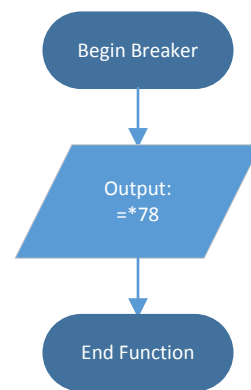


This function is designed to check that user wants to proceed with what they are doing, to prevent them entering the next function by accident

This is done so that 'y' becomes 'Y', meaning the user does not need to worry about casing



The purpose of this function is simply to print a line of '=' to make the GUI more user friendly