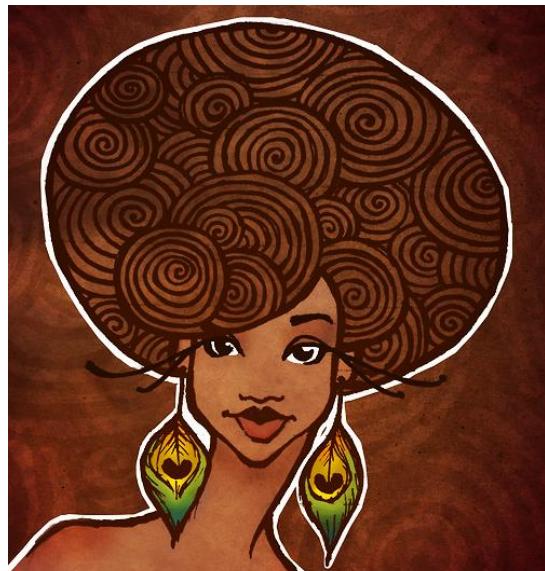


My Little Diary



tyleramato.deviant.com

One last exercise: How can you describe your situation before and after using your product of choice comparatively? You can draw in each of the sections, if you want to, instead of writing.

Avant

Après

Dear friend,

We are so happy you are participating in this study. We hope this experience is useful for you.

This diary consists of several parts. We have suggested some questions we would like you to reflect on and answer each month. You will also find, at the end of each month, several blank pages for you to write your own ideas and thoughts during these first months using the product. We would like that you express yourself freely on the topics you find interesting or important about the product and its usefulness sur le produit et son utilisation. Don't forget to complete page 24

We will return to your school afterwards to discuss with you about these topics, but you can contact us any time if you have any questions before that. You can always call the colleagues that gave you this diary or write an email to XX at this address: XX

General questions

How old are you?.....

How old were you when you had your period for the first time?.....

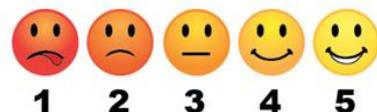
What product did you choose?.....

Here you can mark how your experience with your period was each month. How did you feel, in a scale of 1-5, where 5 is best?

First month



Second month



Questions about your experience

To answer during the first month

1. Why did you choose this product? What do you like about it? What not? What is important for you in a sanitary product to have your period comfortably?

2. Who gave you the product? How was the talk with her when she explained to you how to use it? What did you like about the way you received your product? What would you change? What would you have liked to know about the product?

3. Was it easy to use the product? Why or why not? What was the difference between using the product at school or at home?

4. Did you find any other difficulties or challenges? Which ones?
Have you discovered new things you like or dislike about the product?.....

My thoughts and ideas

5. Are there any other things you would like to say about the product? Would you like to share anything else with us?

5. Are there any other things you would like to share about how it was to use the product? Would you like to tell us any else?

My thoughts and ideas

4. Are there any difficulties you still find using the product? Have you discovered new things you like? What about things you don't like?

4. Have you spoken about menstruation or the product with your friends at school? What did they say to you? Did you hear your classmates speaking about this topic or the project? What were they saying?

3. If you had new doubts or questions, who did you speak to? Was it helpful? Why or why not? With whom would you prefer to talk about these things? Why?.....

2. How do you feel now using the product in comparison to the first month? Are there things that are better or worse?

To answer during the second month

1. How did you feel when your period came this month? How do you describe your experience with the product during these last 2 months?