Interview Questions  
  
Hello, thank you for taking the time to take this interview! We are highly passionate about this issue, as well as finding a voice for those who do not feel comfortable speaking about it. We are interested in the way people think about periods, as well as its accessibility in society.

If any question makes you uncomfortable, don’t hesitate because menstruation can be an awkward topic for people, but this is exactly why it needs to be talked about. Also, you can skip a question if you want to because you have the right to do that, unlike societal rights which deprives women of such simple rights.

*For those that do not get periods, please answer all the questions, unless indicated otherwise.*

*For those that do get periods, please answer all questions, unless indicated otherwise.*  
**Lastly, please try your best to answer the questions thoughtfully and feel free to answer and include all your thoughts! Don’t hold back.**

*So, let’s start:*

1. What is the first thing that comes into your mind when you hear the word “period?”
   1. Blood
   2. I feel blessed that I don’t have to go through something like that I’ve heard a lot of bad things about it (meds, pain, hormones) and it happens constantly to them
2. Let’s talk about the way society views women’s needs. We don’t say what we need, and we don’t want to make anyone uncomfortable, but it’s as necessary as toilet paper. What do you think about the stigma about menstruation, whether it’s about how women treat it, how men treat it, and society in general.
   1. For a lot of guys: it’s disgusting, even though it’s natural (comes from immaturity, lack of education, etc) of course I’m not speaking for all guys but the immature ones
   2. From a guy’s perspective, we hear that it feels like it’s fine for some, for others it’s like a knife twisting in their stomach which sucks
   3. We hear that a lot of people who go through it also have bad hormonal reactions to it, whether it’s mood swings or more crankiness
3. Follow Up: How would you like to do break the stigma?
   1. It would be beneficial for sex ed to be taught (not beneficial for guys and girls to be split up since the guys don’t get taught what the girls are taught) more conservative people are really grossed out and don’t want to learn about it (extreme conservatives)
   2. There are also extreme people that want to shove it into people’s faces that it happens, and I don’t think that’s a great way to educate people
   3. Don’t force people to talk about it, it’s not like I talk about it to my guy friends when I hang out with them so it doesn’t come up in conversation usually
4. Period is not a choice. It comes every month whether you’re prepared or not. So, let’s talk about accessibility.   
     
   ***(For those that do not get periods):*** Have you seen others that have struggled with accessibility? What did you observe?
   1. I mean, most of the people I know are generally really fortunate to have access to period products. I’ve seen people who have it unexpectedly and they just ask their friends that are nearby to get one. I know even boyfriends (who are fortunate enough to have monetary stability of course) have some stocked up if their girlfriends need some too, I’m talking about you (me, Cathy, the interviewer oop)
   2. I know there are people out there that are not fortunate enough to afford period products, but I don’t know or have ever encountered anyone that has ever had trouble with accessibility personally so I’m not really sure what to say
5. Did you know only out of the 50 states, *only* 12 states exempts tax on essential female hygiene products? Thank goodness, Illinois is one of them! But the other 38 states still basically are taxing people who get periods just for having periods. What do you think about the tampon tax (a term used for taxing female hygiene products)? What do you think should be done to make period products more affordable?
   1. If there are products that are untaxed, then the question comes into play, “what is considered a necessity and what is not a necessity?” or “do products that make one feel better about themselves considered a necessity? Who is making those decisions?” Is toothpaste a necessity? Is water a necessity? What about food? All of that is taxed too isn’t it? Another question is, are those products being taxed as other hygiene products? If it’s a natural human process, then other people have natural human processes as well that get taxed so are we supposed to remove taxes for those too?
6. ***(For those that do not have periods):*** What are some things you wish you knew or learned about periods and questions that you have about it? (Don’t be shy, we won’t judge you!)
   1. I think I know more than I need to know about it (grew up in a family of 7 women so I know a lot of basics) and went to school that has a sex ed class, and a girlfriend that teaches me way more than I used to know (thanks)
   2. I don’t have any other questions that I want to know since those questions and answers aren’t going to do anything for me and I don’t really have anything I am curious about that I don’t already know
7. ***(For those that do not have periods):*** How did you first learn about periods? What were your feelings?
   1. I don’t really remember, but I would assume I was kind of disgusted about it since I probably wouldn’t assume it happens (sounds gross and ridiculous) since it doesn’t happen to guys (a lot of it comes from immaturity) but obviously I don’t feel that way anymore since I learned about it when I was like...super young
8. Period poverty — a lack of access to feminine hygiene products due to poverty — is felt by 1.2 billion women globally. And yet, no one is talking about eco-solutions. What are your views regarding this?
   1. I mean, I think it’s a fair thing to fight for you know? On the other hand, I think it’s fair for all women to have access to female hygiene products, but part of me feels like it’s an industry. Sure, if you think about it, everything in this world comes at a price. If you want something, you have to pay for it. It sounds free but someone is paying for it. It becomes more accessible when there’s a huge change in the female industries, and I don’t think people are going to slash prices because some are going to be free. They aren’t targeting the lower classes, they are targeting the classes that CAN afford those products. It makes sense that they don’t want to lose money in their companies. It would be more fair for the government to provide those products to help out people who don’t have that privilege. There are a lot of logistics that would cause a lot of issues. Honestly, the government probably thinks it has better and larger issues (in their mind) about what’s more important than female products, as shitty as that sounds that’s how business works.
9. Do you have anything in particular that you would like us to focus on while performing this research and possibly finding ways to solve these problems?
   1. I guess it would be cool to know if there were more environmentally friendly products that aren’t used once and it’s one and done. It would be more beneficial to have more products that can be used multiple times and it isn’t really beneficial to the environment if they are all single use products. Have you seen the trash can when you are on your period? That can’t possibly be good for the environment (Talking to me, Cathy). If there were more products that were reusable, then it would be beneficial.

Thanks for your time. Don’t hide it. Period.