**MEN FOCUS GROUP 5.**

**DATE: 22.06.2023  
START TIME: 11:14 AM  
END TIME: 13:17 PM  
MODERATOR: EDITH OSIRE  
NOTE TAKER: ENID AWITI**

**No of participants :8**

**M: Okay arwakou uduto e discussion ma kawuono ni, which is male focus group five, starting time 11:14 AM. Koro, an iluonga ni Edyth Atieno, atio UNIM kae, (chair dragging) to an ema abro tayo chenro mar discussion mwadhi bedo go sani. Mana kaka Enid osewachonu kidwaro pogori gi wadu to itime in a respectable manner, koro nikech wate wawinjo dholuo, wanyalo mix dholuo kata gikizungu, kata gi Kiswahili, language ma iwinjo ka in go comfortable ka wadhi mbele gi discussion. Oken…okochuno ni nyaka iwach mana dholuo kende, kopo ni nitie gima idwaro explain ma I feel ni inyalo explaine e better in English, fine, kinyalo explaine gi Kiswahili, mano, mano is okay, nikech ji tee winjo dhok mawachogo. Koro ka wachako adwaro ni apenju ni dhi e dwe en ang’o? Kata monthly period en ang’o? Ka in gi duoko inyalo ting’o badi, inyalo, inyalo signal a ni idwa duoko to wadhi a dhia mbele kata inayalo chakachaka duoko ka nitie ng’at machielo ma oklosi, mondo kik walo jii ario at the same time. Namba seven.**

**M: Okay. I would like to welcome you all to today's discussion which is a male focused group number five. The starting time is 11:14 am. So, I am Edith Atieno, I work here at UNIM. (*chair dragging*). I will be moderating this particular discussion as we proceed. Just like Enid has told you, if you would want to disagree with your fellow participant, please do so in a respectable manner. And so now that we all understand Dholuo, we can mix it with English or Kiswahili; that language you are very comfortable with as we proceed with the discussion. One must not just speak in Dholuo, if you feel there is something you would like to explain and you feel that you could explain it better in English, fine. If you feel that you could explain it in Kiswahili, then that is it, it is okay, this is because all of us understand the said languages. Now as we start, I would like to ask this question; What is menstruation? Or rather what is the monthly period. If you have an answer just raise your hand, you could just signal me that you have a response as we proceed. Or you could just go ahead and if no one is talking at that particular moment so that we don’t talk to two people at the same time. Number Seven.**

R7: Dhi e dwe en ni sama ng’a ma dhako neno remo, machuer kuome ka giko dwe oromo, ma onyalo dhie ka lure kod ndalone ma ikwano, mano e gima paro en dwe, ene monthly period.

R7: Menstruation is the period in which a woman sees blood from her at the end of the month. She could experience this depending on her monthly cycle. That is what I think is menstruation and that is the monthly period.

**M: Ng’a ma Chielo, number one.**

**M: Next person, number one.**

R1: dhi e dwe en golo remo, ka date mare mar dhi e dwe ochopo, mar Tarik mare no, samoro…kaka wasebedo ka wawinjo, samoro Tarik opogore, opogore mar dhi e dwe. Koro dhi e dwe en golo remo, aparo ni anyalo luongo ni maricho, e, mondo omii ka koro ndalo modong go, ka ne en gi hamu mar mako ich, tonyaloga mako ich bang dhi e dwe. Mano ema ang’eo ni en dhi e dwe.

R1: Menstruation is bleeding whenever her monthly cycle ends, when her date elapses. Sometimes, just the way we have been told, these dates vary and the menstruation varies. So menstruation is bleeding, I think I could say they are unwanted, yes, and this would lead to her with the urge of getting pregnant for the rest of the remaining days. She could get pregnant after menstruation. That is what I understand about menstruation.

**M: Number four**

R4: Dhie dwe ng’a ma dhako dhie once in a month, koro ka biro to osense chuth, iwinja, o sense chuth, obro nyiso ng’a ma dichuo ni kawouno tariga otimore nade…oromo, koro mano e dhi e dwe, to okobi pile pile obiro oncecin a month.

R4: A woman experiences menstruation once a month, she would sense this prior before it happens. Are we together, she senses it prior, she would let the man in her life know that, “my date is around the corner.” Now that is menstruation. But it doesn’t happen every day, it happens once a month.

**M: Okay. Number eight.**

R8: Apani dhi e dwe gi pacha en, en tong ma oseikorore ma dwaro ni obed fertilized, to ochopo kind ma okobedo fertilized, koro owuok e ovary owuok ka remo.

R8: According to me menstruation is when an ovum which is mature and ready for fertilization and doesn’t get fertilized is expelled as blood.

**M: To jok mane higni mage ma dhi e dwe numba abich? Nyithindo ma nyiri kata jo ma mine mage, higni mane ma dhi e dwe?**

**M: At what age do people experience menstruation? Number five. What age of women or girls experience menstruation?**

R5: Apani ka gise romo…gisekalo eighteen, kanyo eka koro ginyachako neno.

R5: I think once they are of age… above 18 years, that is when they can start experiencing menstruation.

**M: Ema gi chako dhi e dwe?**

**M: Is that when they would start experiencing menstruation?**

R5: Eee.

R5: Yes.

**M: Yes, number 1.**

R1: Dhi e dwe sani organs…hormones mag nyithindogi moko chako dhi e dwe gihiga apar gi adek, ma iyudo ka Nyathi ma ja higa apar gi adek osechako dhi e dwe, ma uiyudo ka moko…iyuso kata ka Nyathi ma jahiga apar gi ario omako ich, nikech ka okodji e dwe to okonyal mako ich. Mano ekaka ange’e. (*background noise*).

R1: Currently menstruation, the organs or rather the hormones of these children; others would start experiencing their menses at the age of thirteen. You would find a young girl, 13, has started her menstruation. You would find others as early as twelve getting pregnant. This is because without menstruation, she cannot get pregnant. That is all I know. (*background noise*)

**M: Yes, number two.**

R2: Dhi e dwe, Nyathi manyako chako dhi e dwe gi fourteen years, up to seventy, kose kalo seventy kanyo koro okonyal chako onee kendo.

R2: On menstruation; a young girl would start experiencing menses at fourteen years up to seventy. Once she is over seventy then she would never experience her menses again.

**M: Number seven.**

R7: Aparo no dhi e dwe ka en Nyathi manyako lure kod…ji…nyithindo dongo mopogore mopogore, nitie nyithindo ma wigi yot, anyalo wach ni ma riek, to nitie n’gat ma digni en oko dhi pio pio e gigene, ma sechemoko inyalo nwang’o ni Nyathi ma ja higni apar gi abich poko neno monthly period mare, lakini inwang’o Nyathi ma ja twelve years, en oseneno mare, jkoro kanyo ema ichako ng’ie ni Nyathi ma nyako.

R7: I think menstruation among young girls depends on, children grow at different rates. There are those with higher growth rate, light headed. I would say those who are smarter. There are those who are slow and their growth rate is slower, you would find a young girl of fifteen have not started her menses but you find a twelve-year-old girl who is already experiencing menstruation. That is when you start monitoring a young girl.

**M: Number six.**

R: Aparo ni olure, olure kuom ng’ato ka ng’ato. Niti joma chake chon, twelve years, nine years, nitie jo…ng’eny ne to en around thirteen, fourteen years kanyo, nitie jomabe leo kata nyaka later seventeen years kocha, koro aparo ni opogre, opogre kuom kila kitu.

R: I think it depends, it depends on each and every person. There are those who start earlier, 12 years, nine years, there are those…in most cases it is around thirteen, fourteen years. There are those who delay up to seventeen years. And so I think it varies from one person to the other.

**M: Yes, number eight.**

R8: Gi pacha aparo ni lure gi stage, ka hormones ge go osedevelop moromo onyalo chalo earl at nine ten.

R8: According to me I think it depends on the stage. Whenever her hormones have developed ahe could start as early as nine or ten.

**M: Koro ka wadhi mbele, do you think ni men nigi information moromo about dhi e dwe? Joma chuo, be un gi information moromo about dhi e dwe, yes number three.**

**M: As we proceed, do you think that men have adequate information about menstruation? As men do you have adequate information about menstruation? Yes, number three.**

R1: Information moromo… dhi e dwe, okwanyal bedo go wan joma chuo.

R1: As men we cannot have adequate information about menstruation.

**M: Ok un godo moromo?**

**M: You lack adequate information?**

R3: Awachni ka iwacho adiera, en gima adier ni wan joma chuo, wan okwan ga aware ni mine dwa dhi monthly period, kend wan chien kabisa malich, ma kata sama gigi dwa timre ni, wan gigi poyo wa ma sechemoko nyalog kata po ni an kod gombo mar dwaro ng’a ma dhako, to Chieng no eko dwaro nyisa ni otimre nade…

R3: Let me say, to be honest; it is true that as men, we are always not aware of when women would want to experience menstruation. And we are far behind even at the time when these occur we are caught unaware. At times I could be having a sexual urge and that is the day when she would say that she is…

**M: …odhi e dwe.**

**M: … on her menses.**

R3: Ma sechemoko gino nyalo kata kelo koso winjruok, nikech sechemoko en odhi yako dwaga nyisi gini gotieno ka une pien. Kochopo gimoro saa ang’wen ma usedonjo e pien kata saa abich, kata saa adek towacho ni ni…” Ah! Ah! wuod wegi kawuono ni akethra kuondeka.” Ing’eni okang’na na we. Nyiso ni wan okwa kete ga pachwa. En gime nyo waweyo ni mine dhi e dwe.

R3: Sometimes this could lead to disagreement because she would only let you know she is on her menses at night when you are in bed. At around 10 p.m when you are ready to retire or eleven or even nine. Then she would want to say, “No! No! Today I am not that okay at those places, son of someone.” You do understand that you won’t leave it at that, this means that we don’t always keep this in mind. Their role is to look for the daily bread as women go about menstruation.

**M: To information ma umia ka gi, magi ugolo kanye? Number one, information about dhi e dwe niyudo kure?**

**M: Where do you get such information that you are giving me right here? Number one, where did you get the information about menstruation?**

R1: Information gi?

R1: This information?

**M: Mmm.**

**M: Yes.**

R1: Magi samoro ipuonjo kata e sikul about science weche mag periods, japuonj nyalo nyisowa, nyako nyalo chako dhi e dwe koja higa apar gi adek ka loure gi wie kaka yot, to nitiere manitiere ma be nyalo chake at fifteen, kogik at sixty-five kanyo, sixty tonyalo we dhi malo ka ose bed ng’a ma mio maduong, mano ekaka ang’ee.

R1: These could be taught in school from science about issues of menstruation. The teacher could tell us that a girl could start experiencing her menses at the age of thirteen depending on how fast her growth rate is. There are those who develop faster but there are those who could start even at fifteen. At sixty-five or sixty, she could stop being that she is an older woman, that is how I know it.

**M: Number ariyo ne in gi wach.**

**M: Number two, did you have something to say?**

R2: Kama adwa wacho emowuoye.

R2: He just talked about what I wanted to say.

**M: Okay. Koro be uparo ni en gima ber, do you think men should know about mentration? Uparo ni joma chuo onego bedni bedo go information about dhi e dwe? Yes, number five.**

**M: Okay. So do you think that it is important? Do you think men should know about menstruation? Yes, number five.**

R5: Dhi e dwe ni to information ne bedo matek, en oa kuom miyo, nikech kata sani anyalo chiko nyako ni wadhi warom to kwa waromo to onyisa ni odhi e dwe, koro information ni to ena ena kuom mio. An aka dang’eng’e tama.

R5: The information about menstruation is a bit tricky, it comes from a woman. This is because, for instance, I could schedule to meet a girl and when we meet she tells me that she is on her menses. So this information lies on the woman, knowing it could be very unlikely to me.

**M: Mhh.**

**M: Yes.**

R5: Eee, en ema ong’eo period ne modhie, gijopogre, period to jopogre, akiani an adhie a period Tarik ma kama, Chieng ma kama, kalo Chieng mano dhieno chak dhi e Chieng machielo, koro gin ema ging’eo odiechieng gi. (laughs)

R5: Yes, it’s only her who has the information concerning her menstruation. There is always some difference in date and days. She could not maintain the same timings of the days and so, it is only them who knows their days. (*laughs*)

**M: Yes, number three.**

R3: Gini kata gin okang’e ni gini gin giwegi be tamogi nikech, samoro ichike maber, uchikru maber. Iloso nyagwendu moro uchamo (participants laughing) ka ang’ gik ni …ah! Ah! weche richo. Koro okwang’e ni ang’o matimre.

R3: I don’t know if they even have any clear information about it. This is because, sometimes you plan for a date with her. You could prepare some chicken and you both eat. (*participants laughing*) And so when it is the time, no! No! Things are not okay. So we may not know what is happening.

**M: Number two.**

R2: An aloso kaka adak e oda, min oda ka sama dwa dhie e dwe to oyisa, nitiere sign ma owinjo, e igi. Kochako winjo sign no, dwa ni arira kode pio, pio pio (Groups laughter) nikech en gimoro ma in the next two, three days, to koro ogore noma, koro ka osechako nyisa onding’e, to arora kode pio pio kaka saa dhi, awuoye oda.

R2: I would like to talk about how I live in my house. Whenever my wife is about to menstruate, there are signs she feels within their lower abdomen. When she starts to feel the signs, it is required that I waste no time. (*group laughter*) This is because within the next two to three days, she will be messy. Now if she starts to tell me about her waist, then I would quickly meet her as time goes on. I am talking about my house.

**M: Onge wach.**

**M: No problem.**

R2: To koling’a ling’a to odhi goya noma. NI e, to tari k ochopo Tarik adi, an awe ni nonyisa ni landlord nobiro, kare landlord nokobiro, klkare en ema osegore noma.

R2: But then if she just keeps quiet, she would mess me up. That the date is reached. I thought that the landlord came, but the landlord did not come. So she is the one who had messed up.

**M: Okay.**

R1: Yes, number one.

R1: Madam, dhi e dwe ni onyalo tamo wa ng’eo, ng’eo tek, nikech kata joma dhi e dwe kaka joma nyiri opoyoga samoro, chieng’ moro bende a ng’a ma driver, madama moro nene opoya poya e gari, chuno ni joma mine manigi leso mondo omi okonye, koro omio ka ne en gime ne ong’eo, ti ng’e ni owouk ko prepare ni date na otimore nade…oromo. Emomio akoni ni date ni kata gin rwenyogi. Maye iyodo ni odhi Tarik apar gi ng’en sama obiro morono iyudo ni obiro sixteen kata eighteen, koro omio wan joma chuo okwanyal ng’e date no ahinya, kata joma nyiri be obago.

R1: Madam, this issue of menstruation could be hard to understand. Knowing it is very hard, this is because even the girls who menstruate are sometimes caught unaware. There is also a day, I am a driver, one of my women got me by surprise in the vehicle. It would take the effort of the women who had wrapper cloth (*shuka*) to help cover her. So then, if it was something that she knew then she could have left prepared for the menstrual date. That is why I would say that the date may confuse them. She could experience her menses on this particular date on 14th then the next one comes on 16th or 18th. And so, even as men we could not fully know the date because even women find it difficult.

**M: To uparo ni joma chuo bedo gi information about dhie e dwe, gi ng’e gik matomire gi gik ma kamago. Yes, number seven.**

**M: Do you think men have the information about menstruation, do they have the knowledge of what happens? Yes, number seven.**

R7: Eee ka ber to owinjore ni ka joma chuo wabed gi information, nikech wan ema wadak gi jogi. Ting’e nis ama okwadak, ka udak e ot to okung’eo un kod a lot of challenges ma nyalo bede e ot. Nikech sama ionge information about your wife, manyiso ni there is a problem somewhere. Koro wan kaka wan joma chuo, kaka wan owinjo wabed gi information. To information ma wanyalo bet go, gimomio sani wabedo kod a lot of challenges e wach mar monthly periods, sani nitiere dhako ma nyalo tieko dweche ang’en kata abich, kata auchiel, kata mana one year ka pok oneno monthly period, ka use dak chiegni kata one year, yeka Chieng moro ipo ka ochako dhi e monthly period, to odwa dhi kendo excess, ma ber laro mana one month. Koro gini tamowa kod bedo kod information makare ma wanyalo wacho go ni gini ka wapange kama to wanyalo dhi kama kama.

M: Yes, it is required that men should have the information because we are the ones staying with these people. And do you know that when we don’t live together or if you live together and you don’t have the information you are prone to experiencing a lot of challenges in the house. This is because when you don’t have information about your wife, this means there is a problem somewhere. Now, as men we are supposed to have the information. The reason as to why we would have so many challenges concerning monthly periods is that currently a woman could take four to five months without menstruating. Others would take up to 6 months or one year. Once you have lived together with your wife even for a year, you will have to see her on her menses one of these days. Others would bleed excessively even for one month. So this thing has made it difficult for us to have the right information to help us prepare and plan appropriately for it.

**M: Ee number abich.**

**M: Yes, number five.**

R5: Information mar monthly ni, tinde otek nikech family planning mobironi, inyalo yudo ni kochuoyi inyalo dhi kata higa kapok idhi e dwe, koro nitie chenro ni ich kach ema ojakelo mang’eny, lakini monthly to okogol, koro gima tinde ochendogo en family emomio okwang’eo, wan wang’e ni family planning I ginene…dhi e dwe ne wang’e ga ni obiroga monthly , kaka ne wang’eo, ka joma chuo ong’eo ni obiroga monthly, lakini family planning ma ne obiro ni nya tamowa ng’e e nikech onyalo kata mana dweche ang’wen kata higa.

R5: Menstrual information has proved difficult to understand due to the emergence of family planning practices. You could find that upon receiving the injection, one could spend even up to one year without experiencing her menses. And so there are symptoms of severe headache but hinders menstruation. Family planning practices have been one of the causes of irregularity and that is why we may not have adequate information. We only know that family planning practices, and menstruation happens on a monthly basis and that is our understanding. Just like men know very well that it is a monthly process, but then when these family planning practices emerged we are not able to understand because at times it could be delayed for months or up to even a year.

**M: Number six.**

R6: Ber ka wabedo gi information mar wach mar monthly period koro eka kata e ute wa wanyalo komo nyuol, wanyalo ng’e nis ani en Tarik maber mwanyalo riure, sani okober, ber ka wan gi information no ka joma chuo.

R6: It is required of us to have the information on menstruation so that we can practice family planning within our houses. We could also understand the safe days to have sex and unsafe days. As men it is very important that we have that information.

**M: Tiparo ni wanyalo miyogi information ni nade? Chuo manie community kuchocho, how do they get this information? Yore mage ma wanyalo tio godo mondo this information about menstaration ochop e kila nya ma dichuo kuonde ma gin tier e community, kuond ma gidake? Ways mage ma wanyalo reach gi godo miogi information ni? Yes, number seven?**

**M: How do you think we should pass this information? Those men within the community, how do they get this information? What channels could we use so that this information about menstruation could reach every man to where they stay within the community? Yes, number seven. In what ways can we reach out to them to pass this information to them?**

R7: Wanyalo timo gi ma iluongo ni civic education ni community through community participation mondo omi gino ochop ni community. Nikech ka wawacho e hall ka, seche moko mana a few, but outside there nitie joma matin ma ok nyal ng’eo ka okwa teronegi, to kama wanyalo rome gi ji mang’eny, kama wanyalo bede gi groups ei community wa kucha, ka wachoko gi ka wadwa timo public participation, to wawacho ni public participation wan go mar gima kama kama wadwa sensitize the people about wach mar komo nyuol, kata wach mar monthly period, to waluongo ji to wawuoyo go. Apani mano e yo maber ma wanyalo tio go, mano yo maber ma inyalo yudgo dhano.

R7: We can do something called community civic education through community participation so that this can reach the community. This is because, if we talk in this hall, sometimes just a few but those outside will not get it unless we pass it down to them. But in the communities where we come from, we could meet and reach out too many people. During public participation if we all mobilize them; we could state the reason for public participation is sensitization about family planning or rather menstruation, then we mobilize and talk to the people. I think that is the best way to use it, that is the best way to reach people.

**M: Another way?**

R3: Anyalo mana jiwo kanyo, nikech ing’e ni kaka wabedo ni, wabedo joma tin okwanyal spread e ahinya, koro sa ma waluongo jii kata e hall moro ni keluru kata jomoko pradek, mondo sama gia, watemo raise gino mondo odhie ground kabisa …e community.

R3: Just to support that; you understand that if we gather like this, we become so few that we cannot spread that information to a larger extent. So when we mobilize the people even in the hall, say thirty, so that when they leave we could have raised that issue to reach people at grassroots within the community.

**M: Mhh, ng’a ma Chielo, number six.**

**M: Okay, next person. Number six.**

R6: Nitie media, kata e radio inyalo kel kata e program moro e radio, miwacho wechegi, koro mondo gichop ne joma ng’eny.

R6: There is media or the radio. There could be a program introduced at the radio station to address such issues so as to reach many people.

**M: Yes, number one?**

R1: Aneno kata program mar Penj lak tar moro ma aja nenoga e ramogi cha.

R1: Even the program within Ramogi called “Ask the doctor” which I always follow.

**M: Penj laktar.**

**M: “Ask the doctor”**

R1: apani onyalo konyowa e gimoro kabila ni, kaka mama cha samoro aneno ga oluongo lak teche, laktechego wacho about periods, monthly periods, kaka min attend, apani be onyalo kata ka wabedo ee udi kendwa, ka nyithindo samoro osenindo, kata wan joma chuo onyalo gajowa kuondego.

R1: I think it could help us in something like this. Just like that woman does invite doctors who would talk about menstruation, how women go about their menses. It could even happen if we are the two of us in the house and suppose the children are asleep. So even as men it could enlighten us on such issues.

**M: Mano ber. Koro ka wadhi mbele, uparo nade kuom ine kata nyiri ma dhi e dwe, ang’o giri ma okonego gitim, kata ang’o ma onego gitim e kinde ma gidhi e dwe? The Dos, and Donts, during menstruation, ang’o giri ma okonego bedni gitimo, to ang’o giri ma onego bedni gitimo sama gine e dwe?**

**M: That is good. As we proceed; what do you think about women or girls who experience menstruation, what is it that they should not do or what should they do while they are menstruating? The Dos and Don’ts, during menstruation.**

R1: Sama gine dwe, ka en ja usiku sacco, to aparo ni okonyal we dhi e tije mat usiku sacco no, nikech kanyo e gima onweng’e, aparo ni nanenoga ka sirikal nokeloga mipira moro chien ka, ma round moro kama, neneno kitem nyisega samoro e TV kaka idwa ni otii, aparo ni ka serikal biro kelo mpira no, mondo ochop kata ka nyiwa matimo weche mag usiku sacco go, apani nyalo konyo, koro onyalo timo a timo gireno, okapar ka koro remo cha…ka ng’a ma dichup nyalo yudo rembe cha. Apani ni mano bende nyalo konyo (ambulance passing) koro onyalo dhia dia gi tije no nyime koketo mipira machielo.

R1: Whenever they are in their menses, if she is a sex worker, I think she cannot stop going to her sex work. Because that is where she earns a living from. I remember there was a time the government introduced a certain condom, it was this round. I saw the same being demonstrated on TV on how it should be used. I believe that if the government can bring this condom to reach our sex workers, I think it can help. She would just go about her business and I believe that even a man would not see her blood. I think that could also help (*ambulance passing*) and so she could continue doing her work after replacing it with another condom.

**M: Yes, number five.**

R5: Eee, gimanyo kik gitim, aneno ka gitio ga gi pampers gi, pampers gi apani nyalo affect.

R5: Yes, they would look for other ways. I do see them use these pampers and I think it would affect them.

**M: Ni pampers?**

**M: Do you mean pampers?**

All: Pads

**M: Yes, yes.**

R5: Nyalo affect gi. Koro mana kaka jang’ad bura nowacho, oponi ni nitiere way moro ma ginyalo time morogore gi macha…samoro gicha nyalo timore ma kata kidhi gi nyako tiwinje ka odung seriously.

R5: This could affect them. Just like the prosecutor said, I think there could be a way in which it could be done differently from that one. At times that could happen while having sexual intercourse with a girl and you would feel her smell seriously.

**M: Koro ango ma okonego otim sama odhie e dwe?**

**M: And so what is it that she should not do while menstruating?**

R5: Koro okonego bed ni otuio gi gino sana sana, koponi nitiere way moro ma serikal nyalo timo, tonyalo bedo maber.

R5: She should not use that thing most of the time, in case there is a way in which the government could help then it could be better.

**M2: Okonego gitii gi pads sana sana?**

**M2: She should not be using sanitary towels most of the time?**

R5: Yes.

R: But an kod different opinion, kaka owinjore gitim.

R: But I do have a different opinion on what they should do.

**M: Yes, go ahead**

R: Nikech ing’e ni en gima adiera nis ama dhako dhi e monthly period, en ng’a ma koro ogak, dhouluo ma kawaida ma thurwa luongo ni ogak, yaani ong’amo ting’re koro ochalo ng’ama nigi msigo moro, ma okowinjoe ni ichop kata kuome. To nikech seche moko, nyiwa ma sani oloke kaka hala, en odonje usiku sako, to in dichuo madwa dhi ire, to ki ng’e ni sachemoko ing’e ni otimre nade…odhi malo, onedgo bedni ni ibedo kod protections, kata ka gin kod gik ma gi nyalo tiogo ma protect gi, mondo kik dichuo odhi oyud uchafu makaka. Nikech ka monthly period, sechemoko iboyudo ka sechemoko idhi kuome, to sama idhi kuome ni ibiro a kanyo ka sechemoko okiwinj maber, ibor winjo k seche moko en gi harufu, or inwang’o ka in iwuon ma iya kuome, in midhi bedo affected, kak n’a ma dichuo, ibiro yudo ka in kod some problems ii, iwinjo ka chal ng’a ma oywa gum, koro ii rami, piny ii rami, ieinjo ka duong ni no be koro seche moko chiire chalo ma…ichal nga ma ochamo gima ikber. Nyiso ni ka ber, ka chik wuon wuon ma kawaida to okowinjore gi bet kanyo kinde magidhi e monthly period, mano gima kik gitim. To ka ber ni koro giloke ohala to gimany protection ma ginyalo timre nade…maginyalo geng’re go mondo kik remo richo bie kuomwa jodala wa, wahinyre e gini.

R: You understand truly that whenever a woman is menstruating, she is considered impure. In our normal Dholuo language she is said to be impure. I mean she is a person with a heavy load and she seems to be carrying a certain load in that one is not advised to come closer to her. But then, since most of our girls has commercialized it, she has ventured into sex work. And being that as a man you come to her unsuspecting that she is on her menses, you should be having some kind of protection. Even if they have things you could use to protect yourself to prevent the man from contracting the dirt. This is because you could go to her while she is menstruating and leave that place when you don’t feel comfortable. You will get the smell from her or you may find that you might get affected. As a man you acquire some problems within your lower abdomen, you will feel as if you have been inhaling some chemicals. You feel a stomach ache; you could feel uncomfortable in your penis as if you are eating something bad. This means it is recommended that one should not have sex whenever they are on their menses. They should never do that. If at all it is commercialized they should look for protection measures that they could use to protect us from the dirty blood, we are hurting my people.

**M: Number eight.**

R8: Aparo ni nyiro g okonego bed ni gitio gi tissue, tissues are made from…ilose gi chemical mang’eny. Koro when they stuff them inside apani gibedo gi tuoche moko e igi kanyo ma okginyal fwenyo chon. Owuo kodgi giwe tio gi tissue, gi stuff in, nikech giremo ga avoid mondo kik remo no onen, nikech ng’a ma dhako to en wich kuot kone rembe no. Koro ng’eny ne gi pacha ang’eni gi stuff ga tissues.

R8: I think those girls should not use tissue paper, they are made from many chemicals. So when they stuff the inside, I think they introduce some infections within them which they cannot detect at the early stages. So they should be told not to use the tissue papers. They do that whenever they are on their menses to prevent the blood from being seen. This is because it becomes embarrassing whenever the blood is seen from women. So according to me, in most cases they stuff tissue papers inside.

**M: Namba Ang’wen. An’o ma mon onego tim, especially e rito ler sama gidhi e dwe?**

**M: Number four. What is it that the women should do, especially in maintaining hygiene during menstruation?**

R4: Rito ler?

R4: Maintaining hygiene?

**M: Rito ler mar dhie e dwe.**

**M: Maintaining menstrual hygiene.**

R4: Lure kaka ng’at ma nyako en, nitiere jokma olil, makata kitemo puonjo, ok puonjre, to nitiere moko maler adier makata ka e malo, be okobi ng’eo ni chieng’no. Koro gi ma osiepna no owacho, tissue okonego itigo, ng’ato ka nsenyuolore ng’a ma olil, en olil makata en malo, olil. Ero kamano.

R4: This depends on the girl; there are those who are unhygienic however much you try educating them, they won't understand. But there are some who are truly hygienic even if they are menstruating and you will never detect that. And so what my friend is saying is that tissue paper should never be used. Once someone has been born unhygienic, she will remain dirty even during her menstruation, she will be dirty. Thank you.

**M: Koro ang’o ma onego gitim mondo gi maintain ler no? Yes, numbe seven.**

**M: And so, what should they do to maintain that hygiene? Yes, number seven.**

R7: Aparo ni koka ler ma owinjre, jogi onego puonj joma mine keep ler, en ni gini chakre kuom ng’a ma dhako owuon, nikech sama idhi e monthly, dhako owinjo oluokre nya didek odiechieng, luok wuon wuon, en na luok, ochako luok okinyi, ochako luok saa uchiel, godhiambo kendo oluokore, ka ber oluokre kata di ng’wen. Bas, nitie tio gi baranget, iluongo ni onget, yiecha yiecha onget to itiogo kaka pad, nikech seche moko oonge pesa ma dhi nyieo pads ka, to nikech oonge pesa to remo ni osetimore nade…be gin gik mosechopo timrega dakika ka dakika, koro okao baranget. Ting’eni baanget ni nigi buru, to buru gi already o smell gi, ing’eni ng’ama dhako o smell, buru no chalo muya, ywaga ywaya muya, chalo umi, koro ocjhako yudo tuo, koro ka in be ibobire ma emabiro kelo infection kuom ng’a ma dichuo, to duchuo ochako guonyo duong’ne, kor ka ibobiro duchuo nigi nyach, to gini ochakore kama kama, mago kelo…kor nyaka gi avoid tio gi gik mokowinjore itigo sama gidhi e monthly period, giti kod necessary things.

R7: I think that in matters of cleanliness it is important, these people should be educating women on maintaining hygiene. It only starts from the women themselves, this is because women should take showers thrice in a day during menstruation. Just the actual bathing, a full bath in the morning, at mid-day and later baths in the evening. She should even bathe four times. Then there is the use of a blanket, she would tear a piece of blanket and carry it just like a sanitary towel. This is because maybe she doesn’t have money to buy the sanitary pads since the menses could have come unexpectedly and yet she doesn’t have the money to buy the pads, such like happen every time. She takes the blanket which could be dusty and the dust could lead to her smelling. The dust is like air particles which would absorb just like the nose. This could lead her to being infected, now when a man comes in to have sex with her then it will lead to you getting the infection. Then the man would start feeling itchiness in his private parts. This could even lead to the man getting STI and it could start that way. So they will have to avoid using such unaccepted supplies whenever they undergo menstruation, they should use the recommended things.

**M2: An gi penjo kuom number seven, gi number achiel, number seven iwacho ni they should bath at least three times a day.**

**M2: I have a question to number seven and number one; number seven you have said that they should bathe at least three times a day.**

R7: Yeah.

**M2: Kata ka odhi tich?**

**M2: Even while at work?**

R7: Kuonde mag tije tinende nitie bathrooms, nikech odwa keep mondo omii obed safe, ingeni dhako ka dhi e monthly period, by saaa…kodhi gokinyi nikech en gima tin dakika ka dakika, kodhi to ni ofundre nyaka saa auchiel, already ibo winjo ka en nga ma dung, en gi harufu, koro kuonde mag tije, sani nitiere bathroom, onge sani offices ma onge bathrooms kod choche, kata kuonde ma witie wanyalo dhi kanyo ka ng’a ma dhi kata olo pi, to oselaure kanyo. Onyalo kata wacho nang’o, okoluko dende te, odhi to oluoka luoka duongne no kende to oduogo. Donge wan kod mine gi e udi, nitie dhako maluoka luoka mana duong’ ne no kende, ma be nikech odwar ni ichop kuome koler, koro gino ema okau bes gi pi…baas, osega …

R7: Nowadays there are bathrooms at places of work. Since she would want to keep safe, you know when a woman is on her menses from morning since it is something that drops every minute. Then it becomes enclosed until mid-day, already she would start to produce a smell. Now that there are bathrooms at the places of work, there are no offices without bathrooms and toilets. Even at our places of work we could go to the bathrooms as if we are going for a short call, then you find it has been dropped there. She could even decide to wash his whole body or she would just go and wash only her private parts and return. We do stay with these women in our houses, some women only decide to wash their private parts only. At times you would want to meet her while she is clean, then she would take water in a basin, then she is okay.

**M2: Number one, niwach ni ne nitie campaign moro maserikal ne nigido, niwach ni mpira?**

**M2: Number one, did you say that there was a campaign by the government about condoms?**

R1: Moluorore kamae.

R1: It looks round in shape.

**M2: Ma ne government of Kenya koso?**

**M2: Was it the government of Kenya or?**

R1: Government of Kenya, naneno kinyise machiegni e TV.

R1: Government of Kenya, I saw them recently on TV.

**M2: E TV?**

**M2: From the TV?**

R1: Yes.

**M: Ero kamano, koro ka wadhi mbele, uparo ni ang’o giri ma nyalo mio joma chuo obed gi paro mopogore, e weche mag dhi e dwe? Nikech kaka wase discuss, wawinjo ni nitiere jomoko ma okong’eo adiera mag weche mag dhi e dwe, to nitie jomoko ma be nigi full information, koro ang’o giri ma uparo ni inyalo tim, mondo joma chuo obed gi paro mopogore kuom dhi e dwe, kata weche ma otenore gid hi e dwe. Ang’o giri ma wanyalo timo, kara wanyalo paro mondo joma chuo manitiere e pinyni, obed ni wan Kisumu kae koro kaka wan Kisumu, ang’o giri ma ginyalo bede go mondo gibed gi paro mopogore e weche mag dhe e dwe? Nikech dhi e dwe wase discuss ni en normal, donge? En gimatomore ne joma mine, koro anyo giri ma wanyalo keto mondo obed different. Yes.**

**M: Thank you. And so as we proceed, what do you think can make men have a changed attitude towards issues of menstruation? Just like we have discussed, we have heard there are those who don't know the facts on menstruation issues but there are others who have full information. So what are the things that you think should be done so that I should have a changed attitude towards menstruation? What is it that we should do or we could think so that men who are in this world. Be it that we are in Kisumu just like we are right now. What is it that can be done to make them have a changed attitude on matters of menstruation? We have just discussed that menstruation is normal, right? It is something that happens to women, what is it that we can introduce to make it different. Yes.**

R: Aparo ni gima nyalo mio chuo obed kor paro mopogore en dhano nyaka bed sensitized, ka puonj ji, nyaka obed kod a lot of discussions about wouye abot monthly periods. Kuonde ma wantie kaka places ma watie, nyaka wabed kod open discussions, ma onge luoro wang’ nikecjh the problem ma waromogo en ni, nitie joma nigi wichkuot, ma wecjhe bilago ng’ato wacho ni an owara, an aja yesu koro okadwa wechego, koro okonyal chiko ite ma mondo obed informed about gik ma wawuotye gi, but ka ber to onego bed ni ka ber, places, kata kuonde mag worship, kaka kuonde mag lamo, kanisisni, onedo bedgi ipuonjeji, kata kanisa ipuonje ji. Nitie time ka koro kawa kawa time mar puonjo ji lesson mag weche kaka ji odak, kod challenges ma dhano romogo e udi, koro gini mondo wabed kod paro mopogore opogore nikech kuong gini, nyaka dhano bed sensitized, nyaka mi mondo wabed kod open discussions kuonde ma wanitie.

R: I think that the only thing that can make men have a changed attitude is that human beings must be sensitized, when people are educated there has to be a lot of discussions concerning menstruation. These places that we are, we have to have some open discussions without fear, this is because these are some of the problems that we meet people who shy off from talking about such issues as others would say that they saved. I believe in Jesus and don't want such issues, and so they would not want to listen to such issues or rather to be informed on issues that we are now talking about. But I think if it is okay, it could be good if such places like places of worship, like churches should be targeted for sensitization. There are times when people are being sensitized to family life and challenges that people encounter in their households. So, in this case, for us to have a changed attitude, people have to be sensitized and we have to have open discussions in the places where we dwell.

**M: Okay number three.**

R1: Dhi e dwe en gima koro nyaka puonja puonja eka wa joma chuo wabong’e maber, nikech iyudo ka gigi te gin gik manitie, ing’e maber ni mamana be nedhi e dwe, omio en gima wang’e ni dwe en gima nitie, koro kaka ipuonje ni, en gima wabong’eo matut ni dwe ni en gima chal nade. Wabong’e.

R1: Menstruation is something that must just be taught and that is when men can really understand it well. This is because all these exist and I do understand that even my mother experienced menses. Then we do have to accept that menstruation is here to stay with us. Now, as it is being taught then we will have a full understanding of menstruation and how it looks.

**M: Number two.**

R2: Ero kamano, Dhi e dwe ni, to odwaro puonjno, nitiere nyiri kata mon, ma en en I don’t care sama odhi e dwe. Number one, oler gi oko lakini olil gi iye. Aseneno moko, nyako ode date an, to kasedhi ma wang’ado room to kogonyore, to awinja winja kodung sindalequesting (Probably to mean horrible (group laughter) awe pesa ni e room Katito ka ma chiek olal.

R2: Thank you, menstruation is something that requires sensitization. There are girls and evem women who become careless whenever they are menstruating. Number one, she is one who is clean from outside but very dirty from inside. I have seen some, I used to date a girl and when we had booked a room and after she had removed her clothes. I was hit by a strong stench (*group laughter*). I just left the room when my sexual desire has diminished, leaving my money behind as I run away.

R: Mano kisungu?

R: Is that the English language?

R2: En gima dung’ a dung’a dung’ mogik. Koro sana sana kar ler ka, dhako oknyal wuonda ni olukore oler gi oko to iye to olil dung, koro ler no, gik modhi soyo kacha ma okabi wuoye go to nyaka bed gik maler. Abo mana siro kama number three owuoye, mawacho ni nitie kata moko mang’ado kata blankets, bora ni odino go kanyo, koro buru cha, dok iye, koro sama orado gi dichuo ma giseherore ma gisewuoye ma itere onyono gwendi moro, koro ka chope weche go odhi gonyi gi chunye maler, tiyudo ka kendo koro ochako medi kisran e wi kisran.

R2: It is something with extreme stench. So when it comes to hygiene, a woman will never lie to me that she has bathed and that she is clean from outside but smells and dirty from inside. And now with hygiene, I would never want to talk about whatever she would stuff in there, but they have to be hygienic stuff. I would like to support what number three has mentioned, that there are those who would resort to using blankets just for the sake of obstructing that place. And so that dust gets inside her and during sexual intercourse the dust gets inside. When you guys meet and you have taken her to eat your chicken and it reaches a point when you would want to have fun and then you meet the unexpected misfortune.

**M: Onge wach. Namba abich in gi wach?**

**M: No problem, number five do you have something to say?**

R5: Eh, an to wach madamedi ka, to en mana luor ema jii nigi luoro e weche mag sex , koro kar ka…nikech kaka nipuonjo ukimi cha, mane dhano donjo to puonjo okimi cha, karka dhi malo ni, kaka aneno uchake ni, heri upuonje mondo odonj kuom ji, nikech mondo kik okel tuoche mang’eny, nikech tinde piny obiro marach ma , tuoche ng’eny, koro sama koro wapuonjo mondo koro gini odonj e ground,to an da kwa mana ni wadonj kaka nipuonjo weche mag okimi ka, aneno ko konyo jii sana.Nikech jii nokobedo gi luoro, nidhia dhia ir ng’ato ni bwana, ukimi en gima kama kama , tipuonjo ji, koro mana kaka uchake ni, wayawe uru malach wapuonjuru jii, ka nyaka ndani ndani.

R5: Yes, as for me there is an issue I would like to add here. It is only that people fear talking about issues about sex. Just like the way HIV/AIDs was being taught, just when people were being sensitized about HIV/AIDS when it emerged. Now when it comes to menstruation, just the way you have started it is better you sensitize people on this so that they get to understand it to avoid development of more infections. In recent days there has been a prevalence of many diseases and at this time when we now focus on the sensitization to spread this word to the grassroots. My sole request is to continue sensitization just like how HIV/AIDS was done because it did help people so much. This is because people did not shy off from telling others what HIV/AIDS was, just like you have just started it from here let us spread our wings and reach the far and beyond of the grassroots.

**M2: Koro jomage monego…nipuonjo wach okimi nang’o, to jomage monego puonj wachno?**

**M2: How was HIV/AIDS sensitization being done and who should do the sensitization.**

R5: Wach okimi okaneno ka be mana, mana bedakteche gi okemanong’eo nikech negipimo ji. Koro gin ema negikelo ji mane puonjo ji, kaka samoro organization mor obiro moa kata oko, ginyalo kelo, kata giriwore kata gi county governmemt, to gikelo kony moko. Koro kinyalo kel funds moko monndo omii gini opuonj maber, piny tinde oidho makipuonjo pesa nmyaka bed e iye.

R5: I did not see much on the issue of HIV/AIDS and it is only the doctors who could understand because they are the ones who were in charge of testing. It is them who led the sensitization. Other organizations would come from overseas, partner with other county governments as they bring forth aid. They would bring funds to facilitate sensitization and the world is waking up to the fact that facilitation is never possible without money being involved.

**M: Mhh.**

**M: Okay.**

R: Eee okinyal luongo ng’ato to obet to owuok, gidwaroga gimoro matin, koro sama oa to inyise nis ama iya kaa tem ilandi, sama iwiouk iteme spread information ma iya go ka. Koro ing’e information ms iya go ka.

R: Yes, you cannot mobilize someone without any incentive. Then you could encourage them to spread the information that they have received from the sensitization.

**M: Ero kamano. Ka wadhi mbele, sama mine kata nyiri dhi e dwe, ng’a ma onego bed responsible mar nyieone sanitary ware, kata gik ma otiogo sama ene period, especially girl friend ni, obed sex worker kata jaodi manie ot. Namba ang’wen.**

**M: Thank you. As we proceed; whenever women or girls are on their menses, who should be responsible for buying the sanitary towels or rather what she would use during menstruation, especially your girlfriend, be it sex worker or your married wife? Number four.**

R4: Gimno itegemea ne ng’a mawuoyo, ng’a ma nyako kosenyisi ni kawuono Tarik mara, obiro biro nyisi ni kawuono to an marach, konya gi silling…pads donge en fifty bob, inyalo nyise ni tera e supermarket, i’nge ni owuon to okobi nyisi, to kochopo kucha kode e supermarket, to iboneno koting’o trolley ni cha, odhi okwanyo ni ma gimakao, koro gino en gha mar jo ma chuo mondo onyieu.

R4: That would depend on a man, when a woman has told you that today is my day. Then she would tell you that this is my bad day to assist me with some money; a packet of sanitary pads is only fifty shillings and you would tell her to lead you to the supermarket since she would never ask that of you. Whenever she reaches there, she would pick the trolley and pick whatever she needs. And so such expenses are on men to offset.

**M: Namba auchiel ng’a ma onego nyieu pads, obed ne girlmfriend ni jaodi, kata sex worker midhigo, ng’a ma onego ma onego nyieu sanitary ware?**

**M: Number six who should purchase the sanitary pads, be it your girlfriend, your wife or sex worker whom you have a sexual relationship with; who should be covering the expenses of buying sanitary ware?**

R: Lor. lure ne gi yuto, yuto ma un go, to ng’eny ne t aneno ga joma mine gi sama otimo shopping ne, to ineno ni onego bed ni kosechopo tarig no …tokata kimie pes ani odhi otim shopping, ineno kokanye en be okete achiel kuom shopping.

R: It depends on your income; but in most cases I would see women whenever they go shopping and you have seen their cycle is around the corner then if you give her money for shopping then you would see them as one of the items to be bought.

**M: Mhh. Koro responsibility en mar ng’a ma dichuo mondo omii ng’a ma mio pesa, koso en mar ng’ a ma mio mondo opar kende ni pes ani nyaka ang’na bwas moro matin mondo anyieu godo pads? Pod an gi number auchiel (Group laughter)**

**M: Okay, so the responsibility is bestowed on a man to give a woman money or is it for the woman to think by herself to take part of the money given to her as shopping money to slice and buy herself sanitary pads? I am still number six. (*group laughter*)**

R6: Oh. Ema nyisi ni lure sechemoko an nepoka yudo to en en gi mare moro matin modirego, mong’eni okobi rita.

R6: Ooh, as I was telling you that it depends; sometimes I have not succeeded in getting money but then she has some savings of her own that she could use as she knows that she can never wait for me.

**M: Number two?**

R2: Aneno ni ng’a ma mio eme lweny ma pek no ochimo, koro otii gi wie, en gi lweny, owek rioto ni nyaka amie, owek rito ni nyaka wadhi kode Tuskys koko okau oketi, korro one kata kaka obwaso wie matin matin but en ema lweny no ochikem koro gino nitie kuome.

R2: I think that the woman is the one to confront the bull by its horns. And so she should use her common sense that she has a fight and she should not wait until I give it to her. She should never tell me that I must go to Tuskys so that she could pick and drop. And she should think of a way in which she can slightly ration the budget and that she is the one in control and the problem is entirely on her.

**M: Namba adek.**

**M: Number three.**

R3: An aneno ni joma mio ene nyieo gini kendgi, nikech samoro inyalo kata po ni okane kamoro obuogi ni Ee! ma ang’o? Kara nosenyiewe chon, okane ga akana, koro en joma mio ema nyieo gini.

R3: In my opinion, women should buy this themselves, this is because at times she could keep it somewhere and get you surprised and asking. “Yes! What is this?” And that she had bought it long ago and she just kept it. So I believe it is the woman who should buy it.

**M: Yes, number five.**

R5: Ee an be adwaro mana chomo ka jabura no, en mana ni gino to …an ing’e ni wia will okda par ni to ma ni? An ma sama adwaro gimoro cha, to madonyisa tanyise ni odhi omanye, koro en ma gich oparo, ni e wie.

R5: I would want to second what my fellow participant has mentioned; it is only that I would forget about this thing. I would only think of something whenever I need it for use and that is when I would tell her to go buy it. And so it is only her who thinks of this thing and it is on her head.

**M: Number eight.**

R8: Aparo ni ka wasebet gi mon gi e udi, chal ga ndalo ma rgi mag dhi e dwe go wilrega, onego bedni ing’eo ni jaoda cha to koromo Tarik aboro to odhiga e dwe, koro it should be in your plan ni gino onego bedni entie godo.

R8: I believe that once we have married these women, it seems that their monthly cycle keeps on changing. You should always be aware that, “my wife experiences her menses on the 8th “, for instance. And it should be in your plan that she must have these.

**M: Number one.**

R1: Apani bwana wacho gimoro kanyo, ot kusebete to un gimoro achiel, date to obiro mopogore, to kata an owuon, kayudo nya silinga moro ma dhigo shopping, to ang’e ni dwe chiegni, to anyieo anyiewa gino to aketo kanyo nikech gimotiogo, anyieo anyiewa gino to aketo kanyo to akowone e ot, nikech gino ka okinyal nyiewe to kata panty okinyal nyieo ne jaodi, koro an gino anyieo anyiewa wich kuot no aonge go.

R1: I think there is something the guy is trying to say; once you are married then you become one thing. But then, the cycle might fluctuate and so even myself, if I get some and decide to go shopping and I understand that the monthly cycle is around the corner. I would just buy that thing and put it in the house, this is because if you cannot buy that thing then you cannot buy your wife even a panty. As for me I would just buy that thing and I do not shy off.

**M: Number seven.**

R7: Wach mar ng’ano manyalo nyieo ni, en wach matek ahinya nikech seche moko yuto ni nipiny, to mama yuto n ni malo, to nikech okwan ga aware ni monthly period biro kara ang’o, kwendo gima ji…kata chuuo mineno ka wuotho oko kae, ng’eny chuo mani oko kae okodich ga ni dhako dhi e monthly period, mano gima okgiketoga pachgi, emomio en onyalo goni agoya simu ni kawuono en …in ema ibogae nang’o, ni “Ah! Ah, kawuono piny okethore kik watim nade…An minena ka kawuono ni adwa wuoyo kaka XXXX, gino asenyiewe matin, dhako asedak go higni madhi apar, lakini gini aseyiewe matin, ndalo madhi nyiewe akwana kwana, lakini ng’enyne to mama ematimore nade?

R7: This issue of who should be responsible for buying is a very difficult one because at times there could be low income generation but the woman has a higher income. And so because we are never aware of when the monthly cycle elapses, and even most men out there do not care about their women’s menstruation cycle. They do not keep that in their minds, and that is why she would just call to tell you that today she is on her menses. Then you would put her on hold, “No! No! Today is not the best day. We should not do this,” Sitting I am a witness of what we are talking about, I have bought on rare occasions and I have lived with my wife for more than ten years. The days that I would go to buy it are countable but in most cases it is the woman who buys it most of the time.

**M: Emanyieo.**

**M: Is she the one who buys?**

R7: Emanyiewe, to gimomio otimo kamano, nitie nyaka nyiothing ma wan go e ot, ma sechemoko nyara ma bende osebedo ng’ama opong. To Nyathi oknyal choma ni baba dhi nyiuna Giono nike wich kuot, koro min gid hi nyioego ga gini, koro oketoga store mar gi mar pads go, koro kanyo an koro okachopie, nikech an be ng’ie no okadwa ga ng’ie nikech ogeng’onaga tich (*Group laughter*) sama adwaro tich tokoro ogeng’o koro anbe okadwar ga an ni kiwuoga kuome to okadwar ga.

R7: She is the one who buys, and the reason why I do that is that we have children in the house and sometimes my daughter is of age. And the girl cannot approach me that dad will buy me this due to shyness. So they have been going together with her mother to buy such. So I have set aside a store for their sanitary towels and I don’t get near the place because I would not want them to know that I am aware of their condition. (*group laughter*) There is a time that I could be in demand of sex and this could jeopardize that and so I would not want that.

**M: Okay, do you think kaka ng’a ma dichuo manie ode…should a husband know when the wife is mensurating?**

**M: Okay, as a husband living together with his wife, do you think that one should be aware of when his wife experiences menstruation?**

All: Yes.

**M: Is it important?**

R: Very much important.

**M: Why? Number six.**

R6: Donge nikech sechemoko udwa riuru to odhi e dwe, aya sechmoko ukomo kata nyuol, udwani mondo umed Nyathi moro, koro onefo bed ni ing’eni magi tarige mokonego bedni adhi kuom mama ni, koro ber king’eo Tarik.

R6: This is because at times you would want sex with her but then she is on her menses, better still you could be under family planning and you would want to add another child. Now you should be well conversant with her menstrual cycle to understand her safe days, it is very very important that you understand her menstrual cycle.

**M: Mhh. Ng’a ma cheilo.**

**M: Okay, any other person.**

R: Donge aparo ni kata kinde ma chon, nenono ka mon ne koma koma nyuol without tie yien ma ti ichuoyo e bedegi, moko ma tii ichuyo sandan gi, mione ne koma koma nyuol, kendo ni nwang’o ka Nyathi onyuol in the right time, inwang’o ka Nyathi onyol higa ni to moro idwa nyuol…kawuono wanie 2023…2022, ibonwango ka romo 2025, yaka kendo dhako omako ich, to kinde no gigo ne onge. Pads ne onge onget emane nitie. Gik mowe ma tii itiogo sani gi neonge, but nikech negiwinjore e paro, koro gini nyioso ni nyaka wariu paro, kaka family. To nikech tii paro ogwenyre, dhano okwinjre, dichuo ochomo ku, mama ochomo ku, kata ginio sama ibo dware samoro ibodware gi ang’enge, mama oramo ni gini nitie, dichuo wach ni ere kaka idhi kawuono, ere kaka idhi, ing’e ni en okodwa chiko ite ni Nyasae ema okelo gini (Group laughter) gini biro bedo nade…mochun nyaka mama ni ma odhia dhia nyaka gi remogo te.

R: I believe that even during the ancient days, I could see women practicing family planning even without the drugs that are inserted into their arms. Even for those who are injected, a woman could plan her family and you would find that the children are born at the right time. For instance, the child spacing was just okay, say we are in 2023 or 2022, then you will find that until 2025 and that is when the woman would conceive again. But then during that time there were no modern methods of family planning. There were no sanitary towels but blankets. The things that are used today were not available. And being that they came to an agreement, and so we have to come together as a family but then since there exist disagreements, people have conflicts; the wife and husbands have their own ways of doing things and at times you will have to apply force to get sex. The wife would insist that she is on her menses but the husband demands an explanation why such happens only when he is in need. The husband would never understand that this is naturally made by God (*group laughter*) and how could this happen, this could lead to forceful one until the wife gives in even while she has blood on her.

**M: Matiende ni onego bedni discussion bede e kindu gi partners u about menstration?**

**M: Which means there should be a discussion between you and your partners about menstruation?**

R: Yes.

**M: Mano uyoego uduto?**

**M: Do you all agree to that?**

**All: Wayie.**

**All: We agree.**

**M: Number four, ne in gi wach?**

**M: Number four, you have something to say?**

R4: E nadwa mana jiwo kanyo niber ka ng’ama dichuo nigi information, nikech at times this thing almost leads to war e ot ka, ineno ng’ato ni iridona, but this thing is real ineno ni nitie, but koro iwach ni dhaklo neno ng’a ma Chielo, ose tieko urge ne gi ng’ama cheilo koro in oonge kodi gi haja. So its good that the information be there.

R4: I just wanted to support the issue that a man should be having information. This is because at times this does lead to a disagreement within the house. Someone might think that they are being denied but then this thing is real and one may think that the wife has an extra-marital affair. She has just satisfied the urge with another person and that she doesn’t need you anymore. So, it is good that the information is available.

**M: Okay. Ka wadhi mbele, uparo nade e riuruok e kind ng’a ma mio gi ng’a ma dichuo ka ng’a ma mio dhie e dwe? Having sex with a woman when she is menstruating? Uparo nade wachno, what do you think? Yes, number one.**

**M: Okay, as we proceed; What do you think about having sexual intercourse when a woman is in menstruation? What do you think about that? Yes, number one.**

R1: Apani ber to oken gima ber ka in …ka en jaodi ma in go e ot, to onego iweye aweya ma Chieng tiek periods.

R1: I don’t think it’s a good thing, in case she is your married wife then you should wait until she is through with menstruation.

**M: To koken jaodi?**

**M: What if she is not your married wife?**

R1: Ka oken jaodi, ka in ng’a ma nigi tamaa eki chamo ng’a machuer, to ka ionge tamaa be iweye aweya, kata ka osea Migoro, ma ochamo gwendi kodhi e room koko onyisi ni en marach, be iweye aweya, ichaki chwade mana transport odok.

R1: If she is not your wife and you are a sex addict then you will have to have sex with someone bleeding. But if you are not a sex addict then you will have to hold on. Even if she is a girlfriend and she has fed on your chicken but later you find out that she is on her menses when you are about to have sex, then you will have to hold on and you just give her fare as she goes back.

**M: Yaani gweno ni emagiher, number two be nowacho ni Gwenda, Gwenda, (Crosstalk). Number one dhi mbele.**

**M: You mean it is only chicken that they like, number two has just mentioned “my chicken” (*talking in chorus*). Number one proceed.**

R1: Sama koro ose a Migori monyamo gwendi gi chips mochiko oluoye Tusker Cider neno, in be ing’eni ichamo guiness moro achiel koni ikoni kawuono to adwa rado kodi, fare an ema oro idwa ng’eo ni ang’a manade (Group laughter) kugik e room kacha moseluokore mobiro to onyisi ni “Be ing’e gima timore, okan maber,” Isewinjo gino…okan maber. Okin maber nang’o? Apo mana kadhi malo, iwinjo gino, king’ama nigi tamaa tibiro goni CD nitie ogoegodoa agoya, to CD ni inyalo goye go tinyalo po ka CD ni oyiech, ipoka samoro pok ne idhi kode mung’eo status kaka chal, inyalo po kigamo tuo. Koro an aneno ni ka ber, kionge tamaa, ato aonge tamaa, aweyi aweya achako achwadi transport, tichaki doka doka, koro Chieng moro kolosore ni waromo...

R1: When she has just come from Migori, eat your chicken and add unto that Tuskers Cider, and you are also taking some Guinness alongside as you say that “today I am with you”. I am the one who just sent fare and you will have to know who I am. (*group laughter*) As you reach the room and she has taken a bath then she comes telling you, “Do you know what is happening…” If you are a sex addict, then you suggest a condom and you will have sex. But as you have sex, the condom might burst and you had not gone to know her HIV status and you may be infected. In my opinion, I think that for goodness if you are not an addict with higher urges, as for me I don’t have. I would just leave you, give you fare back and we plan another meeting if everything is okay.

R3: Apani anene mopogoe matin, ma emomio awacho ni problem kata gik ma waromo gi mon gi sams gidhi monthly period, wan eme gi cost wa kaka joma chuo, nikech dhako…kata muma owacho ni ng’a ma dhako okonego nind go sama odhi malo, nyaka itiek, nikech awa lounge ni en ng’ama ogak, but nikech seche moko tamaa kata gombo, ni malo, Ing’ama dhako, mogone simu ni idwa dhi nind go. An agoni simu ni ng’ane kawuono to agombi, ing’e ni mano siro ma wawacho kodi ji adi?

R3: I think I have a different opinion, and this is why I would say that the problems or the unfortunate occurrences that we meet as men are out of our liking when women are on their menses. We are the cause, because you would find a woman, even the bible says one should not have sexual intercourse whenever she is on her menses, but until she is through with menstruation. This is because we consider her impure during this period, but since I have this uncontained sexual urge, I would call this woman and have sex with her. I would call her that so and so today I would want to have you, and you understand it is only a secret between how many?

**M: Ji ario.**

**M: Two people.**

R3: Wek biro ira nikech idhi mia kisran, nikech idhi mio achuni kokamano, kokamani wadhi dhao e yo mokowinjore, afadhali inyisa ni “Wuod wegi, ka in gi siling mia rio moeo toorna acham go gweno, kata chips moro matin ka, gimidwarono, kawuono piny okethore kuoma, kawuono piny onjaore, wabiro romo next week sani pod an malo, to adhi understand in pio pio. Mano dhi mio amnayo way forward. Way forward koro ang’ kaka anyalo manyo. Nikech kibiro to idhi mia gombo, to kichopo ni eka gini okanyalre, already wadhi cause violence. To inyalo weya ni basm nikech gini idwaro to in osiepna, idhi mia gino, ka ise mia, to gikone adhi bedo kod problems ma asewacho ka, nikech kanyo ema idhi nwang’o ka iywa remo maricho, ii ochako rami, dendi koro okber, to ekaka ichako yudo tuoche mopogore opogore, apani mano e en.

R3: Please don’t come to me because you are going to bring me problems, since you may let me force you or we could have an unpleasant argument. At least you could open to me and tell me, “The son of so and so, could you send me two hundred shillings if you have so I could buy myself some chicken or chips but then that which you want will not be possible are things are not okay down there, we would meet next week right now I am still on my menses” I would understand this immediately and this would make look for an alternative or way forward and I know how to find one. This is because when you, you will covet but then this which I desire will not be possible and already this would cause violence and you will give in as I am your boyfriend you will give in to my demands and later this will give me more problems which we have discussed earlier. That is when you will absorb the dirty blood, you will start experiencing stomach ache and your body will not be fit. Thereafter you will start getting different kinds of infections, I think that is what it is.

**M: Number three.**

R3: An gima na dwa wacho be ogusa matin, kobiro to en gi remo, nyaka inyosa nyisa jamani ni kanyo kodonjo, odhi yudo tuo, afadhali jama yueya yueya.

R3: Personally what I wanted to say and this has touched me, when she comes in blood; she will have just have to let me know immediately she arrives. She might get an infection, it better the man to just hold on.

**M: Iparo ni odhi yudo tuo mane sama oriwore gi ng’at ma …**

**M: which disease do you think she might contract whenever you have sexual intercourse with someone who…**

R3: … tuo nitie makelo nikech odhi yudo chafu molil kaka mar remo no, kaka un daktache unyalo ng’eo tuo no, nikech awinjo ni kodonjo okeloga tuo mar ich kach, kata bund ich.

R3: … there is a disease that comes with dirt from that blood, as doctors you are in a better place to know the disease. I heard that when that happens there could be some diseases like stomach ache, or the lower abdomen.

**M: …ka ng’ato oriwore gi ng’a ma mio ma dhie e dwe?**

**M: If one engages in sexual intercourse with a woman who is menstruating?**

R3: ee.

R3: Yes.

**M: Tobedo gi tuo mar ich kach kata bund ich?**

**M: Then could I experience stomach ache or lower abdomen?**

R3: Ee.

R3: Yes.

**M: Koro mago wabo diccuss sama wa discuss kaka menstruation timore. Number eight.**

**M: Let us engage in such when we have a discussion on the process of menstruation. Number eight.**

R8: Nitiere odieching morio na wach Msafiri, nitie mama moro mawachoga kaka ji onego bed ni da, e Citizen, koro there was a n argument ni ng’ato en dereva, oriembo from Mombasa, to Congo, pokoneno dhako dwe achiel, to oyudo nafas to Chieng’no dhako dhie e dwe, en makosa mane ka ng’ano onimdo gi dhako? Is there any transmission of disease mawuok kuom dhako ka dhako ne tuo kata tuo ma obiro kelo, gi pache noduoko ni onge, nowacho ni en ka ina ina sawa, to jaodi be ni sawa, it’s just okay?

R8: There I was traveling and there was this lady who was saying how people should live together in Citizen. And so there was an argument that one was a driver and drove from Mombasa to Congo and she had not seen her wife for a month. Then he gets a chance for a day and finds the wife on menstruation. What could be the problem if the man engages in sexual intercourse with the wife? Is there by any chance that there could be transmission of any disease from the wife or the wife would develop. According to him he said that there isn’t. He mentioned that if you are okay and wife is okay too, then it’s just okay.

**M: Ero kamanio kuom mano. Ka adhi mbele gi penjo, uparo nadi sama ng’a ma nyako dhi e dwe, kata ng’a ma mio dhie e dwe, be nitiere ways moko ma unyalo have kodgi sex. Kata be nitiere yoo ma joma chuo have go sex still ka poni ng’a ma mio dhi e dwe?**

**M: Thank you for that. As I proceed with the questions, what do you think; when a woman is on menstruation or rather a girl on her menses. Are there ways that you could use to engage in sexual intercourse with them or rather is there a way that men could have sex when a woman is on her menses?**

**M2: number seven niowacho ni plan B, ne en gi option, option no en mane?**

**M2: Number even mentioned a plan B, that he had an option, what was the option?**

R7: Option…

**M: Mhh.**

**M: Yes.**

R7: Del mineno wan go ni en gombo, to okinyal wuoyo about plan ab, plan B manyalo bedgo, Nikesh aseikora, ing’eni nitiere ikruok mar dichuo ma dwaro ng’a ma dhako, en gima koro oknyal leng, en paro ma oknyal leng, emomio wan chuo wan jodoho, wan doho wang’enyie, wan mane oyienwa bedo go doho, chuo beda beda gi mon twenty.

R7: This human body is a mystery and you cannot talk about plan a or b. Plan B that I could have and just because I am prepared. There is this preparation that a man could be having in desire for a woman and this is something that cannot be avoided. It is a mindset that could not be avoided and that is why as men we are polygamous; we are so much into polygamy. We are the only ones who were allowed to be polygamous, men could even have up to twenty wives.

**M: Ng’a ma noyienu?**

**M: Who gave you the permission?**

R7: A! (Sorry?)

R7: Pardon?

**M: Ng’a ma noyienu?**

**M: Who gave you the permission?**

R7: Donge ing’eo ni chakre kata chom kata kinde moro ma Nyasae e polo malo kucha, Abraham giri…jokmoko obedo kodgi tanda wuoya, jomoko nigi mia abirio, jokomoko…Solomon giri.

R7: You understand that even from ancient times, there were days when God was above in heaven. People like Abraham, others could have them in countless numbers, others had seven hundred, others… people like Solomon.

**M: Oh according to the bible?**

R7: Yes.

**M: Okay.**

R7: Kendo mana gi seven huindred, to kama maka e jopolo maneyalo to gin gin kodgi seven hundred, anto odia gi achiel (Group laughter) makodhi e dwe tirumo, koro okema manyo option, option B, to nikech gini asekete e pacha, option en another one, nyaka kel machiegni.

R7: Imagine with seven hundred, and the situation where those from heaven could have them up to seven hundred but then are forced to have one, (*group laughter*) with whom if on her menses then you are done. And now that is when I would opt for option B and because I have this mindset then the only option is another one, she has to be brought on board.

**M: Onge tabu. Number eight.**

**M: No problem, number eight.**

R8: They are there, nitie forms moko, lure ka ung’io gi jaodi, nitiere oral, nitiere kaka, nitiere kaka unyalo…you can kiss, you can just caress, you can just fold and hold, mondo ibed relieved.

R8: They exist, there are forms depending on how you relate with your wife; there is oral, there are other ways, you could kiss, you could just caress, you could just fold and hold just to get relieved.

**M: Another way, niitiere way moro kendo ma joma chuo bedo godo gi sex ka gine dwe? (Silence) Namba aboro owachwanwa maber, caressing, holding each other, kissing, mhh, ng’a ma nigi opinion machielo, plan B be namba abirio be osekonowa.**

**M: Is there another way in which men could have sex if they are on their menses? (*silence*) Number eight, have told us very well; caressing, holding each other, kissing. Yes, anyone with a different opinion, we have also been told plan B by number seven.**

R8: Nikech nadwaro mondo…ing’eni gimomio akelo kanyo, ing’eni dend joma chuo gi ma mine gi en ga gima sensitive, en gima sensitive, koro sechemoko anyalo olo ni adhi Kiss in, or adwaro ni akwaki adii machiegni koda, to kae ema koro wich rokni, mind chako lokore kae, ma en to ka kuom adier adier, ng’a ma pache tio, mache ling, en to okoyot ahinya kwaki gi nyodhi, gi kissing, baba kata in iwachona ni woud wegi, thoa thoa kanyo. (Group laughter).

R8: I just wanted you to understand why I had to bring up that; you understand the body of men and women are very sensitive, they are very sensitive. And so sometimes I would want to kiss you or I would want to embrace you to hold you closer to me. And this is where confusion comes in, the mind begins to change. And to be honest, one who has a normal state of mind or is alert would remain calm and it would be very difficult for them to kiss or embrace you, she would just tell you that so or so and so just get hurt. (*group laughter*)

**M: Number one.**

R1: Madan an apani gino ka ni en malo kanyo, ing’e ni gicha kikete pachi, ing’e ni sex no en gima kuongo biro in mind, kobiro e mind ni eka inyalo timo, to king’eni dhako nie dwe, gino igolo agola e pachi ni jaber na to dhi malo, we agola gola pacha e gini arit ang’o wa, arit madam otiek.

R1: Madam, I think that if you keep it up there it stays, and that thing if you keep it in mind and sex first comes to mind and that is when you can engage in it. If you know very well that your wife is on her menses that you know very well that my wife is on her menses and I should keep that in mind and that I wait for her till she is through.

**M: To kochuno ni nyaka itim, be nitie yore mitimo go mopogore gi virginal sex?**

**M: But then, what if it is a must that you will have to do it, is there a way that you can do it apart from vaginal sex?**

R1: Ka naya atim?

R1: If I must do it?

**M: E kaponi ochuni ni nyaka itim ma koro.**

**M: Yes, let us assume you have just to do it, it forces you to.**

R1: chwade ga gi kiss to aweye.

R1: I would hit her with a kiss and let go.

**M: Number two.**

R2: Kochuno ni nyaka atime ka wawuoyo kuom ma dak godo cha, to a feel ni kaka number one awacho, ka mpira cha nyalo yudore, to nyalo konyowa, to ka mpira cha onge, joka maa an dend akihinda to ohinga en odhi a dhia e dweno, an bende adhi manyo XXXX moro mang’eo atiekra gi XXXX kuchocha, aluokra mamit kaduogo kata bute, anyise kata ni jaber an atuo, aduogo ka asechamo gweno gi chipo ayieng marach. Koro ni ang’o matimi? Wia bara ma serious, mia kata Maramoja, mano pain killer onger gima dhi timo, amuonyo to angima ka siling, an mana ni amuonyo mondo ohakikisha ni atuo.

R2: If at all it is something that we must do, talking with the one I am staying with, I think that is just the way number one said. If that condom can be found, it can really help us. My people, as for me I have control over my sexual desire, she would just finish her menstrual period and I would just go look for someone else and finish up with her. Take a bath so that when I come back to her and pretend to be sick, I would come after taking chicken and am extremely full. She would ask, “what is the problem with you?” I am having a serious headache, could you give me even Maramoja, that is painkiller and it will do nothing. I would take it but then I am very healthy, I would just take it to let her know that I am sick.

**M2: Chuo ma moko, be ung’eo ka koro chuo ma maoko nyalo dwaro donjo chien, instead of mbele seche ma ng’ato nie period, en gima timore?**

**M2: What about other men? Do you know that there are some who would want to get in from behind instead of the front when one is on her menses? Is it something which happens?**

R: That’s with your wife or who? A sex worker?

**M: With a sex worker or partner. Partner …we are talking about a partner, whether your wife, a girlfriend or a sex worker.**

R: Odok chien as in?

R: What do you mean getting in from behind?

**M: Sim 2.**

R: Ei! Mano ok koro dwaro jomoko yawa jodalawa,

R: Eeih! That one now wants other groups of people for sure.

**M2: Mano pache. Ng’a ma Chielo, be nitie ng’a ma ose temo mano, kata kuwinjo ni jomoko timoga mago.**

**M2: That is according to him. Any other person, is there anyone who has tried that? Or have you ever heard of those who do such?**

R: An gima asetomimo, nitie jok ma timogi, to jogi to koro margi opogore go manwa wuoye ni, nikech gitokoro margi cha, inyalo time dichuo gi dichuo, nyaklo gi nyako, wawinjogi, an to pokaneno, pokatime, to mawuoye mar dhako ni mano koro ija malili, ija malilindi yawa. Iloko dhako gi chien ni idwa goyo?

R: According to what I have done, there are those who do such. But these people's style is different from what we are talking about and this is because theirs can be done man to man, woman to woman. We hear of them but for me have never seen them. I have never done this. We are now talking about a woman’ case, you couldn’t be that violent, how could you? You would turn a woman round ready to hit.

R: I tend to think that lure, nitiere, nitier jok ma mano tek ne gi, but nitiere partner ma giseng’io that they practice sex, matiende ni sex oken mana direct mar bibilia ma ung’eyono, nitiere sex…nitiere oral sex, nitie anal sex, nitiere fors mang’eny mag sex, nitiere atieya nyaka moro ma inindo kanyo to nyako tomoni, as long as any of you is relieved. Koro lure gi kaka ung’io.

R: I tend to think that this depends, there are people that are hard on them but there are partners who are used to each other. They would practice sex in any ither form possible not only from the normal forms from the bible. There is oral sex, there is anal sex; there are different froms of sex. There is also this one that you would lie as the girls come on top of you as long as any of you gets relieved. So this depends on how you are fond of one another.

R: Lakini jothurwa wan gi korwa koni, ka kuom adiera, ka okwa riambo, mano to ok korwa, to kata ani ji time ni notamre kacha, koro idwa manani go Chongi piny adonj chien koni, oken gima yot, en gima kata …mokuongo en wich kuot kuoma, ema omio wuoyo about plan B cha, nikara koro abed kod paro, to but nitie jomoko ma mano be yot negi e kit ngima gi, owacho ni ..ah ah ka en kamano jkara koro odhia dhia kama, ting’eno ni mano chal ka gima kata koro ng’at ma idhi ire ni, apani ichalo ng’ama oko trust e. Oki trust nyako no , inene mana ka ng’ato ma inyalo tio kode the way you want, kaka idwaro, inyalo tio kode.

R: But then my people, as for our people this is unacceptable. People just do it though it is an unacceptable social norm. So you just want to have yourself kneel down as you get in fom behind. It is not an easy thing; it is something that is embarrassing to me. That is talking about Plan B, I never thought of it. But there are people whom that is very easy for them in their lives. He would say, no no if it is that way then just go. Suppose this person whom you are going to, it would look like you don’t value them. You don’t value them and that you could just misuse them the way you want to; the way it pleases you.

**M: Sawasawa ka wadhi mbele, idhi gi sex worker kata obed mana jaodi, oknong’eo ni odhie e periods, kata moko ong’eo to osoyo gik mane uwacho ka ipo mana ka kor duong’ni otimo remo, ibotimo nang’o, hygiene practices mage ma ibo timo? Ler mari aka ng’a ma dichuo bedo nade kifwewenyo gima chalk ama?**

**M: Okay, as we proceed; suppose you are having sex with a sex worker, be it even your wife, you did not know that she is on her menses, or rather others know but they have stuffed such as you have been saying and you would just be surprised seeing your penis wrapped with blood. What will you do? What hygienic practice steps would you take? How will your own hygiene look once you get yourself in such a situation?**

R: Kafwenyo gima kamano, amaka maka manuar nii, toa ringaronga nyaka e baf, to aluokora, to kase luokora to adhi, adhi e hospital, to adhi a pimora, en be adhi kode okawee, nikech gimoro tii awinjo ni gimuonyo ka, gimuonyo PrEPs koko en ang’o, nitie moko ma awinjo ni gimuonyo ka mondo okonygi gi weche mag HIV, wato ing’e ni okwa muonygi kose wamuonye?

R: Incase I discover such a situation, I would hold my penis and run towards the bathroom and take a shower. After taking a bath, I would go to the hospital to get tested alongside her, I don’t leave her behind. This is because there is a pill that they take, they take PrEPs and I don’t know what it is. I hear there is this one which they take to help them with HIV. But then we don’t take them, do we?

**M: Kata in be inyalo muonye amuonya nikech sma idhi gi sex worker ing’eni kata CD nyalo, nyalo muoch, donge?**

**M: Eve you can just take it because whenever you engage in sexual intercourse with a sex worker even the condom can burst, right?**

R: Koro anyalo ting’e kando chuth, kanyo okna ng’eo koro ero kamano kuon konya, koro ang’eo ni koro next time kabiro, adhi e mjengo, koro nyaka atong’e chuth. Mana kopo ni omuoch.

R: So I could carry it along already, I never knew that and thank you for your help. Now I know that next time when I do informal work, I have to carry it along only if it bursts.

**M: Ah Ah (No) kopo ni omuoch mano iluongo ni PEP, kopo ni omuoch iluongo ni Post Exposure prophylaxis, to PrEP, en Pre-Exposure prophylaxis, a imuonyo gi jok ma ong’e ni practices gi mag sex nyalo expose go to HIV, koro en imuonye a muonya ka…ikuongo ipimi, iyudo ka in negative mondo, ng’a ma positive okmuony PrEP, ng’a ma positive muonyo ARVs. Kaponi osepimi toyudi ni in egative ting’io ni in exposed nade, in sex worker, in ng’a manindo gi sex worker, in long distance truck driver, in ng’a ma chuoyo yath, theose people who inject drugs, nikech ka samoro osemer to okonyal reason, okonyal use condom kaka owinjore and what have you, and en exosed, and then imii PrEP, PrEP imii every month sama idhi e clinic, kata gikelonu kama …iteronegi kuma gin tie kata e dice gi, dropooning centers, magintiere go endo, ema imiogie PrEP. To PrEP you have to be tested and you have to be negative, lakini if you are expeosed ni Condom obabarore, kata ni ero ni iwacho ni ng’ato ne nie dwe to ipo ka koro ilil, kata remo koro nitiere e dendi, titmo ang’o. idhi luokori kiseluokori tidhi osiptal, kisedhi osiptal to ibo mii mana PEP no, kosepimi moyud ka in negative, PEP no ok chiwa chiwa ni in exposed, nyakapimi.**

**M: No. Suppose it hurts, the pill is called PEP. In case it bursts, it is called Post Exposure prophylaxis but PrEP is an acronym of Pre- Exposure prophylaxis which is taken by those who understand that their sexual practices could expose them to HIV. But that you will have to take it immediately after you have been tested and you are found HIV negative. Someone who is HIV positive should not take PrEP. Someone who is HIV positive should take ARVs. In case you are tested and you are found negative, then your level of exposure is determined; are you a sex worker, those having sex with sex workers, long distance truck drivers or persons who inject drugs. They could be high and could not reason to use a condom correctly and consistently and any other way they are exposed. You are given PrEP. You are to be given PrEP every month if you visit the clinic or they would bring them to you or take them to the clients wherever they are. Like their dice or dropping centers where they could pick the PrEP. Remember with PrEP you have to be tested and the test result must be negative for HIV but if you are exposed like a condom has burst or just like you have mentioned that you have encountered a lady on her menses and you get in contact with blood. What do you do? You go take a shower and later on visit the hospital and you will be given that PEP. After you are tested and you are negative of HIV. PEP is not given just because you are exposed but you will have to be tested.**

R: Penjona kama ilerono, PEP ni gi yath mar HIV opogore, mar PrEP opogor g mar HIV?

R: I have a question on what you are just explaining. Is PEP and PrEP different from the drugs for HIV?

**M: Okay, Yes, there is a difference, mar PrEP gi ARVs opogore and nyaka idhi e hospital, eke daktari biro mii the right one monego …depending on, ng’at mora mora manigi penjo, ket e parking lot ka watieko wabobedo gi question and answer session ma waboduoke penjo mora mora ma ng’ato nyalo bedo go. Namba abirio in gi wach?**

**M: Okay. Yes, there is a difference between PrEP and ARVs and you have to go to the hospital and that is when the doctor will give you the right one depending on the need. Any other person with a question should put it in the parking lot so that when we finish we will have a question and answer session. We would want to answer those questions. Number seven, do you have something to say?**

R: Aparo ni kama ipenjo moriere ni sama ng’ato odhi kod ng’a ma dhako, obed sex worker or chiegi, toyudo ka sama odwa timo gini, mosechako tich , toyudo ka gini nitie, yaka dhako nwang’o ka remo ni kuome, apani koka gigenene…nikech a ani e mood mar dhako, nyaka atiek tich, akuongo atieko tich mondo, to nikech gino seche moko, ka a en chiegna to sechemoko atime nono, nyaka atiek tich, yo nikech koro a take risk kama okang’eo ni risk nitie, adhi mondi nyaka atiek, nikech okanyal weyo gicha nus ni adhi luokora, afdhi luokora ka alredty pod an e mood, koro abowinjo mood ni mondi ka. Tapenje ni nyaminwa to kendo piny okethorega, kachomo luok kucha, to paro nis ama gini timre, onego bedni wabedo motang, kata wabedo careful giowach ma monthly ma biro apoya ni, emomio awacho ni kata ka en sex worker, to nikech remo no oken gima ng’ma dichuo neno mayot kamano, to ka dipo ni onene, to en gime ng’a ma dichuo onneo to okonyal dok kuom ng’a ma dhako , kanyo oloro chapter no, odhi to oluokore to oa aya, koro wan gima nyaka watim kaka chuo ma dhi kod sex worker gi, or monde wa manie udi gi, nyak wamany kaka wadwa ji protect sama wasetimre nade…waseromo kod gik ma kama , nikech gigo gin gik manitie, nyaka warom kodgi.

R: I think there is this question that you are directly asking that whenever someone engages in sexual intercourse with a woman, be it a sex worker or your wife and in the process he finds that there is blood coming out of the woman and the woman only realizes it only that time. I think if I am really in the mood for sex then I will just have to finish first, suppose she is my wife and I am doing it without protection. Because I am taking a risk where I know that there is none. I would just go ahead and finish first because I cannot stop before I finish. Then I would just go and take a shower when she is still in the mood. Then later I would monitor her moods. I would later ask her, “dear sister, you mean things were not okay here,” this happens when I am heading to the bathroom then I think that during that time we should be very careful. We need to be careful about menstruation since men are not used to seeing blood and it could be a bit disturbing. We would close that chapter as she goes to the bathroom and she leaves. But then as for men who go for sex workers or these married women. We have to look for ways to protect ourselves whenever we meet them. Such are things that exist and they have to happen.

**M: Ero kamano. Koro be nitier gik ma inyalo tim kata minyalo par, manyalo mio joma chuo, paro mopogoe kuom bedo, kata riuruok, kata having sex gi women sama gine menses gi? Nikech ero namba abirio owachonwa ni en nyaka otiek haja ne. Number ario nowachonwa ni koro en, en okonee ka onyalo dhi mbele gi gino. Number aboro okonowa ni there are other ways ma itimo ango…minyalo timogo, koro these are different opinions ma wan godo. Ang’o giri muparo ni inyalo wach kata mondo omiii joma chuo o think differently, kata gik ma inyalo tim mondo omii ka wa paro wach mar dhi riurouk gi ng’a ma mio sama en e periods. Ang’o giri miparo ni inyalo tim mopogore kata inyalo wach ne chuo mopogore, mondo gi think differently about men having sex with women, when they are in their menses? Yes, number three.**

**M: Thank you. And so, are there things that could be done or that could be suggested that could make men have a changed attitude on engaging in sexual intercourse whenever they are menstruating? This is because number seven has just said that he must just finish up whatever he started. Number two told us that she could never continue after seeing blood. Number eight said that there are other ways that could be used to do it. So there are different opinions that we have. What are some of the things that you feel should be done or said so that men should have a different attitude on having sex with women while on their menses? What is that could be done differently or thought differently, to make men have a different attitude about them havibg sex with women, when they are in their menses? Yes, number three.**

R3: Gini nawacho ni, mokuongo ni, gini en gima nochakore chon, kendo ing’e maber ni kata mamani nodhi e dwe, koro ni en gima apar ni ubiro together, en gima nitie, wabed gi paro achiel.

R3: I said earlier that this is something that started long ago. And you have to understand that even if this woman is on menstruation, and this should make you come together, this is something that is there to stay, we should have one objective in togetherness.

**M2: Koro ang’o ma inyalo yim mondo ji obed giparo achiel?**

**M2: What is it that could be done to make people have a common thought?**

R3: Gima inyalo tim, nyaka waket wiwa kamoro achiel, dhako gi dichuo.

R3: What could be done, we should work together as a wife and husband.

R: Gini en a ena winjruok e ot. Ka nag’a ma amio ni malo, onyisia anyisa ni would ma, kawuono to a winjo ka denda ok ber, koro uketo pachu kamoro achiel. Gini nichakore chon kond Adam gi Hawa, koo gini okde icham itieki, (Group laughter Inaudible 00:53:40)

R: This could just be an understanding within the household. Whenever a woman is on her menses then she could just let you know that, “son of mother, today I am not feeling well.” Now you have to put your head together and understand one another. This started during the ancient times of Adam and Eve, and so you cannot eat this till you finish it up. (*group laughter, inaudible voices 00:53:40*)

**M: To sex worker, to sex worker ka dhi e dwe?**

**M: What about sex workers, when they are on their menses?**

R: Mano to awayo awaya, kata ka en two hundred, anyise ni nyamera kata ka en chips na nichamo, kawakawa two hundred ni …fire nayo.

R: With that I just decide to let go, even if it was two hundred shillings or even my chips that she ate, I would just let go and give it to her to leave with.

**M: Number two.**

R2: Sex worker, ka wawuoyo kuom sex worker, an ng’a ma wuonda okadwa, because an bende okajamriambo, koro ka wawuoyo, to wawinjore, to okdwa dhi neno sindaliquesting moro mana neno katito cha. Okadwa dok e experience no, to abiro luoro diboro, to ngw’ceh to okabi rongo dorio, koro, adwaro ni imia gimoro am fresh, gima ber, nikech an be same a dhi goloni pesa ka, en pesa ma fresh, maber, ma in ema nidwaro, ma in ema inyisa ni idwa pesa ma kama kama, akao ma amii. To kaeno gik kmoko aina mationdo tindo go ni ng’ato ginene to aneno ka en sindaliquesting, to nyalo chwanya kode, dhi chwanya kode, koro an gima anene e gini, ni adieri ber, okonego bed ni ng’ato wuonda, kata awoundo ng’ato, koro kik iketa gi chuny ma ng’eny, chuny ma wuondo ng’ato nikech ng’a ma dichuo to obvious. Aneno kata moro nyocha, nokau e room kotho, to otho kochiek seriously, otho kochiek to madam to onge, tho to otho xxxx but ka…

R2: Talking about sex workers, I like those dishonest to me. This is because I am not a lier and so as we talk we need to come to an agreement. I would not want to see what I saw in Katito; I would not want to experience the same one. I would want to perform eight rounds, not twice. I would want you to give something fresh, something good because I am also going to spend money on this. My money is fresh and this is all you wanted and you had named your price and I gave you the money. But if it is such a small thing, this could cause disagreement between us. So what I think about this is that it is better to be honest and one should not lie to me or me lying to someone. So I would not want you to be in a situation where I will have to lie to someone because a man will have to, it is obvious. I saw one was found dead from a room while in heat, he was seriously stiff on her penis but he was no more her in xxxx next to…

R: xxxx.

R2: xxxx. Koro…gino I think two months ago naseikone landlord mara bende, gimoro aina o nosetimore, koro an akwaya kwaya gi duol ma muol, ni ka en sex worker, to ka sama o attend cha, ka onge mpira moro ma wase wuoecha, please kik obi, nikech ng’ato ka an to okdo cham, kaneno to adhi mae pesa cha, adhi mae pesa cha.

R2: xxxx. And so that issue, I had raised to my landlord too I think two months ago. Such a thing had happened earlier, and I would like to kindly request that if you are a sex worker and you know you are menstruating. If that condom that we have talked about is not available, please do not come because someone like me will not be easily duped. If I see that I will take back that money.

**M: Yudo ka isemie pesa?**

**M: Does this happen after you have given out the money?**

R2: Gikao chuth e lwetgi, gikao chuth.

R2: They do take the money in advance, they take it in advance.

**M: To kotamore ma okelo koko?**

**M: What if she refuses and it breeds chaos?**

R2: Okonyal hinga gi teko, mano gima ang’eo, nikech an be kuonde ma awuothe, ang’e background na kaka en, koro number achiel en tit for tat, koro anyalo mae pesa, nikech oja mriambo, iwinjo? Koro chien moro kobedo ng’a ma ber to ohala pod birio losore.

R2: She cannot overpower my strength. That I am so sure because wherever I go I do know my background very well. And so number one, it is tit for tat. I can easily take back my money because she is dishonest, understood? Now back then, if things go well and they change for the better the business will change for the better.

**M: Yes. Number one, ne in gi wach.**

**M: Yes. Number one, did you have something to say?**

R1: Madama iwuoye e sex workers, donge… ka en malo. Ka en malo an pod alamo mana ni serikal omigo mpira mananeno kinyiso e TV cha, nikech mpira no biro konyo kata ng’a ma dichuo mondo kik ne rembe no, nikech seche moko ng’ato oa mabor koko okwanye, an sama abedo xxxx kocha, samoro nga’to oa kata Migori, toyudo ka en dao moro adier, to wirore moketo make ups oler ma, koro ing’e sama ikawe ma idhi kode cha, idhi chulo room siling mia a di (demonstrating), tichwade mare be mia adi (demonstrating the figure) tmano mia aboch, donge? Mia abioch ni samoro ipo ka sama olonyore ni tiyudo ka olonyore to Always (pad) be en go already. Donge ing’e ni iwuok ni idwa duogo, poki timo gino, to ekeke gi ng’wani…gimecho, kendo kogoa goa nduru to jowete ne osebiro te. Makata osiepna mawach no, ibiro mai, ging’wani kendo gimai ma pesani no, kendo gigo uwi ma in kendo ema jopiny olokore kodi ni isenindo gi nyako, chul nyako to okinindogo. Koro an akwa ni ka serikal okelo mapira cha tobiro konyogi.

R1: I believe we are talking about sex workers, madam, right? While she is menstruating. I am still praying that the government should give them the condom that they showed on TV that day. This is because the condom will even help the man from seeing her blood. Suppose someone comes from far and picks her, whenever I sit there at xxxx, one would come even as far as Migori and she would pick an older lady who has done make up and she looks fine. At that time when you pick her up and go with her to the room; you would pay for the room for hundreds (*demonstrating*), then you would give her this hundred (*demonstrating the figure*) and that is five hundred, right? On that five hundred you would be surprised when she is undressing you find her still wearing her sanitary pad. Then you start walking away and you haven’t done it, they would grab and rough you up. They would scream as if you are stealing from them and everyone will come to their rescue as if you are the thug here. Their colleagues would come and surround you, forcing you to pay as they take everything that belongs to you during the chaos that they have caused. The public would claim that you have slept with a sex worker already and failed to pay. Even this friend of mine who is claiming to be strong, will be robbed of everything. So, my only plea to the government is to bring this condom and it will help them.

**M2: Mpira no en condim koso en mpira mane?**

**M2: Is this rubber a condom or which rubber is it?**

R1: En mpira moro matin kamae, machalo condom?

R1: It is a small rubber that is smaller, it looks like a condom.

**M2: Female condom?**

R1: Ah ah.

R1: No.

**M: Mar choko remo koso mar geng’o tuo?**

**M: Is it for collecting blood or for preventing diseases?**

R1: Mar choko remo.

R1: For collecting blood.

**M: Sawa. Number eight.**

**M: Okay, number eight.**

R8: Apani sex is exaggerated, sama ng’a ma dichuo gombo ng’a ma dhako, waindi moko wawinjo ka wacho , ni mwafrika simama akili potea, (Group laughter) Nga’ma nga’ama sex worker manitier e brothel kama entie, its very hard, obibi ng’eo ni dhako ni dhie e dwe, onge odiecheing ma ibo ng’eo date ne ma odhi e dwe, be okobi bedo open okodi monyisi ni, dwe…rembe ni be okibineno kor ibo mana learn ni ya, in nise have sex kode, to remo moro ma in go kuomi be onge, women bende, women are very much secretive, okibi ng’eo, okobi koni. Kan en ema ndwari ni odich gi pesa ni no, kata mana pads ma en godo go okobi weni e room mondo ine.

R8: I think sex is exaggerated. Whenever a man needs a woman sexually. I heard other Indians say that, “Whenever an African man erects the brain gets lost” (*group laughter*) It is very hard to know that a sex worker operating from a brothel is menstruating. And you will never understand her menstrual cycle and she will never be open to you on issues about her menstruation, you never see her blood. You will just have sex with her but you will never see any blood on you. Women are very secretive and you will never know, she will never tell you. She is the one in need of you and she also needs money, and she will not even leave behind her sanitary pad for you to see.

**M: Erokamano. Yes, number five.**

**M: Thank you. Yes, number five.**

R5: An korka remo ma pod wa discuss ni, chuo to oluore makinyise ni an to adhi malo, tiwinjo kogo break, mano koro awuok e ot, lakini madwaro pes ani maoko cha, ento samoro okonyal nyisi mano, koro en ma ong manyo gima onyalo geng’ore go makata kidhi remocha oknyal timi nade, nikech okobi nyisi lakini mane ot biro nyisi nang’o “wuod nga’ane ato kawuono.” to kosenyisa nyaka ago break, remo ni ji oluoro, chuo oluore.

R5: Still on menstrual blood that we are still discussing; men are scared by its sight if you tell them that you are on your menses. You will see him stop and have a little break. For me, I will have to leave the house but look for money to go out and look for the other one outside but then she will never tell you that. So, it is upon her to look for something to protect herself that even if you have sex then the blood will not be on you. She will never tell you anything but that at the house will be honest with you that today things are not okay and after you tell me that, I have to break a little. Men are scared of this blood.

**M: Erokamano. Namba abirio ka wadhi mbele.**

**M: Thank you. Number seven, as we continue please.**

R7: Ingeni ka wawuoyo e wach sex workers nyaka wangee ni sex workers gin joma okorom gi ngato achiel at a time, oromo gi jii mangeny, different people, to different people okonyal nyiso aila mar weche gi, ngacha ni onyis ni odhi malo, ngacha be odhi onyiso, nitie jomoko ma onyalo nyiso, nitie jomoko ma onyalo weyo romo go, nitie joma onyalo nyiso. To gima aparoni inyalo tim, ka ber to sex workers gi to owinjore opuonjgi kendo gibed sensitized kabisa about gik matimore nikech macha koro giketo kaka tich. Owinjore opuonjgi, gibed kod forums ma ipuonjogie gigi mondo omii giwe mokuongo frustrate… harass joma chou, yeah, nikech kama gintie cha mokuongo gi harass joma chuo ka gidhii kanyo, ok gikawi kaka ngama kawaida, en okawi kaka ngat moro ma, lee moro ma obiro, koro en oneno pesa to in be ineno ni idwa nindo kode, en ka ongii koro oneno gima opogore, koro ka oknyal puonjgi kata gik ma iwachogi saa moro oknyal timre nikech saa ma wawuoyo kamae nitie gik matimore kucha mapogore koro gin bende dwani olosie forums ma oluong aluonga sex workers kod joma dhi nindo kodgi, nikech mon ok nind kodgi, chuo wan ema wanindo kodgi, nikech mon go gin kanyo to ka waonge to gin bende gionge manyisoni sex workers go nyaka gitim sex kawantie nikech wan e weg sex.

R7: You have to understand that as we talk about sex workers, they are people who do not meet a single person. They do meet different types of people and they can never tell all of them about her menstrual cycle. There those they can decide to tell the truth; others they will avoid. The only thing that I think could be done is that they should be sensitized on such issues because they have commercialized this. They should be grouped and sensitized so that they could stop harassing men whenever they go there. They see men as beasts who would only want to sleep with them and then only what they see is getting the money from men. They don’t see you as a normal human being. Only if they could be sensitized then all these unfortunate things could not be happening every time. They should be sensitized because it is only us men who engage in sexual activities with them, not fellow men. Without us sex work is not there, we are the owners of sex.

**M: Sawa**

**M: Okay.**

R7: Sex en mana nying to wan emanyaka watime.

R7: Sex is just a mere noun but it is us who must do it.

**M: Onge wach. Kawadhi mbele thoughts u mage manitie kuom mine kao cotton wool kata tissue to gisoro ieye kuchocho mondo…namba 8 okonowa ni okibingeyo ni sex worker nie dwe, eeh, gin gin kanyo pile ka pile and okobiwachoni ni en e dwe, ango ma uparo kuom the fact that ni some of them kau tissue, kata mana cotton wool to ginyumo eiye kucho mondo kik remo wuogi?**

**M: No problem. As we proceed. What are your thoughts on women who use cotton wool to stuff inside their vagina? Number eight told us that you will never realize that a sex worker is on her menses, yes. They are there on a daily basis and she will never tell you that she is on her menses. What do you think about the fact that some of them would take tissue paper or cotton wool and insert it inside their vagina so that the blood does not come out?**

R: Awachoni, sex worker gin joma sensitive, mokuongo kata mine ma wadak go ok gin ji ajia, mine joma riek, wan kodgi wadak ei ot kae lakini akili gi ni malo, ingeni dhako ka osefwenyo ni idwa nindo kode to isechiek idware, already oseiko dende makata pads, gik ma wawuoye pads, blankets ma ging’olo giketo kwondego osegolo chon ma oketo kamoro, gini kiny ne iromgo e bwo otanda ka, koka ibiro penje ne eeh! to motimore ni tomane? Koka ibiro yudo ni gini en gima itiyo go, koro sama gini timore, wawawachoni onego bed collective responsibility mar jii tee, kiki obed gir ngata achiel, obed gir jii tee, ma ihere to ahere to wawacho gimatimore diere kae koka watimo.

R: I did say that sex workers are very sensitive people. First of all, even the women we live together with are not just normal people, women are very clever. We do live them here in the house but then their intelligence is top notch. Did you know that when a woman realizes that you are and you want to have sex with her, already she has prepared her body in that these things like sanitary pads, blankets, have been put somewhere aside earlier that you would just meet them sometime later under the bed? That is when you will be surprised and ask what had happened. That is when you will realize that such are used. Whenever this happens, let us say it should be a collective responsibility for everyone. Let it not be a single person's decision and the love should be shown even in what we do and it should be a couple's decision.

**M: Remo mar dwe, gi remo mar kawaida, ere tofauti? Ok, yes kapok wadhi kanyo, wadhi mbele gi explanation ma namba 7 okonowa, namba 8, angoma…paro mane mabiro e wiyi kiparo ni nitie gik ma gisoyo? Tissue, kata cotton wool kata lau, gima gisoyo eiye kucho mondo kik remo wuogi.**

**M: What is the difference between menstrual blood and normal blood? Okay. Yes, before we move to that, let us continue with the explanation that number seven told us- - - number eight. What comes to mind when you think of the things they stuff inside? Be it tissue paper, cotton wool, or even a cloth so that the blood does not come out?**

R8: Ok, this is, this is coming from an experience I had a college girl ma ne en girlfriendna I only came to realise ni opark sometimes, koro ne awuoro kabisa ni ya nyathi ma nyako ni en onge odichieng ma odhie dwe, because ka oonge koda nitie kama otie ma ne apenje, ne apenje apenja kenda, onyisa ni sometimes chuno ni ostuff gigo kuome nikech she needs money, ma en aena my personal experience ma ne an go.

R8: Okay. This comes out of personal experience. I had a girlfriend who was a college student and I only came to know that she is a sex worker sometime later. So I was wondering how could this girl have no menstrual period. This is because if I am not with her, there is a place where she works. So I had to ask her myself. She did tell me that sometimes it forces her to stuff such things into her because she needs money. This is according to the personal experience that I had.

**M: Yes, ng’ama Chielo? Numba 7. Aah-aah namba 7 noseloso, namba 5.**

**M: Yes, another person? Number seven. No. Number seven had talked. Number five.**

R5: Eeh, ingeni weche mag tissue gi ginego, to inyalo fwenyo nikech ingeni tissue cha oknyal wuok, sama otiyo kode ma koro odhi oriwore gi ngich cha, okonyal wuok e gire ma piyo, inyalo neno ka moko dong kama inindo kedo cha to moko odok eiye, koro nyalo kelo infection makata odung, gik ailago, makoro onyalo dum seriously, ingeni tissue en gima ka oriwore gi ngich sama friction nitiere cha moko nyalo dok eiye kocha, koro nyalo miyo (inaudible 1:04:34) (children playing in the background)

R5: Yes. You understand such issues of tissue paper and those others. You could easily find out because tissue paper cannot come out. Whenever you use it, it soaks in blood and it cannot come out of the vagina in an easy way. There are some particles that you can only see on the bed as some remain inside. This could develop infections or ooze some stench. Such like thing would develop to serious smell, and during the agitation, friction could cause some particles to remain inside and this could lead to… (*1:04:34 inaudible due to children playing from the background*)

**M: Namba 2.**

**M: Number two.**

R2: Eeh, an kaka anyalo fwenyo gini, ka an gi ng’ato ma ng’ata ma adhigago pile maonge protection moramora, iyudoka dayno, kotiyo gi unjanja no, nitie yien moro kae ma kisungu luongo ni black jack, be ingeye? Black jack? Wan joma chuo ka wawuotho e puodho to iyudo ka omako onyiego (chorus: Mmh) koro iwinjo ka sama osoye, to ka isoyo giri to iwinjo kachal ma black jack moko (laughter) black jack moko chuoyi kama. Koro okiluo pap diboro, koro igoye mana matin to ing’ikori to ikoni black jacks gi to manade? To ka utieko, uluoro aluora dichiel to iweyo, to idhi yudo ka onyisi adier gimaomiyi otimo timno. Koro en gima ngata angeyo ni gitimo, nikech ngama adhigodo pile to angeyo ni chal mare, mar yii dende kanyo angeyo, awuotho, konde go awuothe alimo ka bin nitie (inaudible 1:05:56) (laughing)

R2: Yes, personally I have my own way of discovering if she has things stuffed in her vagina. There is this weed called black jack in English. If this is a lady whom we regularly engage in sexual intercourse, then I will know this when we actually have sex and something pricks me just like the black jack would prick you. I believe you men know the black jack (*yes*). So, the only thing I would do is to just reduce my normal speed and reduce to a slower pace and even reduce the round to one. (*laughter*) I would just ask myself, what are these black jacks for? After that she will just open up to you herself what she has done. And so, this is what I know they do this is because someone you have sex with regularly will be easy to discover any changes on her vagina. I would do that in a stealthy mode to check if there is any modification in there… (*1:05:56 inaudible due to laughter*)

**M: Reason mane ma gimii gimomiyo gisoyo gigo eiye kucho?**

**M; What reason do they give you as to why they would stuff such things inside them?**

R2: Koro, kikete piny, okikete piny ni udhao, upuonjoru apuonja, koro iyudo ka enbe onyisi anyisa the truth ni ah, gimomio atiyo gi onjanjano, nikech ne aginene koro akao pamba moko to asoyo, koro pamba ne dinona remo kae mondo kik inee.

R2: When you have a chat with her, not in a chaotic way, you gently sit her down and you talk. She will be open to you and say that she would stuff cotton wool in there so that you do not see her blood.

**M: To pachi en ango e gik magitiyogo?**

**M: And what is your opinion on whatever they use?**

R2: Sorry.

R2: Pardon.

**M: Reason maomiyo, ang’o moomiyo odino remo no? Ang’o moomiyo nyaka odhie adhiya kodi sama en e dwe.**

**M: What reason do they have as to why they would block that blood? Why must she engage in sexual activities with you while on menstruation?**

R2: Mano emomiyo na nyisi gimoro niya, namba 1 en pesa (R: pesa), to namba 2 ong’eyoga ni samoro wan chuo, chunywa nyalo bedo matin, iwuonde kama ni ihoye matin to kose dok e wadgi to idhimanyo (inaudible 1:06:54)

R2: That is why I told you that; number one it is about money.

R: Money.

R2: And number two: she knows that as men we are could be lose that interst with slightest of the things, you just have to entice him a little bit and after he is okay then you would and look for… (*inaudible 1:06:54*)

**M: Namba 6, what do you think about sex workers kasoyo tissue kata cotton wool kata lau, kisundo ieye kucho?**

**M: Number 6. What do you think about sex workers stuffing tissue paper or cotton wool or cloth inside them?**

R6: Apani en wach ma okber, nikech kochako ni osoyo, oketo gikmoko eiye kanyo, gimoro kaka tissue ok en gima ler, ok en gima ler monego bed ni donjie kuonde aila go, so in the long run obodevelop infections, infections gi kose develop gi to obiro transfer gi nyaka ne joma chuo ma be nindo kode, so e pacha oken gima ber, oken gima onego bedni gitimo.

R6: I think it is a good thing. This is because whenever she stuffs things inside, something like tissue paper is not hygienic that should be inserted into such places. So in the long run, she would develop infections and after she develops them, she would transmit them to men who engage in sexual activities with her. So, in my opinion it is not a good thing even if they do it.

**M: Namba 7**

**M: Number seven.**

R7: Nitie gima wiya owil ma okawacho, ingeni wan kod types mopogore opogore mag sex workers, nitie… ingeni gima iluongo ni poverty is very high, dhier ni malo e thurwa kae, koro ingeni idich gi pesa moloyo ngimani, nikech idwaro pesacha, to pesacha be ema igogo kwan mar nyieogo pads, koro mondo idhi inyiew pads idhineno ni pesacha tin, koro afadhali itii kod pamba or tissue ma ineno gikaoni to tissue ma gitiyogoni enbe enga gi yugi yugi moko makata in nogo ma kitieko tich kuome kiyweri kod tissue, sechemoko iyweri to be tissue no odong e lweti kar kanyo, koro chuni ni nyaka idhi iluokri maber, to aparo ni magi gin gik ma dhier ema kelogi nikech ka en tich maber to apani owinjore watii kod gik ma necessary mowinjore otii godo sama itimo sex, nikech ka wangeyo ni gini wadwa time to ng’ama mio ogangore koro ober en ngama ni kare, to adwaro ni atim gini e yoo makare, anyieyo anyiewa condom e yo mochomo yo, to wacho ni wanyiewo condom aila mane, to wanyiewo kode to wadhi adhiya kacha, to ka diponi sechemoko en oweyo nyieo pads to odhi otiyo kod blanket, to nyiso ni oonge pesa, koro ka nitie yo moro ma inyalo konygo sex workers mondo omii pads obedi e rooms gi go, nikech jogi thie monthly period pile ma okleu.

R7: There is something that I forgot to say. Did you know that we have different types of sex workers? On this side of our land, there is a high level of poverty. You are too focused on getting money at the expense of your life. And just because you need the money and that is what you would use to buy sanitary pads. But then it reaches a point when you see that the money is so limited that you cannot buy the pads and you will resort to using cotton wool or tissue paper. But then this tissue is dusty and would levae some particles whenever you use it when wiping yourself. This would force one to have a proper bath, but then I think such baths are brought about by poverty. I think it is good work and we should use the recommendations that should be used during sex. If we know that this is really what we want to do but the woman is full of trash, then it is okay. I would like to do this in the right way, I would just buy a condom in the right way and we decide on the type of the condom to buy and we go buy together. But at times they would avoid buying sanitary pads but buy blankets instead, this means that they lack money. So, if there is a way that the sex workers could be helped so that sanitary pads could be available inside the rooms they use. Because they undergo menstruation regularly without delay.

**M: Onge wach. To remo mar periods ka icompare gi remo ma kawaida ma kata samoro gimoro ong’adi, en remo ma chalre kose?**

**M: No problem. Comparing menstrual blood and normal blood, say something is cut, are these the same?**

R: Aah-aah.

R: No.

**M: Gipogore nade?**

**M: What could be the difference between them?**

R7: Anto anyalo wachoni…

R7: I can tell you…

**M: Aah-aah, we ngato machielo ogol (laughter)… yes namba 8.**

**M: No. Let another person contribute. (*laughter*) Yes, number eight.**

R8: Remo, remo, remo, ka gimoro ong’adi kineno remono it’s fresh, but kineno remo ma owuok kuom ng’ama dhako something ma ochalo gima osekethore, ochalo achala gima osekethore, en gi clots, en somehow darker than the normal blood.

R8: Blood from a cut is fresh but menstrual blood looks like something that has gone bad. It has clots and is somehow darker than the normal blood.

**M: Namba 6.**

**M: Number six.**

R6: Aparoni remo ma ka ong’ad kumoro en remo ma pod fresh, en remo ma pod liu to morono mar periods en remo ma oseclot, eeh oseclot, ochal remo ma osebudho, ochal gima ne oseng’ad chon osebudho makoro omakore kamoro achiel.

R6: I think that blood from a cut is fresh and it is slim but the other one from menstruation is one which has a clot. It looks like blood that has taken some time. It looks like that from a cut but has taken time and has formed lumps.

**M: Namba 4**

**M: Number four.**

R4: Remo ma kawaida kata ka gimoro ong’adi matin kamae, en remo makata ka owuok to ineno ka en fresh, to remo mawuok piny kachacha ochalo remb dhiang mane oseng’adi mobedo e basin kata in wang’i kata kigoe nii, okdigoe wang’i dirio to mae bereberie inyalo goe wang’i.

R4: A normal blood or that which is from a cut, this blood looks fresh on sight. But the blood from down there looks like blood from a cow that had been cut and the blood out in a basin and that it looks scary and you cannot look at it twice but this is better you can look at twice or more.

**M: Namba 5**

**Number five.**

R5: Remo ma wuoke ochalo gima osekethore nikech ochalo gima osechokore, ochokore ei monthly koro ka ogik eka owuok, koro en gima oko ber nikech ochokore.

R5: Menstrual blood looks like it has gone bad. It has been collected for a whole month after which it comes out. So, it is not a good thing because it lumps together.

**M: Yes, namba 7 koro inyalo wuoyo.**

**M: Yes, number seven. Now you can talk.**

R7: (Laughs) remo ma, ing’eni, ing’eni gigi sechemoko jii wuoye ing’eni nyaka wanegi, ing’eni inyalo wuoyo about period lakini an asenene eeh kod wang’a nikech en gima ne adwani abed gi experience about remo no, mondo ang’eni ento en ga remo aina gani, to ayudo ka remo ma kawaida ni en ochalo kaka ineno (inaudible 1:11:08) en pure kabisa kendo oler, en kata ka gimoro ong’oli en oridore arida odhi lakini macha to en remo mosechokore, mosegangore mochokore maochalo ginene en kod gik miluongo nang’o? gikmoko mailungo ni…en gimaopoto maong’ikre ong’ikre machalo chak mopuo to oole gine ka, okere okere to opoto opoto, ong’inore ong’inore, en gima okowinjore.

R7: (*laughs*) You have to know that with blood, sometimes people talk about what they have never seen, you could be talking about menstrual blood but you haven’t seen it. Personally, I have seen it with my naked eyes. I want to have a personal experience with the same blood so that I could know what type of blood it is. I discovered that blood from a cut is (*inaudible*) fresh and as seen it is pure and it flows when something cuts you. But menstrual blood is one which has lumps and has clotted, it has this thing called? These things are called…. They are thick like stale milk and poured in those things, they look thicker and with lumps, it is something that is not very easy to understand.

**M: Onge wach, kawadhi mbele, sex during menses, nitie tofauti ka I have sex gi jaodi ka ene dwe togi kihave sex gi sex worker sama ene dwe? Nitie difference?**

**M: No problem. As we proceed. What is the difference between, you having sex with your wife and sex worker while they are menstruating?**

Crosstalk (laughter)

**M: Yes, namba 5.**

**M: Yes, number five.**

R5: Remo to apani chalre en mana ni healthy mari samoro koro ng’ato tuo, to samoro otuo koro ing’eni sama rembe cha koro wuok koro chalo gima tuoe, nikech iwachoga ni kidhii gi ng’ama tuo to kata kaponi utimo sex to giri odhi otuome to remo cha maki koro apani mari manie ot cha samoro un ne usepimoru en en healthy, lakini samoro macha be, ma oko cha samoro otuo, koro samoro nyalo kelo tuo.

R5: I think the blood is the same, it could only be a risk to your health. One could be sick and when such blood mixes. It said that when you have sex with one on herneses you could carry the same blood and transmit it to your wife and this blood could be carrying a disease which could also infect your wife.

**M: Koro manie ot chande onge tabu kata iruworu kode…**

**M: Do you mean that one at the house has no problem even if you engage in sexual activities with her?**

R5: Aah-aah remo, remo to en achiel lakini…

R5: No. Blood is the same but then…

**M: Ma oko cha nyalo bedo gi tuo?**

**M: Are there chances that the one outside could be infected?**

R5: Gi tuo, eeh.

R5: Infected, yes.

**M: To ma eiot ka ani to?**

**M: How about this one in the house?**

R5: To ok upimoru saa tee. Samoro rembene samoro pogruok nyalo bedo nikech kata kaponi rembe cha ogoi tokinyal yudo tuo nikech en en healthy.

R5: But then you do not get tested regularly. Suppose her blood could be different and that whenever you get into contact with it you could not get infected.

**M: Yes, namba 2 in gi wach?**

**M: Yes, number two, do you have something to say?**

R2: Pogruok manitie e kind a chuth ma oko kod achuth ma nieot, gin achuthe ariyo, en ni achuth ma okocha kiyude sama odhie dwe namba 1 odwani opandi, dhie to odhi ong’eyo to okodwani ifweny. Namba 2, idhi yudo ka sama urioru cha to kendo koro ongeyo tugo, ogoyo namba 9 kacha ma mpira loyo kabisa, koro mago e gik ma challenges koro moro main godo e ot cha to iyudo ka kata koro ka ochune, to chune achuna lakini ineno ka rachne, eeh koro mano e challenges go.

R2: The only difference between a wild vulture and a domestic vulture is that they are two vultures. This one outside whenever you meet her she will always want to hide it from you whenever she is on her menses and one she would not want you to know. Number two; whenever you are in coitus she knows her game, she does it best at the striking position. She keeps on scoring, so those are the challenges but then this one at the house; you will find that she will get forced to it but she would not want that.

**M: Yes, namba 7.**

**M: Yes, number seven.**

R7: Apani pogruok to nitie, nikech remo, mokuongo remo mar monthly period en wanyalo wacho ni mokuongo mar dhako gi ma eiot gi en aena remo gichalre but kama koro gipogore, the difference nikech ng’acha nie tich to ng’ani onge tich, koro emomio inyalo nuango kaka ng’ama dichuo kata ka ene ot ka to nitie kaka dhako ma en go ni kanie monthy period mage to nitie gima oko feel, sechego okofeel ga hamu mar ng’ama dichuo but maoko cha ento owuondore ni ofeel kata ka okofeel but nikech ento odwaro pesa enkoro nyaka ohoi ahoya mondo omii oket pachi gi gicha, koro kidhii itimo gini eka ibiro realise kara gini ne atimo ka gini nitie, kasto obowacho nigi opore apoya mana gi sani, but ne ongeyo ni gini ne nitie, lakini oonge difference.

R7: I think there is a difference; first of all, menstrual blood is the same but where the difference comes is that the other person is at work but the wife is not at work. That is why you would find a man even at the house, there is a way in which whenever his wife is on menstruation he will not have the sexual urge. But the one outside will pretend to feel because she is at work and she needs money. She will just have to entice you so you could have the sexy mindset. So, when you do the actual sex, that is when you will realize that you are doing it in blood. Then she will tell you that it was accidental, but in reality she knew it was there. But there is no difference.

**M: To kawadhi mbele gi penjo ma luo bang mano, koponi I realise ni jaodi ne nie periods to ne okowachoni, ipo mana ka in gi remo kuomi to gi kidhi gi sex worker and the same thing happens, you just realise that you have sex on your penis, after sex, reaction mari dhi bedo machal nade? Ka icompare dhako midak godo kod sex worker kata partner ni moro ma in godo ma ok jaodi.**

**M: And so as we proceed with the next question. Suppose you realize that your wife was on menstruation but she did not inform you, you only realize that when you are in the process of sex. You go with a sex a worker and you realize the same thing. You just realize you have blood in your penis after sex. What could be your reaction? Comparing your wife and sex worker or any other partner that you have apart from your wife.**

R: Difference nitie nikech ma oko cha oromo gi jii mopogore opogore, koro ingeni ka iyude to ipo ka remo cha ogoi to iluor, e pek mane owachocha, koro inyalo paro ni remo ni ogoya to ng’ani achichgo nikech en ng’ama room gi jii, en nyaka adhi e PrEP adhi apimra to ayudo gimoro kuome, to kata ka pok ayudo gimiya PrEP akuong ageng’e go kapok odonjo kuoma, lakini manie ot cha mana gima ne awacho ni manie ot cha to en ng’ama ung’iogo ma samoro upimoru, uler, koro en kata ogoi to okiwinj ka in gi wasiwasi mang’eny nikech en giri mapile.

R: There is a difference because the one outside meets with different types of people. You know that once you see that blood on you, you will be scared. That is the difficulty that I was saying, you would have so many thoughts about this blood. Because this is someone who meets different people, I have to look for PrEP, get tested and even before I am given the PrEP I would prevent it from getting into my system. But then this one at the house, this is someone whom you live with and sometimes you have been tested, you are both clean, and so even if you get blood from her you cannot feel scared because she is your daily property.

**M: Namba 3.**

**M: Number three.**

R3: Ka ajiwo kanyo, gino en aena kaka owachono nikech ing’eni ng’at ma ingo eot pile ka pile, en ng’at ma ing’eyo, ung’eyo each other yaani ng’ato ong’eyo sida mar ng’ato, lakini ng’ama oko cha en ng’at ma en be enaena dhano kaka in but koro ingeyo ni ento okinyal ngeyo ahinya en nyaka idhi e suptal macheki.

R3: To add on that, it is just like he has said. This is because someone whom you live with in the house is one that you know and you know one another. You know her problems but this one from outside is one just a random human being just like you but cannot have her full information in details and you have to go to the hospital to know that.

**M: To koponi ng’ama dichuo react marach kaponi en sex worker, ang’o manyalo konyogi mondo kik gireact kaka gireact no? Ang’o giri miparoni wanyalo timo kata inyalo tim mondo kik gi react marach sama gi realize ni sex worker ni anie periods to ne okowachone. Yes, namba 2.**

**M: If a man reacts differently in the case of a sex worker, what could be done to help them not react in that manner? What things could be done to make the men not have a bad reaction in the case of a sex worker on menstruation and she did not disclose earlier? Yes, number two.**

R2: Pacha aneno ni kaponi nitio gi protective gears kaponi nitio gi condom, so there is no that danger, but kaponi understanding mar dichuo ne ni piny, kata understanding mar sex worker no ne ni piny to ber ka iterogi eVCT center for counselling mondo opimgi mondo omigi yath kaponi PrEP nitie, kaponi en case madwaro PrEP

R2: In my opinion, if they use protection like condoms, there could be no danger. But when the man has a limited understanding or that of the sex worker is limited then it is okay if they visit the VCT center for counseling so that they could get tested and given PrEP when available. If at all it could be a case that requires administration of PrEP.

**M: Ng’ama Chielo? (Silence) nga’ama nigi opinion mopogore kata manyalo medo? Namba 4**

**M: Next person? (*silence*) Anyone with a different opinion or has something to add? Number four.**

R4: An aonge wach.

R4: I have nothing to say.

**M: Mmh (silence) ka wadhi mbele adwaro mana explain briefly about gik ma mine tiyogodo and apart from that menstrual cycle, what happens, nikech mondo ng’ama mio kata nyathi manyako odhie dwe nitiere processes matimore e dende, eka eventually remo wuok. Koro ka wachako, every 22- 35 days of every month ng’ama mio kata nyathi manyalko dhie dwe, dhie dwe en monthly periods kaka ung’eye kaka wase discuss. En remo mawuok e uterus ka wuok oko, to sama owuok oko ni nyaka obed gi matime nade, gima choke. Mae is a model kata ranyisi mar kaka ng’ama mio kata reproductive system mar ng’ama mio chalo. Koro ka wachako gi kae, this is the vagina, kae e kuma I have go sex sama u have sex gi ng’ama mio.**

**Kaendi iluongo ni cervix, cervix e opening ma nyathi wuok godo, sama ng’ama mio yach, iwinjoga osedilate kata ose yaore didi, ineno oyaore mosmos sama dhako osechako bedo e labor donge? Koro mae a cervix mayaoregano, koro e cervix wan gi opening ma oko gi mayie, this is the interior orifice and this is the exterior, mamalo gi mapiny. And then wan gi uterus, uterus ekuma nyathi timo ang’o? growe sama dhako obedo gi ich and then we have the fallopian tubes, fallopian tubes gin mipira kama tong kosebedo released, magi ovaries, this is an ovary and this is an ovary, koro tong bedo released from the ovary, tong mosebedo mature, to wuok through the fallopian tube, to koponi ng’ama mio oriwore gi ng’ama dichuo, to sperm cells, magi… marochore gi gin kaka sperms, mae is just a model ma wapuonjore godo, sperm cell biro ringo from the vagina ka ng’ama dichuo ose release, to ring’o nyaka malo koni, kasto gidhi room gi egg e fallopian tube, mae en ranyisi mar tong, a mature…a fertile egg kata ovum. Kagiseromo to fertilization biro timore Kanye? A fallopian tube, e mpira ni romo mar sperm togi egg, timore e fallopian tube kae. Ka osetimore kae, to the fertilized egg biro move kasto dhi bedo e uterus kae, kasto koro nyathi chako grow e uterus kae. Fertilization ok timre e uterus, fertilization timore e (R: Fallopian tube) fallopian tube.**

**So, the moment ma nyathi manyako oisehave periods ne, oneno periods ne after 14 days obedo very fertile, meaning egg osebedo fertilized e ovary ready to be fertilized, owuok a wuoka obet e fallopian tube kanyo. In the event in sex otimore, then the egg will be ferlized, at the same time, the moment ma otieko atieka periods ne ni tip, to the uterus chako bedo vascularized, kata chako bedo gi thiuckness mar remo, ka orito ni in case fertilization odhi otimore on the 14th day kata around that period, sama nyathi bedo implanted kae, sama the fertilized egg bedo implanted kae, to yudo ka uterus ni ready. Uterus oknyal hold a fertilized egg koponi okobedo thick, thickening ni en a natural process just to hold the fertilized egg mondo ng’ama mio omak ich kendo ich ogrow nyaka 9 months, wawinjore? In the event ni ferlization okotimore around that 14th day, kasto egg cha obiro to okobedo implanted e uterus, 14 days later, the uterus nyaka gol remono, mano emailuongo ni periods, wawinjore maber nyaka kanyo, koro mano e periods mabedoga, remo mawuok e uterus mane osebedo formed e uterine wall karito mondo fertilization otimre kasto implantation otimre cha, en the same blood makata ka sani uma dang’chwer, it is the same blood, remo ma wouk ee periods okopogore gi remo makata ngato dang tong wiyi to chwer, nikech iyudo ni samoro ngama miyo onywol, pok uwinjo ni ngato obleed ma otho, donge usega winjo, sama obleed no, obleed from where donge obleed wuok from the uterus, to chwer ka dhii e virgin kendo chwer ma wug ok, to ang’o momiyo obedo pale, ang’o momiyo ka ongiyo kama to ineno ka oonge remo? It means ni remo tee ma nie ee body oyudo kaka ginyalo wuok oko koro, gitimango’ (All: Gi wuok) koro gima atemo explain en niya gimomiyo remo period nyalo bedo gi harufu kaka nuwacho chande en the virgina, the virgina in normal circumstances nigi gima iluongo normal fluid and the virgin is self cleansing en gi pii ma wouk awuoka kendgi, kata mama ma ok dhii e dwe, nyathi ma nyako ka ok lwekore kata odwechieng achiel obro dung’ kose okobro dung’?**

**M: Okay. (*silence*) As we continue, I would like to briefly explain about things that women use and apart from the menstrual cycle, what happens. This is because for a young girl or a woman to be menstruating there has to be a process that takes place on her body and thereafter the blood comes out. Now, to start with; every 22 – 35 days of every month a woman or young girl experiences menstruation. So it is a blood that comes out from the uterus as it comes out but at the time that it comes out, there has to be something that collects it. This is the model of a female reproductive system. Now as we start from here, this is the vagina, this is the point of contact during sex whenever you have a sexual intercourse with a woman.**

**This place is known as the cervix; this is the opening through which the baby comes out during birth. Have you ever heard that it dilates a number of times and it opens slowly during labor? This is the cervix that opens up. At the cervix, we have an outer and an inner opening. This is the interior orifice and this the exterior one. The lower and the upper. And then we have the uterus, this is where the fetus grows once a woman conceives and then we have fallopian tubes. Fallopian tubes are tubes where the ova have been released. These are ovaries. This is an ovary; now the ovum is being released from the ovary. After the ovum is mature, it is released through the fallopian tube and when sex takes place between man and woman. Then these sperm calls, these…these whitish are the sperms; this is just a model for educational purposes. Sperm cells will swim from the vagina once it has been released by a man. It would swim to the upper part then it would meet the ovum at the fallopian tube. This is a demonstration of a mature fertile ovum. Once they meet, then fertilization takes place at the fallopian tube. Once fertilized the egg zygote moves to the uterine wall and then the fetus begins to grow at the uterine wall. Fertilization does not take place at the uterus, it happens at the, (*R: fallopian tube*) fallopian tube.**

**So, the moment a young girl has experienced her menstruation, after 14 days she will be very fertile meaning the ovum is mature and ready to be fertilized. It moves and stays at the fallopian tube. In the event that coitus takes place, then the ovum will be fertilized. At the same time, the moment that she completes her menstruation, the uterus would start to be vascularized or it would start being thickened by blood vessels as it awaits fertilization on the 14th day or within that period. At the time when implantation takes place, the uterus will be ready. Uterus cannot hold the zygote without being thick, it is a natural process. It is done to hold the zygote for nourishment and growth until 9 months from the day of implantation. Understood? In the event that fertilization did not take place on the 14th day, then the ovum comes and fails to be implanted in the uterus. The uterus will have to expel that blood and that is what is called menstruation. Are we together at this juncture? That blood that comes out of the uterus when fertilization fails is what is called menstruation. This blood is different from normal bleeding; say I start nose bleeding or someone is cut. You would at times find that a woman would bleed to death at childbirth. Have you ever heard of that? During the time that she bleeds, isn’t that she bleeds from the uterus? And she bleeds through the vagina coming out, why is it that she becomes pale, and why when you look at her she doesn’t see blood? It means that all the blood in the body found their way out and they would move out. (*All: They would get expelled*) So whatever I am trying to explain is that, the reason as to menstrual blood could have some bad odor, just like you had said, is because of the vagina. Under normal circumstances the vagina possesses what we call normal fluid and it is self cleansing. It has normal discharge even if the woman is not on her menses. Whenever a young fail to bathe properly even for a day will she produce a bad odor or not?**

Chorus: Odung’

Chorus: She produces a bad odor.

**M: Ango moomiyo odung’ nikech nitire fluids, fluids maonego bed ni iluokori ibed fresh so the moment ma fluid fluids ma awach gi odhi oriwoure gi remo ma wuok ee uterus cha that is what brings the smell wawinjore nyaka kanyo?**

**M: What makes her produce the odor, because of the natural fluids. These fluids should be cleaned so that you remain fresh. So the moments such fluids mix with the blood from the uterus, then that is what brings the bad odor. Are we together till there?**

Chorus: Yeah

**M: Matiendeni remo ma wuok ee periods is the same blood as any other blood in your body, koro mano ee ngima adwaro mondo uwuong go kaa makata kobedo ni uwinjo mana ni …. It’s a myth ji mangeny are misinformed about menstrual blood, iyudoni saa moro ngato ni gi family planning otiyogodo to o bleed ma ngeny, jomoko bede kose nyuol bleed mangeny, jomoko bende bleed just because of some reasons, samoro en kata gi growths moko ee uterus, nyalo miyo o bleed mangeny but ena ena the same blood makata dang ibedni umi chew, kata ka ngato otongi icher kata saa moro in gi shida moro e iyi ma ok kata uterus, gik mangeny nyalo miyo ngato bleed, but it is the same blood. Nyithindo ma nyiri saa moro ga ginie periods iyudo ka gin gi cramps ka gimoro ramo gi kata onding’gi moro ramogi, that is normal it happens because sama koro I bleed remo wuok cha to uterus contract ichalo ngama bio gimoro to chak yaore, obio to chak yaore mano ema cause ang’o that pain comes. Wawinjore maber nyaka kanyo?**

**M: Which means that blood that comes out during menstruation is the same as any other blood that comes out from any other part of your body. That is the take home that I wanted us to leave this place with, even you get any other myth where most people are misinformed about menstrual blood. You could find that one uses family planning methods and bleeds in excess. Others also bleed just because of other reasons; she may be having other forms of growth within the uterus. This could cause excessive bleeding and may be as a result of other causes. But it is the same blood, even if it is from a bleeding nose or even if you cut using a panga or even if you have a problem in your uterus and you are bleeding, it is the same blood. Some young girls may be experiencing their menses and they would be having menstrual cramps and they may be having abdominal pain. That is normal, it happens because during that bleeding the uterus contracts. It looks like something squeezes and opens the uterus and that is what causes the pain. Are we together up that point?**

Chorus: Wawinjo

Chorus: We have heard.

**M: Yes, jomoko dhii ee periods 3 days jomoko 7 days, jomoko nyalo extend kata more than one week and it depend on kaka ochwei, jomoko bede okel gi weche mag family planning, moko environment ma ng’ato nitiere, jomoko bende nigii shida moro eiye emomiyo obleed mangeny, koro gin gik mopogore opogore mamiyo ngato nyalo bleed for more than 7 days, but approximately ngato onego bleed between 3-7 days mano is the normal cycle mar ng’ama miyo. Remo mawuok sama ng’ato bleed tin kabisa oken remo mangeny en remo ma approximately 3 tablespoons, ma ok remo ma en reagent ma agolo ee lab, koro remo ma wuok en approximately just about 3 tablespoons mondo ngato otiek periods gee but kaka nase wacho ni ngato nyalo bedo gi periods ma extended because of many other reasons yeah but approximately 3 tablespoons to 5 tablespoons of blood ma wuok but owuok mos mos emo miyo ineno jomoko dhii for 3 days jomoko 2 days jomoko 4 days kaka newawacho uyudo ni ngato idhi kata ee family, ichuoe sindan omiye gimoro momwonyo kata oketne ee bade koro mone dhii ee periods mano iluongo hormonal imbalance ma also happens, hormonal imbalance ni onyalo mono ngato odhii ee periods or onyalo miyo ng’ama mio dhie period mangeny, ngato nyalo kata dhie periods twice a month, jomoko dhii kata continuously for three weeks depending on gi gima omiyo gino timore wawinjore maber nyaka kanyo? Sama ginie periods bende iyudo ka gin gi mood, kendo ginyalo bedo gi moods mopogore, ng’ato nyalo bedo ni okodwar wach saa moro be kiiwuoyo kode idwuoki marach saa moro oduoki ka omor, saa moro onyalo bedo ni en gi appetite modhi malo, gik mangeny timore sama ngato dhii ee periods because of the hormonal interference with the body, nikech sama ngato dhie periods it means ni hormones moko are involved koro luore kaka ng’ato… jomoko be onge kata gi mood swings, jomoko kata onge stress moramora sama gi dhie periods but jomoko igi ramo ma nyaka mwony kata yath eka mondo remno otim ango? Odog piny, sama ng’ato dhie dwe, onego bed ni gimoko agwen ma very important ma timore number one onego bedni obedo gi gik ma safe mo tio go sama odhie dwe, number ario onego obedni obedogi kama onyalo wito gik maosetimo nade? Mosetiyo godo, number dek privacy sama odwaro chanjo kata gima orwako no donge nyaka obed gi kama private, namba 1 nokonowa ni samoro ka enie e mtokaa oriembo, to ngato oporene, opoo mana ka otimo ang’o ka enie periods, manyiso ni en gima onego bed ni en private mama moro emonie leso mondo itim nade? Otwere go nikech privacy no is very very important, and mogik, nyaka obedi gi gima (inaudible 1:28:06). Koro kawadhii mbele adwaro mondo anyisu the types of gik ma minewa tiogo just briefly. Wan gi cotton wool, bende nitie ng’ama pok oneno pamba? Pambani en one of the things ma mon tiyogo sama ginie periods. Kasto wan gi reusable pads, kata pads ma olosi ma ngato luoko to otiyogodo kend, olose specifically for women and girls ginyalo soye ee panty to obedo kama to gidio ndai kama, kasto gitio kode ka gi feel ni opong to gigolo to iluoke to ochako orwako machielo. Kasto wantiere gi always kata pads ma kawaida ma kila ngato aparo ni ongeyo, nitie ngamapok oneno pad gi wange? Waseneno pads, kose udwaro umule mondo ungee kaka ochalo (laughter)**

**M: Yes. Others would experience their menses for 3 days, others for 7 days. Others would extend for more than one week. This depends on how you were created, others could be as a result of use of family planning methods, Others due to the environment in which they are. Others would be having medical conditions within their uterus and that would be the cause of excessive bleeding. So there are so many reasons why people would bleed in excess for more than 7 days. But then one should bleed for approximately 3 -7 days, that is the normal cycle for women. The blood that comes out as menses is approximately 3 tablespoon fulls. This is not blood; this is the reagent I have brought from the laboratory for demonstration purposes. And now for one to complete her menstruation she will have lost 3 tablespoonfuls of blood. But just like I have mentioned, one could have an extended menstruation because of many other reasons but it should be approximately 3-5 tablespoonfuls of blood that is slowly released that is why other would take three days other two to four days just as we said before for those who use family planning methods. They are injected or given pills or even the implants on their arms. This is called hormonal imbalance which also happens and can make one not to experience menstruation or could lead to prolonged menstruation among women. One could even experience menstruation twice a month.**

**Others would even experience menstruation continuously for three weeks depending on the reason as to why it is happening. Are together up to this point? When they are on their menses, they would experience mood swings, they would have different moods, one would be withdrawn, others would not want to be engaged in any way and would be opulent. Others would be happy; others would have increased appetite. There are so many things that happen whenever one is on her menses because of the body’s hormonal interference. This is because whenever one is on menstruation, it means there are hormones involved so this depends on individuals. There are others who are just normal without mood swings. Other do not even have stress at all. Others would experience so much pain to the extent that they would take painkillers to reduce the pain. During menstruation, there are four important things that should be considered; there should be safe items to be used, there have to be a safe place to dispose these used items, number three is privacy whenever she wants to change these items. Number one told us that he could be in a vehicle driver then someone comes in and it happens that she is on her menses. Which means this is something that should be private. It had to take the effort of another woman to wrap her with a piece of cloth. So that she could wrap herself up to cover the stain. So the privacy is very very important. And lastly, she must something that… (*inaudible 1:28:06*)**

**So, as we proceed, I would like to briefly tell you what the women in our houses use. We have cotton wool, is there anyone who has never seen cotton wool? Some women use this cotton wool whenever they are menstruating. Then we have reusable pads, or the pads that are hand made that could be reused after one could use and reuse. It is made specifically for men and girls; they could fix it on their pants and press it in like this. Then they would use it once it has reached full absorption, it is removed, washed and sun dried as she replaces it with another one. Then we have the normal sanitary pads well known as “always' ' and I believe everyone knows it. Is there anyone who has never seen sanitary pads using his naked eyes? We all have seen sanitary pads, or do you want to touch and feel it so that you could feel what it looks like. (*laughter*)**

R: Tii wamulo ma waol (Laughter)

R: We have touched until we are used to it. (*laughter*)

**M: Kasto nitire joma tio gi lweni, lau kaka ne wasewacho virakaviraka ma ng’ago nyalo kao, and then wantiere gi OB, tampon not OB, OB is a type of tampon, tampon chalo kamae but wan gi ma oseyau anyalo nyisou kaka ochal, kamae ekaka ochal ka oseyawe, en isoe asoya, ng’ama mio kata nyathi manyako koro soe gi iye kacha to tol dong koliero, koro en oabsorb, asoba remo ka en kuchoo, ka iseketo oo absob remo. Kasto wan gi miluongo ni menstrual cup, menstrual cup wantiere gi aina ariyo, wan gi mae, to wan gin mae menstrual cups gi be itiyo go ee choko remo, olos gi material miluogo ni silicon kendo nyithindo ma nyiri soyogi ei duong kachacha kamae, kaka mae is the virgina ikao menstrual cup to ibane kama kasto isoe kose donjo to obedo kama eyie kucha, kose bedo kamae ochoko achoka remo kasto sama… kaka ineno ni ichange pad ekaka ichango mae but ngato nyalo bedo go for12 hours kaponi oko bleed mangeny, kose bedo for 12 hours, 8 hours, 6hours depending on gi kaka ingich obiro soyo lwete ee virgin, to nitiere gima igologodo gini, isoo lweti kanyo to iywaye aywaya mos kose wuok to ipungo remocha to ilwoke kise lwoke to ichako idwoke, eiye kuchocho, the same thing happens gi mae, mae eme** **nitie Kenya ka at the** **moment, ema nyithindo ma nyiri tio go kata joma mine enbe isoe asoya the same way kise soe to en be obiro bedo, (something drops down) sorry kose bet to en iywaye ayweya gi kaa mos, kasto ipuko remo cha. Mae ok nyal tii go but inyalo mule, mae ok nyal tii go gi sex workers, but mae ema wakelo mondo wamii sex workers mondo otii godo nikech en, macha ing’eyo nigi yiwe koro onyalo hinyo ng’ato mae onge yiwe, mae yom inyalo tere round, mae emawadwaro ni sex workers otigo.**

**M: Then there are those who use clothes, pieces of clothes just like we had said that can fit the nether region. Then we have OB, tampon not OB. OB is a type of tampon. Tampon looks like this and we have one is already opened the I can show you how it looks like. This is how it looks after it has been opened. You just simply insert it, either a woman or a girl will have to insert it inside her vagina while the thread remains hanging. It absorbs menstrual blood and is removed once full. Then, finally we have a menstrual cup, we have two types of menstrual cup; we have this one and this one. Menstrual cups are also used to collect blood. It is made from a silicone material and girls insert them inside their vagina, suppose this is the vagina then you take menstrual cup and fold it then you insert it then after it is inserted it becomes like this. Then once it is there, it just collects blood, then… just like you would change the sanitary pads, that is how it should be changed. But one could stay with it up to 12 hours if she doesn’t bleed in excess. Once it has stayed for 12, 8 or 6 hours depending on the user and how full it could be, you would insert your hand into the vagina and remove, there is something used to remove it. You would insert your hand and gently remove it and squeeze out the blood as you wash it. Then you insert it back there. The same thing happens with this one. This is what we have here in Kenya at the moment. This is what young girls use even the women. It is inserted the same way and it will work the same way (*something drops down*) Sorry. Once it is inserted, you would pull it gently and squeeze out the blood. This one cannot be used but you can touch it, this one cannot be used by sex workers, but this is what we have brought to be used by the sex workers. This is because one could hurt or cause discomfort because it has a tail-like thread. This one is because it is softer and has a soft curvature round. This is fit for use by the sex workers.**

R: Mano anyalo nindo aninda kode to en go eiye?

R: Can I just engage in sexual activities with her when this is inside her?

**M: Yes, yes inindaninda kode to ene iye…**

**M: Yes, you could just have sex with while the cup is inside…**

R: Penjono emane adwaro ni apenji.

R: That is the only question I wanted to ask you.

R: We ine mondi.

R: A moment.

**M: Koro kapok ipenjo mano wane kaka tampon tiyo, koro wawachni mae odoko mana marani (inaudible 1:31:37) ongiyo kawaida, koro kisee soe to isoe ma ogigi sawa sawa.**

**M: Now, before you ask that question; let us see how this tampon works. I said that, this one that I have (*1:31:37 inaudible*) it looks normal. Once you have inserted it, you have to make sure that it gets inside in the right manner.**

R: Mmh.

R: Okay.

**M: Kisesoe mochop donge ineno kaka omako remo to okwot? Koro ka osepong ibiro winjo kagima buoyi kanyo opong, sawasawa? Kasto kise winjo kamano to igole kasto iwite ee dustbin, ineno ka omedo size.**

**M: Once you have inserted it to the right length then it absorbs blood and swells. Once it is full, you will feel as if your nether region is very full. Once you have that feeling then you gently remove it and dispose of it into the dustbin. Have you seen it increase in size?**

Chorus: Eeh

Chorus: Yes.

**M: Eee omaka mana remo kamano, to kibudho kode ahinya to anyalo pong to o flow sawa sawa koro kamano ekaka tampon no tiyo, ngato** **nenigi penjo kapok** **adhi mbele**.

**M: Yes, it will absorb blood just like that, but if you take longer without changing it it will overflow as a result of being full. That is how a tampon works. Someone had a question before I moved on.**

Crosstalk

R: Ok kata penjo, kara ukalie matek jothurwa (laughter)

R: Not even a question. So you are through all these my people! (*laughter*)

R: Anto penjo ma apenjo, isoe fut adii? (laughter) nikech ingeyo ni anyalo yudo ka okete gi mbele kasto idhi adinona okanyal dhie kuma adhie kose oyware ka bladder koso?

R: I have this question. How long should it be inserted, in feet? (*laughter*) You understand that I can find it nearer then it blocks my way in, or does it stretch like a rubber.

**M: Ka wasomo kaka odik ee book, book wacho ni yoo mar ngama miyo, virgina mar ngama miyo onyalo stretch up to 9inches to kawangiyo duong mar ngama dichwo be cho around 4 to 8 inches mar bor mogik matiende donge kae pod nitie nafas matin, kasto kawangiyo be cervix, cervix mar ng’ama miyo mana kaka ene pichani, cha donge ineno kaka gi dhoo cervix olorore gi oko matin kasto bethe kwodgi nitie gima chalo depression moro matin, koro wewatin example gi chupa nii ka isoyo gini gii eiye to cervix dhii donjo ee dieree kama sawa sawa to nitie kaka kisoe malongo in the right way ma wabiro puonjogi mondo gisoe godo, to kisoye to ibiro winjo sauti moro machalo ma ywak ni pup kaka kidio sink gi pump ywakga cha, ekaka onego bedni odonjogo omakogo cervix koro en tug kucha odhod ofuko mar nyuol gi malo kae mogik, sawasawa? Mana kaka mae be kose donjo to obet kamae to koro ochoko mana remo kasto donge ineno kaka oyom makata ituome kuom serviette kama to onge gima iwinjo opogore gi material manie dhoge kuondgo, sawasawa koro kose donjo malongo that is the most important thing, kodonjo malongo to okonego bedni odwodi, okonego bedni iwinje, en very comfortable, to kata kose donjo kata kidie donge ineno ka koni pod nitie nafas koro okni kidiye kama to ibro thinyo remo machikre oko kama nikech omako gicha round kama moo omoke, koro remono ema biro timore kama kasto bang every episode mar sex to odhi to emptie, nikeche be kawangio physiology mara joma mon, to sama gi have sex iyudo ni gimedo bleed molo ka nigibet abeta nikeche sama I have sex to involve nyaka kor mfuko kae, medo ridhore to komedo ridhore to remo medo wuok koro emomiyo wa encourage ji bang sexual episode to emptie gini ichak idwoke, opogore gi koki have sex, be adwuoko penjo?**

**M: When we read the texts from the books, it says that the female vagina can stretch for as long as 9 inches and looking at the penis of a man it is between 4 to 8 inches. Which means that there is still some allowance in terms of length. Then when we look at the cervix, a female cervix just like in this photo. Do you see that at the opening of the cervix but is closed at the external? Then there is a slight depression at the opening. Now let us a demonstration with this bottle, when you insert this object into the cervix through this opening, then it will get right into the middle in case you inset it the right way. We will have to educate them on how to insert it. Then it will produce a clicking sound, which means it has been inserted. Then that is the way it should be then you have blocked the opening of the uterus. Then this is how it looks after it has been inserted, then it collects blood. Then you can see it is very soft even if you hit it. You wont feel anything apart from the material at its opening. So inserting it in the right way is the most important thing. If inserted correctly one should not even feel it or feel agitated by it. Even if you should not feel as if it is limiting your movement, it is very comfortable. And once it is inside, even if you squeeze, don’t you see there is still some allowance, not that it will spill blood outside. Now this blood will be contained here and after every sex episode you will have to gently remove and squeeze blood from it. Looking at the female physiology, whenever they have sex you will find them bleed more as compared to when they just sit calm. Sex will involve contraction of the uterus and the bleeding will be more due to the agitation and friction. That is why we always encourage people that after every sex episode, they should empty this object and return it. It is different from when you don’t engage in sexual intercourse. Haven’t I answered the question?**

R: Eeh wawinji.

R: Yes, we get you.

**M: Koro maendi be works the same way kise soe mobet kamano to kise tieko luore gi period ni kaka inenoga, ipimo gi pad, kaponi pad atiyo go kata 4 hours to aneno ni ma koro opong to maa endi be ibro bedogo 4 hours, ka pad ibedo go the whole day nikech period ni yot, a bit light mae be inyalo bedo go the whole day kas to igole, kidwa gole en otiyo gi tiendeni sawasawa**. To **maendigo okonyal tiogi e sex, ma thot ne wamio nyiri matindo tindo, ma pod nie primary ma eko chako period to oknyal afford pads, ama manie secondary to pokochako riure. Sawasawa. Ama an kaka mio manie ot to aseweinjore gi woun para nang’o…nisama aneno malo, to iwena thuolo matin, to sama an sawa, to wadhi mbele, to okinyal tuo go nikech gini bo chuoyi.**

**M: Now this also works the same way, after you insert it and then you are done depending on your menstrual cycle and the rate of flow. You would use the sanitary pad as a control. Suppose you would take 4 hours before replacing the sanitary pads then that is the time you would estimate the cup to be filled with blood. You could even stay with it as long as the whole if you have a lighter menstrual flow. You could stay with it the whole day before replacing it. If you want to remove it, you have to properly make use of the tail. But then, with this, you can use it during sex. We tend to give this to young girls who are in primary schools who are just starting their menstruation but lack the money to buy the sanitary pads, or those in secondary schools who are not sexually active. Is it okay? Or maybe like myself, a married woman and we have made an agreement with my husband that whenever I am on my menses he would excuse me. But then when I am okay, we continue. This could not work during sex because this object would make you uncomfortable as you will feel it.**

R: Gimoliero no?

R: You mean, this hanging object.

**M2: Ee, gini nyalo chuoyi, to ber gini be, Moroni, kisekawe kama to higni apar, iwe bech pad, iwe bech cotton, iwe bech tampon, iwe bech gik moko go, sawasawa, eee. Kasto inyako tio gi ma sama idhi e dwe.**

**M2: Yes. This object could prick you. The advantage of this other one is that once you have it, you could use it for as long as ten years. You stop spending on sanitary pads or cotton or tampons and any other thing. Right? Yes, then the lady could use this whenever she is on menstruation.**

R: To ma ka nyieo, teneno ka bit…kanene taneno ka bit oduong, kosoe kama iwacho mogik cha, oyaore kama, koro odhi loro area no, oko…onge infection mokelo kuom ng’a ma gine, kata ni dhako winjo ni gimiro rame somewhere, nikech kacha ka ma private?

R: What if I buy this, because I can see it is bigger. Did you say that it fits in after it has expanded, will it obstruct that other end? Is there any infection that it causes, or a woman would feel pain somehow, because that is a private part?

**M2: Onge on infection mora mora mokelo, emomio wabopuonjogi maber kaka itime, kasto gini be okbed shared, ka osemia go an Cynthia, en mara ma personal okanyal riwo gi Edyth, okanyal riwo gi Enid, en mara ma personal, kasto ipuonja kaka aluoke, kaka a sterilize bang tieko oeriod mondo omiii akane, achak ati kode dwe manyien. Yes, number one.**

**M2: It doesn’t cause any infection and that is why we are educating them how it is used. Then this object should not be shared; once it is given to me as Cynthia it becomes a personal item, I can’t share it with Edyth. I cannot share with Enid. Is my personal stuff, then I am taken through how I would clean it. How I could sterilize it after using it before storing it. So that I could use it in the subsequent month. Yes, number one.**

R1: Madam to ka koro iseketo gini, samoro ng’ato obiro gi chupa marom gi gima iting’oni, okonyal go gino force ma donj iye?

R1: Madam, after she gets to insert this object, suppose one comes with this other bottle with the size of what you have just carried. Can’t he hit this object with force until it gets inside.

**M2: Donge mana kaka nachako, donge ineno, kama cervix nitie, dho cervix nitiere e diere ka, en shimo moro mathwis, kaka pichano ogole no, en bur mathwis makata in lith lweti ni oknyal donje, kat itemo soyo e dho cervix, weri gi vargina, sani wawuoye cervix, to already, oseluoro cervix, moketo kama, ose manie diere ka ni moumo, koro ong’uony, ong’uony moriure e gima thwis no, koro ka around cervix kaeri emobede, to kati ibor mana manade okinyal ywa gini ma iwuog go unless ni okokete maber. Ama okinyal winje unless ni okokete maber.**

**M2: Just how I started, can you see where the cervix is at. At the opening of the cervix, their cervix has an opening here and the object stays at the middle. Just like this picture reveals it, it is a small opening through. Leave alone the vagina, we are talking about the cervix. Already it has closed the cervix and it is right at the middle. However longer your peins is, it can never reach the cervix and you can never remove the object unless it is not properly placed. Or you can never feel it unless it is not placed properly.**

R: Jomoko donge iwach no bor ma koro ochuno ni iketo ne mana ring.

R: There are people who are rumored to be longer to the extent that they are regulated by a ring.

**M2: Donge egimomio akuongo achako gi measurement, mar virgina ma normal go mar …**

**M2: That is why I started by demonstrating the normal measurement of the vagina.**

R: …allowance mori be owe kanyo.

R: Is there any existing allowance within.

**M2: Ee, allowance moro be owe kanyo matin.**

**M2: Yes, there is an allowance left within.**

R: Oh koro awinji.

R: Now I get you.

**M2: En gima nyalo stretch, (crosstalk)**

**M2: It is something that stretches. (*stretches*)**

**M: Ka wadhi mbele nikech saa,**

**M: Because of time, let us proceed.**

R: nitie bwana moro ka, woud xxxx, en mare cha be akia ni normal (Laughter) …

R: There is this guy from xxxx. I don’t know if this is a normal one. (*laughter*)

**M: …ero ka wadhi mbele, pads ne number ang’wen okonowa ni siling pra bich, donge, mine tio gi pads adi odio chieng kata pieces adi mar pads odiechieng kaponi en e periods? (Silence) Adek kata ang’wen donge.**

**M: Okay. As we continue. Number told us that sanitary pads cost fifty shillings a packet, right. How many pieces do women use in a day while on menstruation? (*silence*) Three or four right.**

R: Ee.

R: Yes.

**M: Packet ting’o adi? Apar kata aboro. Maiende ni each cycle otio go parket adi, ario kata aek, mano mia achiel gi prabich per month, mia achiel gi pra abich ki multiply gi apar gi ario mano pesadi? Donge manp wan e elufu ario, aluf ang’wen kucho depending on the type monyieo. Nikech pads wan mekwa gi iluongo ni Cortex, Cortex packet achiel en siling mia ario gi prario, but samoro odhi onyieo always, samoro All tyme, samoro onyieo soft care, luore gi ma oyudo market, matiende ni per month…per year, obiro tio gi around four thousand, four thousand, mama no dwa bleed for the next thirty years, mano pesadi ma obiro spend on pads, it’s a lot of money. Tampon moro ma ne wawuoye about chande, a packet goes for five hundred, one thousand depending on the typer minyioeo, koponi otio gi mano er month en five hundred or one thousand per month that ais already twelve thousand, twelve thousand, twelve thousand ki multiply gi thirty years, a lot of money, reusable pads, packet en six fifty, six fifty ni onyalo tio kode for six months kapok gini o chakaa mochiko replace. So in short what we are trying to say is, a menstrual cup is still economical nikech mae poko biro e Kenyan market but sanie iuse siling aluf ang’wen.**

**M: How many pads does a packet have? Eight or ten. This is for each cycle and she would use two or three in a month. That is one hundred and fifty shillings per month. One hundred and fifty multiplied by twelve, how much is that? That is two thousand shillings to four thousand shillings depending on the type that you would buy. Since this our sanitary pads are called cortex and this costs one hundred and twenty a packet. Sometimes she would buy the always brand, all time, soft care depending on what is available in the market. Which means in a month or a year, she would use a thousand. That woman would bleed for thirty years, how much could she spend on sanitary pads? It is a lot of money. This tampon that we have been talking about, a packet goes for five hundred or one thousand per month depending on the type that you have purchased. That is twelve thousand shillings multiplied by twelve years. A lot of money. Reusable pads; costs six hundred and fifty and you could use it for six months before it gets old for replacement. So in short, what we are trying to say is that, a menstrual cup is still economical because this has not been introduced into the Kenyan market but right now it retails at four thousand shillings.**

R: Mano emaa awacho.

R: That is what I was talking about.

**M: Ma emaniwacho?**

**M: Is this what you meant?**

R: Mmm.

R: Yes.

**M; E four thsousand t four thsousand ni inbotio kode for ten years, every month en iluoke aluoka kisetieko your periods, kendo ichako irito kode the following month. Koro at the end of the day menstrual cup ni biro bedo economical to the women or sex workers ma wadwa miogi, ma wan gi risach, mana kaka ne wa explain kawatimo consenting cha, watimo kodgi research, wabiro miogi free of charge, wabo puonjogi kaka isoye, kaka iluoke, kaka I maintain e kendo kaka ikane nyaka next period. Koro question mage ma un go on mistral cup? Yes.**

**M: Yes. For four thousand you will use it for ten years. You would just have to wash it every month after your menstruation as you wait the following month. And now at the end of the day menstrual cups will be more economical to the women or sex workers. We would want to give them, those who are in this study just like we mentioned consent. We would want to involve them in this study for research purposes. We would want to give them free of charge, we will also educate them on how to insert, how to clean it, how to maintain and how to store it until the next period. So, what questions do you have about the menstrual cup? Yes.**

R: Adwa penjo gini, iko ni isoye, donge?

R: I have this question, you said that it is being inserted, right?

**M: Yes,**

R: Kosesoye, sama iidho kata apiko ma ikarri kama cha, okonyal wouk.

R: Now that it is being inserted, suppose you jump into a motorcycle legs apart, can’t drop?

**M2: Okonyal wuok, Seche ma I pump sink, kisedio pump, kata iwire kama, donge nitie kaka nyaka Ijake …**

**M2: It cannot drop, whenever you pump into a sink and you press the pump or you press it this way. Is there a way in which you must pull it?**

R: Yeah, yeah.

**M: Kata sanie, kikao gini to iketo e lweti kama donge niotiere pressure moro ma omako godo, koto just try that. As he tries that and everybody else tries it kopo ni un go gombo mar trying I, wadhi mbele ka wawacho kama, ni ng’eny joma chuo kata jo men, they don’t like it when the see blood on their penises or even the condoms, and to realize that somebody is on her periods, to pod odhi kode. Okgihero neno remo, koro kopo ni wamio sex workers menstrual cup ni eri, remo ma obro neno onge, kata ni bedsheet bedo messy, onge, nikech kaka osoe cha, onge remo ma biro wuok from there, emomio wakelo gima hygienic, gima ler ma ginyalo tiogo. Mana kaka number nowachonwa ka wachako the moment ma gisoyo kama, ka gisoyo iye kuchocho, it is not clean, number five nowachonwa ni tissue wuok wuok donge, sama owuok owuok you never know ni infection mane monyalo keklo iye kucho, omomio wakelo menstrual cup for them to use the right things, the right commodities, mondo kama gidhie sex work, nikech gidhi, gidhi e sex ka gin gi periods, nikech gidwaro ang’o?**

**M: Even right now, if you literally take this object and press it against your palm and there is this pressure that holds it. Try this. As he tries that, let everyone try if they would want to. As we proceed, we would like to say this; there are some men who don’t like seeing blood on their penis or even on condoms. Realizing that one is on her menses and still having sex with him. They do not like the sight of blood. So if we give the sex workers these menstrual cups, there will be no blood on sight. Not even the bed sheet will be messy. This is because the way it is being inserted, there is not any blood that will spill from it. That is why we have introduced a hygienic object, something that they could use. Just like number one said when we started, the moment when it is inserted deep inside, it is not clean. Number five told us that tissue paper would come out in articles and you never know the kind of infection that could be developed. That is why we have brought this menstrual cup for their use. These are the right commodities for their sex work, since they go working while on their menses. What are they looking for?**

R: Pesa.

R: Money.

**M: Gidwaro pesa, nikech mano is their way of livelihood. Mano ekaka giyuido gimoro ma ginyalo tio godo e ngimago, koro emomio wakelo mentral cup, koro ka nitiere ng’a manigi question about menstral cup kata bedo maler sama gin tiere e periods, to ji nyalo penjo. Ka onge penjo ka summarize, menstruation happened between twenty-three to twenty-five days, three to seven days during the period and of course some people may have more days depending on other reasons, sama mama dhie e dwe o make gik ma bede onegobed ni otio godo, o need privacy, o need kama bende onyalo wito gik ma otimo ang’o…otio godo, Pads kata sanitary ware ma onyalo tio godo sama ene e periods. Mano e summary mar gima natemo explain. Koro, ka watieko, wachegni mama tieki, aneno ka jok moko ool, kendo jomoko hamo, nikech apari ni wasebedo gi discussion maber. Ang’ giri ma uparo ni okwa discuss kata what are your thought about using the menstrual cup? Adwa ni kila ng’ato okona akona gimoparo about menstrual cup, wabochako gi number one had an idea about the menstrual cup, apani number two be odwa tuome matin. Namba achiel, iparo nade about gima wadwa timo mar mio sex worker menstrual cup?**

**M: They are looking for money. That is their source of income. That is their source of livelihood and that is why we bring in a menstrual cup, or menstrual hygiene during menstruation. You may also ask questions. In case there is no question. As I summarize, I would like to conclude that menstruation happens between 23 – 35 days. Menstruation period takes 3 – 7 days, of course some people may bleed even for more days depending on other reasons. Whenever a woman is menstruating, there are essentials that she needs to use. She needs privacy, she needs somewhere to dispose of these used sanitary materials. Enough sanitary pads that they could use during their menstrual cycle. That is the summary that I wanted to explain, now as we finish, we are about to finish. Others are tired, others are yawning because I think we have had a good discussion. What is it that you feel we have not discussed or what are your thoughts about using a menstrual cup? I would like everyone to tell me what they think about menstrual cups. Let us start from number one and have an idea about the menstrual cup. Number two also had a slight idea. Number one, what do you think about this program of sex worker menstrual cups?**

R1: Ere kamano, giam aparo ni kudwa time to onyalo bedo gima ber. Nikech kaka ujoma mine, un ma ung’e kaka urwake, usepimonwa kaka obed inchi ochiko, oknyal goe modog iye, aparo ni onyalo bedo gima ber kasto remo be ukonowa ni ochoko, to onyalo dhi kata four hours, ka okong’a ma bleed ahinya toonyalo bedo the whole day, oknyal mone timeo ohande motimo mar sex workers mondo odhi opidh go nyithindo, kata tuo be koro onyalo geng’o yudo, aneno kokele to sirikal ouse ausa bei moro ma jogo nyalo afford.

R1: Thank you, I think that if you would want to start this project, then it is a good thing. Just like you women, you are the one who knows how you insert them. You have explained to us how you are nine inches; we cannot hit it till the end. I think I can be a very good thing and the blood that you have told us is being collected. It even goes for four hours, if someone who doesn’t bleed in excess could even take the whole day without replacing it. Even the sex workers could continue with their work to get her income to raise her children. She could even protect herself from contracting diseases. In my opinion, when it is rolled out, the government should retail it to a price they can afford.

**M: To inyalo gombo ng’eo ka sex worker orwake?**

**M: Would like to know when a sex worker insets it?**

R1: E kadwa dhi kode to anyalo gombo ng’e ni orwake.

R1: Yes, I would want to know if she has it inserted whenever I engage in sexual intercourse with her.

**M: Inyalo gombo ni owachni?**

**M: Would you like her to tell you?**

R1: Ee owachna ni orwake, nikech kaka isepimona kaka irwake, to apenje ni irwake, to irwake nang’o.

R1: Yes, she should say that she has it on. This is because you have just demonstrated to me how it is put on. I would like to ask her if she has it and how she has put it on.

**M: Oh, Yes, number three.**

R3: An apani ni eg gima ber kabisa nikech aparo ni kata mana e udi wabiro tio kodgi, korwake to remo no lal kabisa ng’a manene onge, manyiso ni market mare biro bedo nade, wan be wabo tere kata e udi.

R3: I think it is a very good thing and even in our houses we will use them. If inserted the blood disappears completely and none could see it. Which means it will be on demand and that we will also take it to our houses.

**M: To inyalo gombo ing’eo ka sex worker orwake kata ka jaodi orwake?**

**M: Would you like to know if a sex worker or your wife has it on?**

R2: E anyalo gombo kabisa mondo ang’ee.

R2: Yes, I would really like to know.

**M: Okay, number five.**

R5: Ee, an gima ukeloni aneno ka ober, nikech number one odhi gemo ler, nikech morocha ing’eni joka tiogo dichiel, ma ing’e ni inyalo tio go higa apar. Koro ka ler dhi bet nikech Mokoka samoro pong’o choo, okelo gik ma ginene, koro inwang’o ka kanyo koro obere. Number two to nayalo gombo ng’ee samakata adhi kode, nikech koro ose ng’ea, koro nyaka sama ago gicha to ang’ie, mondo ang’e ni to ochalo naade, odonjo nang’o.

R5: Yes. This what you have brought is a good thing, because number one; it has brought about hygiene. This is because the one is only used once unlike this one that you could use even ten times. As for this; there will be improved hygiene because the other would fill the latrine and this is more of an advantage. Number two; you would even want to know even when you are about to have sex, you develop interest because you know how it works and how it is inserted.

**M: Yes, number two.**

R2: Ero kamano, paro no en paro maber, nikech ata diusego, e atemo kata ka anyalo nyiewe, mondo atere obedna example mokuongo e ot. Mar ario, gima ber to bedoga maber chuth, to samoro nengo ne, William Ruto (president)ni nyalo keto nengo gino kamoro ma iko ni …bwana onge sida we agoe kinyachon cha, mano idok e pads, koro ka en e nengo moro mowinjore, taparo ni wanyalo chiwo a good example, ka wanyieo, wadhi itionwa godo e ot, to okochno ni kawiono ni kaa ka to adhi mano sex workers.

R2: That you, that is a good idea. Because if you were selling it, I would have tried to buy it so that I can take it to the house as an example in my house. Secondly, a good thing is good forever but its price. If only Willian Ruto(president )could put the price in a way, but then you would resort to doing it the older way. With that you would go back to the sanitary pads. And if it is a favorable price, then I think we could give a good example if we buy them to be used in our households. It is not a must that if I buy it then I am a sex worker.

**M: Yes, number seven.**

R7: Aparo ni mokuongo ginie, ober. Gima omio anyalo wacho ni ober, ka dipo ni yore ma watiogo git e, te, te osebedo ka cost wa a lot of money, towanwang’o the cheapest way mawa nyalo tiogo, kata kopo nis ani iwacho ni inyalo use four thousand, kaen four thousand kiketo kwano kuom pad mitiyogo, moro miuso 650 and fifty cha, idhi nwang’o ni kuom higa achiel idhi nwang’o kitio kod pesa mang’eny. But kitio gi ma…to gimoro kendo, ka nitoe you moro ma serikal nyalo many go yo minyalo kuong distrubite, mond kuong mie ji okuong one ber ne, ong’ee kuonde gi, mondo ng’ny joma tio kode ong’ee kaka gidhi tio kode. Nikech kata kinde mani kelo condom, condom ne giguongo gi distribute to bas, gelande, to ginyoso jii kaka idhi tii kode, kaka idware, bang’eni, donge tii sani ji nyiewa nyiewa condom. To ber mondo ing’ee sama dhako tio kode nikech gini, kaka anene ni aneno ni e ngoma nyaka ang’e ka en tie. Nikech seche moko inyala dhi ka in kod mor mor ma (Inaudible 01:47:58).

R7: First of all, I think this is a good thing. The reason as to why I would say that it is good; if we have been using all these methods but this costs us a lot of money and we find the cheapest way in which we can help this. If we could use four thousand as opposed to the cost of sanitary pads. This one is retailing at 650. You would find that in a year, you would spend a lot of money. But if you would use this, then you would save. If there is a way that the government could distribute, then it will be very much okay. They could advertise and sensitize the masses telling people how a woman should use it just the same way they introduced condoms back then. It is also proper to understand when your wife uses it since whenever we have sex I would want to know whether it is available because at times you are engaging in sex with a lot of excitement. (*01:47:58 inaudible*)

**M2: So kopogore gi joma …nitiere joma kaka un uwacho ni udwaro…ingee, nyisi ka gi rwako gino. To ng’a ma koro poko yudo puonj, be iparo ni onego ginyis clients ni girwako gigi?**

**M2: So, apart from you have been shown how this works and you have suggested we use it. What about others who have not been taught how to use it? Do you think that the clients should be advised to insert such things?**

R: Ing’eni kaka sani, inyalo mia go to ashik ode, okadhimiego jaoda, samoro ginyalo bet kata e landi kaka gi ginene, ni “A! gimoro ayudo ka kedo maber seriously.”, ing’e no mano be chalo ma gipuonjore, kendo wayao Always ma wanyieoga cha, koro puonj no wanyalo lande kata kama wachake ni. Imio ng’ani, imio ng’ani to odhi go, to mon ka nyalo lande.

R: Like right now, if you give it to me I would go give it to my wife. Sometimes they would be chatting within the flat, “Ah! I found a very good thing.” Did you know that this could be a way in which they get to learn about this? And we would leave the normal sanitary towels that we always use. So, we could lead that training and spread the word from this point. You would give this person, this other person, this other person goes with it and then the women spread the word.

**M2: To joma…sex workers ema apenjo, jo usiku sacco, be uneno ni ponego ginyis custmers ni girwako gino?**

**M2: What about sex workers, do you think that they should inform their clients that they have the object inserted in them?**

R: Tek kuom jo usiko sacco, joka tek, joka en tiek pio pio adwa dhi kao ng’a machielo. Okyot.

R: As for the sex workers it is not easy because they work with time and most of their clients are timed as they target the next customer. So they don’t have time for that.

R: Ato aneno ni usiku sacco gi, nikech gi keep the secrets mag jok ma gitio go, kata ka gitio kode, ing’e nika kiseneno ni nyako en ng’a ma ler, mowacho ni en oonge gi problem, ong’e ni otio gi gino, kata onyisi kata okonyisi onge problem bora ni en clean. Mak mani ni gik mabiro kelo interference ni inwang’o remo kanyono ema okber, manyalo buogi kata manyalo mio kik iduog kuome.

R: According to me, due to the fact that the sex workers maintain the confidentiality of their clients. Even if they would use the cup and once you have seen that the girl is of high hygiene, you won't have any problem. She knows that she uses the cup, whether she tells you or not so long as she maintains hygiene. Although that which will show blood during the process is not good and might create interference as it might scare the clients and never not to come back.

**M2: Number achiel iwachoni, onego ginyis client kos okonego.**

**M2: What were you saying number one, should she tell the clients or not?**

R1: Mondo omii ginyis clients, moromo gotieno e field kacha…okyot.

R1: It is not very easy for them to tell their night clients about it.

**M: Do you think it is important for them to tell them?**

R: Kaber to onego bedni onyisi, lakini kaka gin, nikech samoro gin ema gi mer to inbe maikwanye ni imer ka en.

R: I think for the better, they should. But then at times they become so drunk not to mention you who have just picked her as well. So you could be both drunk.

**M: Yes, number eight.**

R8: I don’t think it is necessary. Okapar ka en necessary nikech ng’ani obiro ne service. Service mi offer e donge in the results okobineno stain, jkust keep it within yourself.

R8: I don’t think it is that necessary because this man comes to seek services. The service that you offer to him will not result in you seeing stains. They should just keep it within themselves.

**M: Okay koro in…as number 2, 1, 3, 5 nowachonwa ni they would want to knw, nikech un to useyudo puonjruok kae ni igombo mondo in’gee ka ng’ama mio orwako gini donge.**

**M: So, as number 2, 1, 3, 5 said earlier that they would want to know. Since you have all got this training. Would you like to know when a woman has inserted it or not?**

R: Mmm.

R: Yes.

**M: But fpor jok ma. Apart from joma nikae ma information be gikia about mentrarual cup to uneno ni kata onyisgi kata ikonyis gi ni sawa? Koso okowinjore ni onyisgi?**

**M: Apart from those who are here in this training. Do you think that those who are not here who have not accessed this information about menstrual cups should be told? Or should they not be told?**

R: Adier to ka ber, nikech gini a wawuoyo, ing,e ni gini is a secret thing, nikech oken gima ibo dhi land oko, to nikech wan to wang’eo okdaka dhi kuon sex worker, to wanyalo go mbaka nikech sechemoko en mang’eo wanyalao joke, ni to madam, aneno ka ler itio kod gikmoko ma tii owuok, yaani wago mbaka mana winjo ka be ong’eo, tonyalo wach ni an kata sama inenona ni arwako bila miwachono , momio okinyal romo bile miwachogo, Lakini ng’at makia ma en obira bira for service, ma en obiro to okalo, en ing’e nikinyise to odhi we kata ni igeng’o tuo moro ma odhi paro ni odhi yudo tuo, already kata kiwacho…to wacho ni “ Madam kara we amany ng’at moro. So they must keep the secret.

R: To be honest, honesty is very important. You do understand that this is a secret thing. This is not something that will be advertised to the public. And because we all know about it, I would not have gone to a sex worker about it unless she was one who is my friend. She could then disclose to me that she has inserted what I am talking about after complimenting her level of hygiene. But then as one who is a stranger to me, I only go for service where she comes and goes. Then maybe she would suspect that you are infected and you are trying to protect her from the disease. When you just mention that then you would tell her, “Madam, okay then, let me look for another person.” So they must keep the secret.

**M: Yes, number five.**

R5: Gima omio ni onyalo fwenyore ni ober. Samoro inyalo dhi kode to onyise niya, “Inyalo weyo kata condom nikech an gi gimoro ka maber manyalo gen’go. Ee koro ema isefwenyego ni kara en gi gini.

R5: The only reason why it could be known is that it is good. At times you could have a date with her then so could tell her thet, “I have something, there is no need to carry the condom with you, that is better for protection.” Yes, and that is how you will discover that she has this object.

**M: Gini ok kony tuo mora mora, gini is just a menstrual cup, just like pads, oken goma wanyalo geng’o gi tuo mora mora unless ni orwako female condom.**

**M: This object does not protect you from any other disease. This is a menstrual cup, just like the sanitary pads. It cannot protect someone from any other disease unless you use the female condom.**

R: Ma condom nyaka iluowa luowa e gini.

R: Do you mean one has to add a condom on top of this object?

**M: Mae ok geng tuo mora mora.**

**M: This one does not protect from any other disease.**

R: Nikech inyalo mio koro adhia dhia nono (Group laughter).

R: You could even make me get in there without any protection. (*group laughter*)

R: Sama orwako gini, condom gi cha be onyalo rwako?

R: So whenever she insets this object, can she also put on a condom?

**M: Ee. Onyalo rwako maber malich. Gini nie I cervix kuchocho, condom gioyo e vigina kama to protect gi from infections.**

**M: Yes. She can put on a condom very well, without any problem. This object will be there at the cervix but the condom will be inserted in the vagina where one is protected from infections.**

R: Omera oduong (Major)

R: This is big my friend. (*major*)

**M: Yes, ere gima uparo ni okwa discuss?**

**M: Yes. What do you think we haven’t discussed?**

R: Kama adwaro no mondo imia picha, manwaweo nikech, ma tokoro adwa ni mondo omii I clarify, nikech ing’e ni sechemoko wabiro wuok ka to okwang’eo. Iwacho ni …kae, iwacho nis ama fertile egg dwa wuok kae, kobiro e uterus ka, o take how long? Two kuom my question, ang’o ma cast dhako mondo omii e uterus kae Nyathi dwa bete mana one nmonth two months, to remo go wuok kendo, dhako iye wuok oyudo problem, anngo ma cause gino?

R: The point at which I would like you to give me a picture, as for this I would like you to clarify. You understand we may leave this place without getting it clearly. How long did you say that the fertile ovum takes to move to the uterus? The second part of my question; what causes the blood to come out from a woman when the fetus stays for one month, two months then the blood is expelled from the uterus again. What causes the problem?

**M: Mondo ich owuogi?**

**M: Do you mean what causes miscarriage?**

R: Ee ich owuogi.

R: Yes, the cause of miscarriage.

**M: Kpro goma tomore en ma, kaduoko penjoni mokuongo, an egg will travel from the ovary to the fallopian tube to meet the sperm, donge, this can happen within five days, luore endo gio lifespan mar sperm, gi life span mar egg. An egg kose bedo released to onyalo tho within two days. As in obedo ni koro oonge gi teko mora mora. To sperms nyalo bedo for three to five days…no it’s the opposite, female egg emanyalo bedo for three to five days, but sperm life span ne nipiny, ema omio sama obedo released koponi okoromo gi egg within two days enose osekethore.**

**But for an egg mar ng’am mio nyalo bedo between three to five days, koro kopo ni obiro ka to okoyudo …iluongo nang’o, okoyudo sperm, to I have sex three days later or four dayas later, egg cha pod ni mana kacha pod nyalo bedo fertilized, but for a prerm en odwaro ni kochopo, to oyudo ka gi cha ne nitie kacha ma kuyudo ni egg chande onge, to onge …iliongo nang’o fertilization ok bi take place, especially ka oken e fertile period, for a woman. Koro gimanayalo mio ich wook, gin gik mang’eny, samoro, number one, ng’ato nigi cervix ma yom yom, mano nyalo golo ich nikech sama ang’ ferterlized eggs osebedo kae, te moment ma Nyathi dongo, to exact pressure moro e cervix ka, to ka cervix yom yom them hio mimba ita toka.**

**Ich be nyalo wuok because samoro ng’ato tuo, en gi tuoche moko e dende, to okong’eo, samoro en gi very severe malaria, samotro en gi tuoche moko machal ka…mopogiore gi malaria, ena ena gi tuo moro e dende kaeto gi yedhe momuonyo, samoro otuo to okong’eo, mano nyalo golo ich. Moro be nitiere yedhe momuonyo apart from maybe kawaida mag antibiotic kata mag anti-malarial, samoro nitiere yath momuonyo because of tuo matime, yedhe gi nyalo interfere gi fertilized egg ma ichni bende wuogi. Samoro uterus ni oken strong enough, samoro en gi fibroids, donge use winjoga growth growth ma bedo e uterus gi, samoro implantation mar fertilized egg cha odhi obedo e bath fibroid kata e bath growth moro ne nie iye, mano nyalo interfere gi growing baby, moro ma osebedo fertilized, koro gik mang’eny nyalo cause, jomoko bended dhie family planning continuously, samoro pod gidhi mbele to gikia ni giyach. Ing’eni samoro ng’ato nyalo dhie family planning kokia ni en gi ich, samoro ochuoye sindan, to sindan ni …yath mar sindani nose expire, samoro okoywaye ye, samoro …nitie gik mang’eny. Hormonal imbalances be nyalo mio ich wuo, koro mago reasons ngato nyalo bedo go, jomoko be gola gola ich ka gin emegidwaro, mechanically, omuonya muonya yatrh mondo ich owuogi, kata odhi osiptal, kata ir quacks moko manitiere e estste gi mondo ogolne ich ma, ma to ogol a gola ich literally. Onyisi ni (Inaudible 1:56:04)**

**M: Now this is what happens. To answer your first question; the ovum will travel from the ovary to the fallopian tube to meet the sperm, right. This could happen within five days depending on the lifespan of the sperm and that of the ovum. After an ovum is released, it could die within two days as it loses its viability. The sperm could stay for 3 – 5 days. No it is the opposite; it is the female egg that could stay for 3-5 days but the sperm has a lower life span and that is why it is destroyed after two days if it fails to fertilize an ovum.**

**But then, a female egg could stay up to between 3-5 days. So if it comes but fails to meet a sperm then you engage in coitus after three days that egg is still there and could be fertilized. But for the sperm it requires that when it reaches there, it must find the ovum mature so that fertilization could take place. But if it finds no ovum then then that is not the fertilized period for a woman. Then, there are so many causes of miscarriage. One; someone could be having a weak cervix. This happens after implantation and as the fetus grows, its weight increases and it exerts pressure on the cervix.**

**One could also miscarry due to illness, there could be underlying conditions that she might not know. She could be having very severe malaria; other diseases could be different from malaria. One could be having a chronic disease, then the drugs that she could be using. Maybe she could be suffering from an illness without her knowledge, this could also cause miscarriage. Others could be taking drugs apart from antibiotics or antimalarials. These drugs could interfere with the fertilized egg leading to miscarriage. Sometimes the uterus is not strong enough, sometimes she has fibroids. Haven’t you heard of such growth within the uterus. Sometimes the implantation has taken place on the fibroid or next to it. This could interfere with the growing fetus. Others could be on family planning but then they do not know that they are pregnant, they would continue using the family planning until this causes miscarriage. This could be due to the expiry of the family planning method, say injection, then whenever she goes for renewal she will be pregnant without her knowledge. There are so many causes.**

**Hormonal imbalances could also lead to miscarriage. So those are some of the reasons, others could also decide to procure an abortion as they want to. Mechanically, through taking pills, consulting a doctor at the hospital, others would consult even the quarks who live amongst us within the estates to help them procure abortion. Such people use unprofessional methods. She could tell you… (*Inaudible 1:56:04)***

R: Nyiso ni ngato nyalo mako ich kata ka en kod.

R: Which means one could conceive even if she is on.

**M: …kata ma bede gi, kata mosoyo kae, for example ng’a ma myounyo yedhe TB, okonego bed nit io gi implant, kik keyne, but mano gimaber en nia, kopo ni oyude gi TB, to dajtari mamie yath TB, to nikech yath TB inge’e ni nyaka mii osiptal, biro penje titio gi family planning mane. Koro depending on Family planning ma otiogodo, ibro puonje.**

**M: Even these ones placed in the arm, even those being inserted. For example, someone who is on TB drugs should not be using the implant. It should not be put to her. If at all she is infected with TB, the doctor administering the drugs should be from the hospital because they are only given at the hospital. At the time of administration, the doctor will enquire the method of family planning that she uses. She will be advised depending on the family planning method she uses.**

R: Koro yedhe gi gin different? (someone coughs so much) mochuo ni gi ma imuonyo, nitie pogruok?

R; Is there a difference between the drugs administered through injection or orally? (*someone coughs intensively*)

**M: E family planning?**

**M: Do you mean the family planning methods?**

R: Ee.

R: Yes.

**M: Ee gipogore.**

**M: Yes, there is a difference.**

R: Nitie pogruok?

R: Is there a difference?

**M2: E nitie pogruok, kor ema omio nitie yedhe moko ma jomoko nyalo tio go, to nitie moko ma jomoko oknyal tio godo.**

**M2: Yes, there is a difference. And that is why there are client specific routes of drug administration. There are ones that others could appreciate while others cannot.**

R: Koro gimaachanda kaendi. Uwacho ni remo ni en remo machala chala gi marani. Mawuok kaa ni, To anenoga ka sama, sama dhako osemako ich. To remocha koro olor, koro okowuogi, koro akia ni odonjo gi gine no…

R; I have a concern. You have said that this blood has no difference with mine. This comes out of this place and whenever a woman is pregnant, I would see that it doesn’t come out, so I don’t know where the blood goes thereafter.

**M2: Kane Edyth explain kaka ng’ato mako ich, no ecxplain nang’o, ni seche ma pokimako ich to remo losore, remo ni losore nang’o, remo ni losore mondo okal ij ni, o protect fetus molosore mar fertilization ni, korio mano e tij remo ni ma main, ma seche ma fertilization okotimore, to remo ni onger tich.**

**M2: When Edyth explained the process of conception, what did she say? She did say that before conception the blood is generated. Why do the blood form? This blood forms to protect the fetus that has been implanted after fertilization. And so that is the main function of the blood and incase fertilization does not take place, then the blood has no purpose.**

R: samochokore ni to en a ena remo ma ber?

R: So at the time of formation, it is just safe blood?

**M2: Ee.**

**M2: Yes.**

R: Chalachala gi mari manie body ni?

R: Do you mean it is the same as that which runs in your body?

**M2: Ee, ena ena remo ma fresh, nikech oxygen be pod ringo e iye, to nikech oxygen maringo kuome ni ema dhi nyaka kuom Nyathi, nikech nyathing okthi moko e ring’o, odhi moko e remo ni, ma soft makata ka iyudo ka ng’a ma mio oluar piny, to en cushioned maber gi remo ni mondo kik impact ni ochop kuom Nyathi molodore ni. Koro sama ng’ato omako ich, to remo ni oyudo tich, koro okowuogi, obo wuok, chiend makoro mamani nyuol, to sama ng’ato okomako ich, remo ni koro onge tich. Ema omio owuok mondo mantien ocha olore, mondo orit nya tong’ manyien mosebedo fertilized.**

**M2: Yes. It is fresh blood and the oxygen still runs into it. The same oxygen that runs it goes to the fetus too. This is because the fetus does not attach into the flesh but onto the blood. This soft blood means that even if the mother falls, the baby will be cushioned well with the blood to avoid receiving any impact. Whenever one conceives then the blood finds a purpose and so it doesn’t come out. During birth, the blood has finished its duty and so it comes out and a new one is formed in readiness for the next fertilized egg.**

R: Bende nitiere tudruok e kin monthly period mar nga’ ma dhako, miwacho ni remb dhako otegno moloyo ng’ama dichio, koro iwacho ni dichuo sama idhi ire idwaro nyuolo Nyathi ma woi kode. ni nyka imake mana ma tek ma imake, imake itho kode, nito komaki (group laughter and crosstalk).

R: Is there a connection between menstruation and conceiving a male child. One could say that a female's blood overpowers a male one during sex and that could lead to a female child and vise-versa. If you want a male child with a woman then you will have to hold her tighter during sex. (*group laughter*)

**M: We akonie gimoro, the person ma determione sex mar nyathi en ng’a ma dichuo, niti gik ma iluongo ni chromosomes, iwinjo, a man ema nigi chromosome, kata genetic make up maloso Nyathi ma nyako kata ma wuoyi, koro kopo ni in gi nyiri lilo, mano in, in e cause.**

**M: Let me tell you something. The only person who determines the sex of the child is the man. There are things called chromosomes, understood, it is only the man who has both the male and female chromosomes. So in case you only have female children, then it is your own making and you are the cause.**

R: Dichuo e cause?

R: Is the man the cause?

**M: Dichuo e cause. In ema ikelo nyiri. Kata in ji chuo lili in ma idichuo ni in ema ikelo yawuoyi.**

**M: The man is the cause. You are the one producing female children. Even if you have only male children, it is you who has brought the male children.**

**M2: Number eight is also saying another myth.**

**M: Iwach nang’o?**

**M: What are you saying?**

R8: They say that mtoto kijana (Inaudible 1:59:28)

R8: They say that a male child (*inaudible 1:59:28*)

R: Kama e chanda, inyalo yudo nyalo, onyuilo gi bwana ni nyako. Ochako onyuolo gi bwana ni nyako, koro jii ariogi ema nokelo cause kuom nyakoni?

R: I had a concern. You could find a lady bearing two male children with two different men. Does it mean that these two men are the cause of the male children of the woman?

**M: Mm.**

**M: Yes.**

R: E!

**M2: Gin eme gimie tong ma nyako.**

**M2: It is them who have given her the chromosomes.**

**M: Yes, number one.**

R1: awinjoga kiwacho nia, ni Nyathi ma woi kidwa nyuolo, to ni ikikori gi min gi no saa aboro aboro kanyo.

R1: I had rumors that if you want to reproduce a male child, you engage in sex with the future mother after midnight around 2 a.m.

**M: Mago are all myths.**

**M: Those are all myths.**

R: Adier?

R: Is it true?

**M: Mago are all myths. Nyathi…sex mar Nyathi wuok from the man, yes, to the woman, iyudo ni ng’ato osenyuolo nyiri to owacho ni kotemo oko to onyuolo woi, mano in ma pod in go genetic…sperm mane o dhi o fertilize egg ne en moting’o nyako.**

**M: Those are all myths. The sex of a child is determined by a man. Yes, to the woman; you could find that one has given birth to female children but if she tries looking for a child out of the marriage then she bears a male child. That still came from the man, it is the man who gave the sperms to bear a girl.**

R: En a ena the same?

R: Is it just the same?

**M: En a ena the same kata moting’o woi.**

**M: It is just the same as bearing a male child.**

R: Erokamano, an anyalo yie kod, ne nitie osiepna e Kisumu ka nyinge okabiluongo, osiepna ni nonyouolo nyiro abirio gi chiege, to en gi pesa ne moro matin machalo ma Ruoth nomenye gi taya , to chiege nodhi obayone matin ma oyudo engineer moro , kia ning’eo Russia osiptal, mortuary moro manyien ma poko yau ni …

R: Thank you. I could agree with you; there is this friend of mine from Kisumu, I would not want to call his name. This friend of mine gave birth to seven girls with his wife. But then she has some wealth, it is like God gave her some light. The wife had to engage in extra-marital affairs and she bore him an engineer. I don’t know if you know this new Russia hospital mortuary that was recently commissioned.

**M: Ma nyocha odwa kethi cha?**

**M: This which was recently vandalized?**

R: Baas, koro engineer manogero manono, ing’e ni engineer ni otema tema gi dhakono, mopoka Nyathi ma dichuo owuok, koro an to a support gima uwacho, nikech nyuolo nyitri lilo kata chuo lilo, gigi wuok kuomwa wan joma chuo.

R: Yes. Now the engineer who built that. The engineer just tried with the woman and then a male child was born. So, I do support what you are trying to say. Whenever a woman bears all male or female children, all these come from us men.

**M: Koro ka watieko, seche ma wapenjo kumu yude information mar weche dhie dwe nig’at achiel kende emowacho, ni nosome e sikul, ute nisome e skul kose nitie kuonde moko mane uwinje wachni? Number eight? In be is sikul?**

**M: Now as we conclude; As we were asking where you get the information about menstrual hygiene from, there was only one person who gave a response that he got it from school. Did all of you get this information from school? Number eight, even you from school?**

R: Yes.

**M2: To in?**

**M2: What about you?**

R: Ase…asebedo ka adhi e forums mang’eny.

R: I have been attending many forums.

**M2: E forum?**

**M2: From which forums?**

R: Foroms aseyude mang’eny school be nasome, forums to ayude pile, emomio an kod experience about it.

R: I have got it from many forums and even from school where I learnt it. But I do get it everytime time from the forums and that is why I have the experience about it.

**M2: Okay. Nitie ma poko wach ma ng’ato noinje weche go? (Silence) sawa.**

**M2: Okay. Is there anything that someone feels has been left behind on the issues we have discussed? (*silence*) Okay.**

**M: Yeah, koro onge wach waduokonu erokamano kuom the interactive discussion, everybody was at per with everything, ahero the, the, the interaction maber, koro watieko at the moment 13:17 PM, asanteni sana.**

**M: Yeah. Being there is no other concern, we would like to thank you for the interactive discussion. Everybody was at par with everything. I did like the good interaction. So we finished at 13:17 PM. Thank you very much.**

**END**