

Q1: What do you remember most vividly about your first period?

Probe: How old were you?

Probe: Who did you talk to about getting your period?

Probe: What did you do when you first realized?

Probe: Where were you when it happened?

Q2: What things do you wish you had known or had when you first started getting periods? How did the things you had learned help at that time?

Probe: What did you learn about periods before you got them? Who taught you?

Probe: Did you feel you wanted to receive that information at that time?

Probe: Were the things you learned helpful when you got your period?

Probe: What would you have liked to have known/had, etc.?

Q3: When you got your period, did you look to find additional information?

Probe: (if no) Did you receive information without asking/looking for it? If so, what and from whom?

Probe: (If yes) What sources did you turn to for information? (i.e., internet, books, videos)

Probe: Were there certain people whom you turned to for information? (i.e., friends, parents, doctor).

Probe: How did you determine what resources to use?

Probe: Was there a certain source of information you found effective?

Q4: Did you use 2 tampons, a pad, or another type of protection for your first menses?

Probe: What made you decide to use that type of protection?

Probe: What were your concerns about using menstrual protection at that time?

Q5: Have you ever used a tampon for menstrual protection? (If yes) What made you decide to use a tampon for the first time?

Probe: Was there a specific event that made you want to use a tampon?

Probe: What were your thoughts about making that decision? (Further probe if necessary — ‘What was good about it? Did you have any concerns or worries?)

Probe: (if tampon use was not at initiation of menses or if no tampon use currently), What barriers kept/keep you from using a tampon?

Q5: What were your first impressions of tampons? How do you feel about them now? (ie When | say tampon, what's the first word that comes to mind?)

Probe: When | say tampon, what's the first word that comes to mind?

Probe: Were there things you found hard about using a tampon? Were there things that made it easier?

Q6: What advantages did you see to tampon use initially? Do you still see those as advantages?

Probe: Were there things you found easy about tampon use?

Probe: Has this changed over time?

Probe: What makes you use tampons routinely or not?

Q7: What resources did you turn to, to get the information specific to tampon use?

Probe: Did you use the internet, books, videos?

Probe: What makes you use tampons routinely or not?

Q8: What information do you think you would have liked to have known at the time about tampon use? Do you think that information would be any different for today's young teenagers? How do you think information about tampons could best be distributed to teens today?

Probe: Would you have wanted to know more about how to insert a tampon, why tampons are used, dangers of tampon use, etc.?

Probe: Do you think messages for today's young teenagers should be different?

Probe: How can technology be best used to help teach today's young girls about tampons?

Probe: Who is the best source to give this information?

Probe: What specific information should we be sure to include? Not include?