





Module 100: Demographic Data

101	Age (in complete years)	_____
102	Date of birth	_ _ _ DD MMM YYYY
103	What is your tribe?	1=Msukuma 2=Mhaya 3=Mjita 4=Mkara/Mkerewe 5=Mkuria/Mshashi 6=Mzinza 7=Mha 8= Other Tanzanian ethnic groups (please specify) _____ 9= Other East African ethnic group (Please specify) _____
104	What is your religious affiliation?	1=Christian 2=Muslim 3=Other (Specify) _____
105	What form are you in?	1= Form three 2= Form four
106	Who are you currently living with?	1= Both parents 2= Mother 3= Father

		4=Grand parents 5= Others (Please specify) _____
107	What is your mother's highest education level	1=No formal education 2= Primary 3= Secondary 4= Tertiary education 5= I don't know
108	What is your father's highest education level	1=No formal education 2= Primary 3= Secondary 4= Tertiary education 5= I don't know
109	What is your mother's occupation?	1=Employment by government 2=Employment in private sector 3=Business woman 4= Fishing or related activities 5=Peasant farmer 6= Market vender 7= Unemployed 8=Other specify_____
110	What is your father occupation?	1=Employment by government 2=Employment in private sector 3=Business woman 4= Fishing or related activities 5=Peasant farmer 6= Market vender 7= Unemployed 8=Other specify_____
111	Which of the following do you have in your house?	1= Electricity 2= Running water inside the house 3= Refrigerator 4= TV 5= More than 10 chicken or other birds 6= Cows, goats, sheep, rabbits, pigs 7= Moving motorbike 8=Moving car 9= Land for farming

Module 200: Toilet and Washing Facilities at School

Here we ask you some questions about toilet and washing facilities at your school. Please be truthful with all your answers

Circle the correct answer for each question.		0 = Never 	1= Less than half the time 	2= More than half the time 	3= Always 
202	Is water available in your school for handwashing?	0	1	2	3
203	Is water available in your school for you to wash your body and product during your period?	0	1	2	3
204	Is water in your school in a place that you can use in private to wash your body during your period?	0	1	2	3
205	Is water in your school in a place that you can use in private to wash your product during your period?	0	1	2	3
206	Is soap available in your school for handwashing?	0	1	2	3
207	Is soap available in your school that you can use to wash your body and menstrual product during your period?	0	1	2	3
208	Is soap available in your school in a place that you can use in private to wash your body during your period?	0	1	2	3
209	Is soap available in your school somewhere that you can use in private to wash your menstrual product during your period?	0	1	2	3

210	Is toilet paper available for you to use in your school?	0	1	2	3
211	Are there locks on the doors of the latrine or toilet that is available for you to use?	1= None of the Latrines has locks	2= None of the latrines have working locks	3= Some of the latrines have working locks	4= All the latrines have working locks
	Did you notice any changes in the toilet and water facilities in your school in the past year?	Yes, they are better	Yes, they are worse	No, there was no change	Not sure
What changes did you notice in the toilets?			No 0	Yes 1	I can't tell 88
a) They are cleaner			0	1	88
b) There are more toilet cubicles with lockable door from inside			0	1	88
c) There is more water available closer to the toilet block and cubicles			0	1	88
d) There are more bins to dispose things			0	1	88
e) There are Menstrual/ changing room			0	1	88

Module 300: Knowledge of Puberty & Menstruation

Now we will ask some questions about menstrual periods (monthly bleeding). For each statement, choose whether it is true or false or you don't know

301	Hormones cause the changes in our body during puberty.	False 0	True 1	I don't know 2
302	The physical changes related to puberty usually start earlier in girls than boys.	False 0	True 1	I don't know 2





303	Menstrual blood comes from the stomach	False 0	True 1	I don't know 2
304	During her period a girl can get pregnant	False 0	True 1	I don't know 2
305	Painkillers cause infertility	False 0	True 1	I don't know 2
306	Every girl's period lasts the same number of days	False 0	True 1	I don't know 2
307	Every girl has the same number of days between her periods	False 0	True 1	I don't know 2
308	A boy's penis has two holes, one for urine and one for sperms	False 0	True 1	I don't know 2
309	In boys, an erection (the penis becoming hard) is caused by their penis filling with blood	False 0	True 1	I don't know 2
310	A boy's voice can change because of puberty	False 0	True 1	I don't know 2





Module 400: MENSTRUAL EXPERIENCES

401	Have you started your periods?	No 0	Yes 1	Not sure 2
402	How old were you when you had your first period?	Age in years: [_ _]	Can't remember 88	Haven't started yet 99
403	How long was your last period? If you have not yet started, go to Qn 405	Number of days: [_ _]	Can't remember 88	Haven't started yet 99
404	Which of the following did you use during your last menstrual period? (Circle the appropriate answer for every item below)			
	a) AFRI pads or other re-usable pads	No = 0		Yes = 1





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



appropriate to indicate: Never, which indicates NOT at all; less than half the time; more than half the time or always all the time

During your last menstrual period....		0 = Never 	1 = Less than half the time 	2 = More than half the time 	3 = Always 	88 = I don't know	99 = Haven't started yet
406	Were your menstrual materials comfortable?	0	1	2	3	88	99
407	Did you have enough of your menstrual materials to change them as often as you wanted to?	0	1	2	3	88	99
408	Were you satisfied with the cleanliness of your menstrual materials?	0	1	2	3	88	99
409	Could you get more of your menstrual materials when you needed to?	0	1	2	3	88	99
410	Did you worry that your menstrual materials would allow blood to pass through to your outer garments?	0	1	2	3	88	99
411	Did you worry your menstrual materials would move from place while you were wearing them?	0	1	2	3	88	99
412	Did you feel comfortable carrying spare menstrual materials with you outside your home?	0	1	2	3	88	99
413	Did you feel comfortable carrying menstrual materials to the place where you changed them?	0	1	2	3	88	99

During your last menstrual period....		0 = Never 	1 = Less than half the time 	2 = More than half the time 	3 = Always 	88 = I don't know	99 = Haven't started yet
414	Did you feel comfortable storing [keeping] your leftover or cleaned menstrual materials until your next period?	0	1	2	3	88	99
415	Were you able to wash your hands when you wanted to?	0	1	2	3	88	99
416	Were you able to immediately dispose of your used menstrual materials?	0	1	2	3	88	99
417	Were you able to dispose of your used materials in the way that you wanted to?	0	1	2	3	88	99
418	Were you worried about where to dispose of your used menstrual materials?	0	1	2	3	88	99
419	Were you concerned that others would see your used menstrual materials in the place you disposed of them?	0	1	2	3	88	99
When at school (not in the boarding houses, this refers to class time) during you last menstrual period...							
420	When at school, were you able to change your menstrual materials when you wanted to?	0	1	2	3	88	99
421	When at school, were you satisfied with the place you used to change your menstrual materials?	0	1	2	3	88	99





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During your last menstrual period....		0 = Never 	1 = Less than half the time 	2 = More than half the time 	3 = Always 	88 = I don't know	99 = Haven't started yet
426	Did you have enough water to soak or wash your menstrual material?	0	1	2	3	88	99
427	Did you have access to a basin to soak or wash your menstrual materials whenever you needed it?	0	1	2	3	88	99
428	Were you able to wash your menstrual materials when you wanted to?	0	1	2	3	88	99
429	Did you have enough soap to wash your menstrual materials?	0	1	2	3	88	99
430	Were you able to dry your materials when you wanted to?	0	1	2	3	88	99
431	Were you worried that someone would see you while you were washing your menstrual materials?	0	1	2	3	88	99
432	Were you worried that your menstrual materials would not be dry when you needed them?	0	1	2	3	88	99
433	Were you worried that others would see your menstrual materials while they were drying?	0	1	2	3	88	99
434	When at home, were you able to change your menstrual materials when you wanted to?	0	1	2	3	88	99
435	When at home, were you satisfied with the place you used to change your menstrual materials?	0	1	2	3	88	99

During your last menstrual period....		0 = Never 	1 = Less than half the time 	2 = More than half the time 	3 = Always 	88 = I don't know	99 = Haven't started yet
436	When at home, did you have a clean place to change your menstrual materials?	0	1	2	3	88	99
437	When at home, were you worried that you would not be able to change your menstrual materials when you needed to?	0	1	2	3	88	99
438	When at home, were you worried that someone would see you while you were changing your menstrual materials?	0	1	2	3	88	99
439	When at home, were you worried that someone would harm you while you were changing your menstrual materials?	0	1	2	3	88	99
440	When at home, were you worried that something else would harm you while you were changing your menstrual materials (e.g., animals, insects, unsafe structure)	0	1	2	3	88	99
441	Were you worried about how you would get more of your menstrual material if you ran out?	0	1	2	3	88	99

Module 500: Self-Efficacy

		Not Confident at all	Not very confident	Confident	Very Confident	I don't Know	Haven't started yet 99
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During your last menstrual period....		0 = Never 	1 = Less than half the time 	2 = More than half the time 	3 = Always 	88 = I don't know	99 = Haven't started yet
501	How confident are you that, if necessary, you're able to ask a female friend for a menstrual material (such as: pad, cloth, tissue, cotton, etc.)?	0	1	2	3	88	99
502	How confident are you that you can ask for help from a female teacher if you face a menstrual-related problem at school?	0	1	2	3	88	99
503	How confident are you that you can roughly predict when your period is about to start?	0	1	2	3	88	99
504	How confident are you that if a teacher asks a question in class, you can stand up to answer during your period without worrying that you have stained your clothing?	0	1	2	3	88	99

Module 600: MSRH Symptoms

From the start of your last period until now, have you experienced any of these symptoms?					
601	Bleeding between your periods	0 = I have not experienced	1 = Yes, I have experienced		99 = Haven't started yet
Please choose from the following options to answer the next set of questions:		I have not experienced 0	Yes, during my period 1	Yes, but not during my period 2	Haven't started yet 99
602	Vaginal discharge that is green, or yellow	0	1	2	99

603	Vaginal discharge that is thick, white and clumpy	0	1	2	99
604	Vaginal discharge that has a strong, bad smell (fishy smell)	0	1	2	99
605	Burning sensation whilst urinating	0	1	2	99
606	General itching or burning sensation in your genital area	0	1	2	99
607	Sores, blisters, or ulcers in the genital area or inside your vagina	0	1	2	99
608	Rash or redness in your genital area	0	1	2	99

Module 700 Menstrual Pain

In this section we are asking you about any menstrual pain or cramping you experienced during your last menstrual period, and if you did have pain, how you handled it.

701	How would you rate your pain during your last period? On a scale of 0 to 10 with 0 being no pain at all, and 10 being the worst pain you've ever felt		<div>0 1 2 3 4 5 6 7 8 9 10</div> <div>_____</div>		Can't remember 88	Haven't started yet 99
702	Were you able to reduce your pain during your last period? If 99 go to qn 801	I was not able to reduce the pain 0	Yes, I reduced the pain 1	I had no pain 2	Can't remember 88	Haven't started yet 99
703	What did you do to help the pain during your last period? (Circle the appropriate answer for each of the items below)					
	a) Nothing (if yes, skip to 801)			No = 0		Yes = 1
	b) Painkiller			No = 0		Yes = 1
	c) Drinking lots of clean water			No = 0		Yes = 1
	d) Applying heat to the stomach			No = 0		Yes = 1

	e) Exercise and stretching	No = 0	Yes = 1
	f) Relaxing	No = 0	Yes = 1
	g) Eating foods with lots of water, like watermelon	No = 0	Yes = 1
	h) Avoiding sugar	No = 0	Yes = 1
	i) Taking antibiotics	No = 0	Yes = 1
	j) Breathing exercises	No = 0	Yes = 1
	Other (please specify) _____		
704	Which painkiller did you use? Select all that apply (circle the appropriate answer for each of the items below)		
	a) Panadol/Paracetamol	No = 0	Yes = 1
	b) Ibuprofen	No = 0	Yes = 1
	c) Aspirin	No = 0	Yes = 1
	d) Diclofenac	No = 0	Yes = 1
	e) Traditional/herbal medicine	No = 0	Yes = 1

Module 800 Participation

In this section, we want to ask you about how your period affects how you are able to take part in daily activities.				
801	During your last period, how many days of school did you miss because of your period? (If you didn't miss any school insert 0 and go to Qn803)	Number of days: [_____]	Can't remember 88	Haven't started yet 99
802	Why did you miss those days of school? (Circle appropriate answer for each of the items below)			
	a) Pain or cramping	No = 0	Yes = 1	
	b) Ashamed or embarrassed	No = 0	Yes = 1	

	c) No menstrual product to use	No = 0	Yes = 1
	d) I was not allowed to go to school	No = 0	Yes = 1
	e) No place to wash or change	No = 0	Yes = 1
	f) Scared of leaking	No = 0	Yes = 1
	g) Felt unwell or uncomfortable	No = 0	Yes = 1
	h) Don't remember	No = 0	Yes = 1
803	During your last period, how many days of school did you leave early, because of your period? (If this did not happen, insert 0 and go to Qn 805)	Number of days: [_____]	Can't remember 88 Haven't started yet 99
804	Why did you leave early on those days of school? Circle the appropriate answer for each of the items below).		
	a) Pain or cramping	No = 0	Yes = 1
	b) Ashamed or embarrassed	No = 0	Yes = 1
	c) No menstrual product to use	No = 0	Yes = 1
	d) Told to go home/ Sent home	No = 0	Yes = 1
	e) No place to wash or change	No = 0	Yes = 1
	f) Scared of leaking	No = 0	Yes = 1
	g) Felt unwell or uncomfortable	No = 0	Yes = 1
	h) Don't remember	No = 0	Yes = 1
805	During your last period, what activities did you not participate in, because of your period? (Circle the appropriate answer for each of the items below)		
	household chores (dishes, laundry, etc.)	No = 0	Yes = 1
	religious happenings (going to church, going to mosque, personal prayers)	No = 0	Yes = 1
	sports (football, swimming, running, etc.)	No = 0	Yes = 1
	socialising with friends	No = 0	Yes = 1

806 | Why did you miss out on these activities? (Circle the appropriate answer for each of the items below)

Module 900: Menstrual Anxiety

In this section, we would like to ask you some questions about how you felt during your last period.

901	Feeling nervous, anxious, or on edge	0	1	2	3	88	99
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904	Being so restless that it's hard to sit still	0	1	2	3	88	99
905	Becoming easily annoyed or irritable	0	1	2	3	88	99
906	Feeling afraid as though something awful might happen	0	1	2	3	88	99
907	If you have been bothered by any of these things during your last period, how difficult did they make it for you to do your schoolwork, chores, or get along with people?	Not difficult at all 0	Somewhat Difficult 1	Very Difficult 2	Extremely difficult 3	Not bothered 88	Haven't yet started 99

Module 1000: School Climate

In this section, we are asking you to think about your school and your relationship with the teachers and other students. We will also ask you about your views and experience regarding how other people in your school behave towards girls who are menstruating

		No	Yes	I can't tell
		0	1	88
1001	The teachers at this school are fair in dealing with students	0	1	88
1002	There's at least one teacher or other adult in this school I can talk to if I have a problem	0	1	88
1003	I feel I can go to my teachers with the things that are on my mind	0	1	88
1004	In this school, teachers believe all students can learn	0	1	88
1005	In this school, students' ideas are listened to and valued	0	1	88
1006	In this school, teachers and students really trust one another	0	1	88
1007	In this school, teachers treat students with respect	0	1	88
1008	This school really cares about students as individuals	0	1	88

	Behaviour toward girls during menstruation		
1009	In the last 12 months, have you been teased/made fun of by other people because of menstruation?	No= 0 (skip to qn13)	Yes=1
1010	Thinking of the times this has happened in the last 12 months, what were the reasons for teasing? (Circle the appropriate answer for each of the items below)		
	a) Stains on the dress/skirt	No = 0	1 = Yes
	b) Odour	No = 0	Yes = 1
	c) Had a menstrual product in my school bag	No = 0	Yes = 1
	d) Was asking for an emergency pad	No = 0	Yes = 1
	e) Had missed a class	No = 0	Yes = 1
	f) Asked for permission to go home	No = 0	Yes = 1
	g) Others (Please specify) _____		
1011	Thinking of the times this has happened in the last year, who teased you? (Circle the appropriate answer for each of the items below)		
	a) Other girls	No = 0	Yes = 1
	b) Boys	No = 0	Yes = 1
	c) Male teacher	No = 0	Yes = 1
	d) Female teacher	No = 0	Yes = 1
1012	How did the teasing/bullying make you feel?		
	a) Humiliated and ashamed	No = 0	Yes = 1
	b) Fear	No = 0	Yes = 1
	c) Worry / tension	No = 0	Yes = 1
	d) I was not bothered	No = 0	Yes = 1
	e) Others (Please specify) _____		

1013	In the 12 months, have you ever teased or made fun of another girl due to menstruation?	No = 0 [Skip to 1015]	Yes = 1
1014	Thinking of the times this has happened in the last 12 months, what were the reasons for teasing?		
	a) Stains on the dress/Skirt	No = 0	Yes = 1
	b) Odour	No = 0	Yes = 1
	c) Had a menstrual product in by school bag	No = 0	Yes = 1
	d) Was asking for an emergency pad	No = 0	Yes = 1
	e) Had missed a class	No = 0	Yes = 1
	f) Asked for permission to go home	No = 0	Yes = 1
	g) Others (Please specify) _____		
1015	In the last 12 months, have you ever witnessed another girl being teased/made fun of due to menstruation?	No = 0	Yes = 1
Module 1100: Acceptability and appropriateness of Intervention			
1101	Did you receive a menstrual kit from Femme?	No = 0	Yes = 1
1102	What was in the kit?		
	a) Soap	No = 0	Yes = 1
	b) Menstrual cup	No = 0	Yes = 1
	c) Underwear	No = 0	Yes = 1
	d) AFRI pad pack	No = 0	Yes = 1
	e) Bowl	No = 0	Yes = 1
	f) Soap dish	No = 0	Yes = 1
	g) Small towel	No = 0	Yes = 1
	h) Workbook	No = 0	Yes = 1
1103	Which items from your menstrual kit do you still have?		
	a) AFRipad pack	No = 0	Yes = 1

	b) Menstrual cup	No = 0	Yes = 1
	c) Underwear	No = 0	Yes = 1
	d) Bowl	No = 0	Yes = 1
	e) Soap dish	No = 0	Yes = 1
	f) Small towel	No = 0	Yes = 1
	g) Workbook	No = 0	Yes = 1
1104	Of the two types of menstrual products you received, which one did you try immediately?		
	a) Cup	No = 0	Yes = 1
	b) AFRI pads	No = 0	Yes = 1
	c) Both	No = 0	Yes = 1
	d) None	No = 0	Yes = 1
1105	Of the two types menstrual product you received, which have you been using regularly?		
	a) Menstrual cup	No = 0	Yes = 1
	b) AFRI pads	No = 0	Yes = 1
	c) Both	No = 0	Yes = 1
	d) None	No = 0	Yes = 1
1106	What did you use at your last menstrual period?		
	a) Menstrual cup	No = 0	Yes = 1
	b) AFRI pads	No = 0	Yes = 1
	c) Both	No = 0	Yes = 1
	d) Neither of these		
1107	In the last 12 months, have you experienced pain during menstruation?	No = 0	Yes = 1
1108	Thinking of the times you experienced pain; did you use painkillers provided by school?	No = 0	Yes = 1
1109	If yes, which pain killers did you use?		

	a) Panadol/Paracetamol	No = 0	Yes = 1			
	b) Ibuprofen	No = 0	Yes = 1			
1110	Who provided the painkillers?					
	a) Head teacher	No = 0	Yes = 1			
	b) Class teacher	No = 0	Yes = 1			
	c) Teacher in charge of health	No = 0	Yes = 1			
	d) Student leader	No = 0	Yes = 1			
	e) Others (Please specify) _____					
1111	For the following statement circle the appropriate answer	Completely disagree	Disagree	Neither agree nor disagree	Agree	Completely agree
	a) The education session provided by Femme met my expectations					
	b) The education session provided by Femme were interesting to me.					
	c) I liked the education session provided by Femme					
	d) The Femme education sessions should be provided regularly					
	e) Femme menstrual kit met my needs					
	f) I liked the Femme menstrual kit					
	g) Femme education sessions were right for me					
	h) Femme education sessions were suitable					
	i) Femme education sessions were interactive and engaging					
	j) Femme menstrual kit were right for me					
	k) Femme menstrual kit were suitable					
	l) Femme menstrual kit were applicable					

	m) Femme facilitators were able to answer all my questions during the sessions					
	n) Femme facilitators were supportive during the sessions					

Thank you for participating