are done for now, we are very grateful and so you will have to sign. They are two forms.**