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!

*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?”
2. Let’s talk about the way society views people’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. Follow Up: How would you like to do break the stigma?
3. Periods are not a choice. It comes every month whether you’re prepared or not. So, let’s talk about accessibility.   
   ***(For those that get periods):*** What is your personal experience with accessibility, is it easy access for you? In a perfect world, how would you improve accessibility for those who cannot access it? How do you think we can help those who cannot afford period products?  
     
   ***(For those that do not get periods):*** Have you seen others that have struggled with accessibility? What did you observe?
4. Did you know only out of the 50 states, *only* 12 states exempts tax on essential sanitary 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 sanitary products)? What do you think should be done to make period products more affordable?
5. ***(For those that have periods):*** Those who menstruate have no choice but to buy these products. You can’t ignore your period, it’s not like you can just ignore the constant flow. Can you share the problems you faced when you go through your period? What were the worst things you faced, and what did you wish could happen to make your experience better?
6. ***(For those that have periods):*** What level of awareness did you have initially? How difficult was it to deal with it, since we are supposed to act as if periods don’t exist and live in denial when they are too real to ignore?
7. ***(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!)
8. ***(For those that do not have periods):*** How did you first learn about periods? What were your feelings?
9. Period poverty — a lack of access to sanitary products due to poverty — is felt by 1.2 billion people globally. And yet, no one is talking about eco-solutions. What are your views regarding this?
10. Do you have anything in particular that you would like us to focus while performing this research and possibly finding ways to solve these problems?

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

|  |  |
| --- | --- |
|  | A close up of a logo  Description automatically generated  A close up of a logo  Description automatically generated |
| |  | | --- | | A close up of a logo  Description automatically generated | | |  |

1. Monthly cycle, also blood

2. People who get periods are afraid to talk about it around cis men.  They’re not educated about the topic in any way, and they think it’s a gross bodily function that they don’t need to acknowledge.  Around cis women, it’s easier, but it’s still treated sometimes as like a “taboo” or a novel topic.  It’s even more difficult to talk about having periods as trans men or nonbinary people, especially when around cis people.

a. Having people who do not get periods educated on the whole cycle would help tremendously in the misinformation out there and would help with the stigma of talking about them around cis men.

3.  Financially, I am able to get period products whenever I need.  However, being a trans man, I am sometimes uncomfortable buying them as it causes dysphoria.  In addition, there is never anywhere in men's restrooms to dispose of used products.  To increase accessibility, period products should not be taxed, and should be given out for free at schools, universities, hospitals, or other public spaces.

4. The tampon tax unfairly taxes people who get periods.  The tax should be removed in all 50 states and period products should be made readily accessible for free in places like schools.  In addition, globally, free period products should be given out in places where people do not have access to them at all.

5. I have very bad periods which cause terrible cramps and general pain.  I get a fever and sometimes vomit or pass out from the pain.  I thought this pain was normal, as no one told me otherwise.  In addition, any time I complained about it, I was told it was just something I had to deal with.  As a trans man, having a period is very dysphoria-inducing.  The language around having periods is always very women-focused and ignores any trans/nonbinary people who have periods, which makes it very difficult for me to talk about having a period without being seen as a woman.

6.  I didn't know much about periods when I got mine, as I was 9 years old.  We had not yet had sex-ed or any health classes, and it was not until 7th grade that we had our unit on menstruation.  It was very difficult as everyone kept telling me I had become a woman even though I was only 9 years old.  It felt like it was something to be ashamed of.

9. Everyone likes to talk about global problems that are digestible to the general public.  Period products, and general period talk, is not digestible to the general public.  Therefore there is a lack of awareness about the problems facing people around the world when it comes to accessing sanitary products.

10. Don't forget to take into account trans people, many of whom are unable to access sanitary products due to being homeless or under the poverty line.

Thanks! Hope these answers are helpful!