Interview Questions (KAVYA #1)  
  
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.**

GENDER: MALE

AGE: 19

WORK STATUS: UNEMPLOYED (FULL-TIME STUDENT)

*So, let’s start:*

1. What is the first thing that comes into your mind when you hear the word “period?”

Interviewee: Blood.

Me: What else?

Interviewee: My girlfriend in pain and mood swings.

Me: What else? Come on, your girlfriend must literally complain about this to you every month.

Interviewee: Cramps, acne, being bloated, paying taxes for pads, how unfortunate other girls in 3rd world countries are because they have to use rags to clean their blood

Me: Anything else you want to add?

Interviewee: My girlfriend complaining a lot and starting arguments and then two seconds later being nice and very compassionate.

1. 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.

Interviewee: I personally feel that society now a days tends to ignore the importance of period health. It’s not something you really hear talked about. There’s a notion about periods that’s avoided because it’s a very touchy subject in some people’s eyes and it shouldn’t be and because of this neglection there’s not a lot of progress being made related to the topic.

Interviewee: Where does the stigma start? With men? With women? I feel like the stigma started with one gender and they just created the stigma that periods are gross and it just carried on.

Me: How do your friends talk about periods or their girlfriend’s period?

Interviewee: My friends are like “my girl is on her period, she’s acting up.” They look at it like “ugh I have to deal with my girlfriends mood” but they don’t see it as gross.

* + - 1. Follow Up: How would you like to do break the stigma?  
         Interviewee: Its such a big digital age now, I feel like to impact people it needs to be normalized to younger generation as they are growing up – advertisements, tv shows, etc. If other touchy subjects can be covered and normalized in tv shows, so can the topic of menstruation. Include it in everyone’s lives!

1. Period is 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?e

Me: So have you ever been around a family member who has gotten their period and they didn’t have anything on them and they couldn’t find a place to buy anything?

Interviewee: No they never talk to me about this kind of stuff, neither my mom or my sister.

Interviewee: I have honestly never seen anyone struggle with accessibility to sanitary products. I have been privileged to not live in area with people who are financially struggling.

1. 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?

Interviewee: There shouldn’t be a tax on these products.

Me: Why do you think that?

Interviewee: Charging someone extra for something they cant control should be illegal.

Interviewee: It’s all policy, and for law change you need to raise more awareness.

1. ***(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?
2. ***(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?
3. ***(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!)

Interviewee: I never knew about the lack of accessibility to a lot of people. I was very educated in high school, middle school, etc. about periods because of sex ed and sexual health programs, but what I wasn’t educated about was the more economic/business side of it. I was under the notion that everyone had access to the products easily.

Interviewee: What’s the average amount of blood a girl lets out per day during her menstruation cycle?

Interviewee: What countries are the best regarding laws related to women’s healthcare?

Interviewee: Can you faint from losing too much blood? Can you die?

1. ***(For those that do not have periods):*** How did you first learn about periods? What were your feelings?

Interviewee: I learned about it in sex ed in 6th grade.

Interviewee: As every other immature, boy I said “EWWWWWWWW” when I first found out. I was like 11 years old. I had never known the concept of a human just shedding blood so when I heard about it I felt disgusted and I went up to mom and asked her “Do you pee blood?”

1. 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?

Interviewee: It is unfortunate and should be fixed.

1. 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?

Interviewee: I want to know about what people are working on right now to help.

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