

SUPPLEMENTARY MATIERAL

QUESTIONNAIRE for "Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania"
by Benschaul-Tolonen et al. 2020

Surveying date:

School ID:

Classroom ID:

Student ID:

BOYS QUESTIONNAIRE

Dodoso

Kipengele 1: Marafiki

1. Sasa tungependa utuambie kuhusu marafiki 5 wa KIUME wa karibu zaidi ulio nao shuleni. Tafadhali taja majina ya marafiki zako wa karibu kabisa. Taja tu marafiki ambao wanasoma shule hii, na ambao wapo darasa moja na wewe, na unaowahesabu kama marafiki.

Andika majina yao kamili na darasa la marafiki uliowataja

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

2. **Kwa maoni yako, ni wavulana gani maarufu zaidi shuleni?**

Andika majina kamili na darasa la wavulana uliowataja

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

Kipengele 2: Taarifa

Tungependa kukuuliza maswali kuhusu hedhi.

1. Kwanini msichana au mwanamke anapata hedhi? Chagua yote yanayokubalika
 - a. dhambi binafsi
 - b. kutokana na nguvu za giza
 - c. kwa sababu hakupata mimba mwezi huo
 - d. kutoa damu mbaya
 - e. mengine
 - f. Sijui
2. Ni mara ngapi msichana (ambaye ameshavunja ungo) anapata hedhi kwa wastani? (Chagua moja)
 - mara moja katika maisha yake
 - mara moja kila mwaka
 - kila wiki
 - mara moja kila mwezi
 - sijui
3. Kwa wastani hedhi huwa inachukua muda gani? (Chagua moja)
 - saa moja

SUPPLEMENTARY MATIERAL

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- siku moja
- siku kadhaa
- wiki mbili
- muda wote

4. Kiujumla ni katika umri gani wasichana huwa wanapata hedhi yao kwa mara ya kwanza?

5. Katika umri gani wanawake hufikia ukomo wa kupata hedhi?

6. Chagua jibu sahihi.

Tafadhali chagua Ndio au Hapana kuashiria kama kauli zifuatazo ni za ukweli.

a) Wakati msichana akivunja ungo (akipata hedhi kwa mara ya kwanza), iamaanisha anaweza kupata mimba kama atafanya mapenzi.

Ndio Hapana Sijui

b) Damu ya kipindi cha hedhi hutokana na kumwaga damu ya ukuta ndani ya tumbo la uzazi

Ndio Hapana Sijui

c) Hedhi huashiria kwamba mwanamke hana mimba

Ndio Hapana Sijui

d) Kupevuka mayai hutokea kwa wastani siku 14 kabla ya hedhi

Ndio Hapana Sijui

e) Kupevuka mayai hutokea kipindi cha hedhi

Ndio Hapana Sijui

f) Je, huwa ni kawaida kwa wasichana kujisikia maumivu ya kimwili wakipata hedhi?

Ndio Hapana Sijui

g) Je, wasichana hupitia yafuatayo wakiwa hedhini?

Hisia mbaya zisizozuilika [hasira] Ndio Hapana Sijui

Mfadhaiko Ndio Hapana Sijui

Uchovu mkali Ndio Hapana Sijui

Kipengele 3: Uzoefu Binafsi

1. Kuna mtu yeyote amewahi kukuambia kuhusu hedhi na kwanini inatokea?

NDIO HAPANA

Kama ndio, nani? Tafadhali chagua zote zinazokubalika.

mama baba

bibi babu

dada kaka

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- | | |
|---|---|
| <input type="checkbox"/> rafiki wa kike | <input type="checkbox"/> rafiki wa kiume |
| <input type="checkbox"/> shangazi au ndugu mwingine wa kike | <input type="checkbox"/> mjomba au ndugu wa kiume |
| <input type="checkbox"/> nesi | <input type="checkbox"/> mchungaji / kiongozi wa kidini |
| <input type="checkbox"/> mwalimu wa kike | <input type="checkbox"/> mwalimu wa kiume |
| <input type="checkbox"/> mpenzi/mwenza | <input type="checkbox"/> mwingine |

2. Uliwahi kupokea taarifa kuhusu hedhi kutoka kwa wafuatao:

- | | | |
|-------------------------|-------------------------------|---------------------------------|
| a) Mtandaoni | <input type="checkbox"/> NDIO | <input type="checkbox"/> HAPANA |
| b) Mtoa huduma ya afaya | <input type="checkbox"/> NDIO | <input type="checkbox"/> HAPANA |
| c) Mtaala wa shule | <input type="checkbox"/> NDIO | <input type="checkbox"/> HAPANA |
| d) Vipeperushi | <input type="checkbox"/> NDIO | <input type="checkbox"/> HAPANA |
- (matangazo, mabango)

3. Ulifanya nini uliposikia kuhusu hedhi mara ya kwanza? (Tafadhali chagua moja kutoka kila kundi la hizo 3, ambapo 2 ni katikati.)

	1	2	3	
 ulishangaa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	hukushangaa
 uliogopa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	hukuogopa
 ulipata msisimko	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	hukusisimka
 ulichanganyikiwa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	hukuchanganyikiwa
 ulijisikia ujasiri	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	hukujisikia jasiri
 ulisikia kinyaa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	hukusikia kinyaa
 ulijivunia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	hukujivunia
 ulijionea haya	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	hukujionea haya

Kipengele 4: Uratibu wa Hedhi kwa wanarika

1. Tafadhali kadiria kiasi cha wanafunzi wenzako wa kike ambao tayari wamevunja ungo Utapokea dola 1 ya kimarekani ukikisia jibu sahihi.

SUPPLEMENTARY MATIERAL

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<input type="checkbox"/> 0%	
<input type="checkbox"/> 1-25%	
<input type="checkbox"/> 26-50%	
<input type="checkbox"/> 51-75%	
<input type="checkbox"/> 76-100%	

2. Mara nyingine wasichana hutaniwa kuhusu hedhi. Tafadhali kadiria kiasi cha wanafunzi wenzako wa kike ambao wamewahi kutaniwa kuhusu hedhi. Utapokea dola 1 ya kimarekani ukikisia jibu sahihi.

<input type="checkbox"/> 0%	
<input type="checkbox"/> 1-25%	
<input type="checkbox"/> 26-50%	
<input type="checkbox"/> 51-75%	
<input type="checkbox"/> 76-100%	

3. Tafadhali kisia njia **inayotumika zaidi** ya kujiweka safi miongoni mwa watu wa rika lako darasani. Tafadhali chagua moja.

<input type="checkbox"/> kitambaa	<input type="checkbox"/> pedi
<input type="checkbox"/> tampuni	<input type="checkbox"/> bidhaa asilia (e.g. nyasi, majani, mavi ya ng'ombe)
<input type="checkbox"/> vigodoro	<input type="checkbox"/> kikombe cha hedhi
<input type="checkbox"/> hawatumii chochote	<input type="checkbox"/> nyingine _____

3. Unajiamini kiasi gani kwamba unajua nini wanafunzi wenzio wanatumia wakiwa hedhini?
Sijiamini kabisa 1 2 3 4 5 Najiamini kabisa

4. Kama wanatumia pedi, unajua namna gani wanavyozitupa/[wanavyozitokomeza zikishatumika]?
 NDIO HAPANA

5. Kama ulijibu ndio kwenye swali lililopita, ni njia gani wanayoitumia zaidi?
 hawatupi (wanatumia zaidi ya mara moja)
 ndoo ya taka
 choo
 kuzichoma moto

SUPPLEMENTARY MATIERAL

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Surveying date:

School ID:

Classroom ID:

Student ID:

kuzizika

nyingine _____

Kipengele 5: Mienendo juu ya Hedhi

1. Unajisikia salama kwenye vyoo vya shule?
 NDIO HAPANA
2. Huwa unajua wakati wanafunzi wenzako wa kike wakiwa hedhini?
 NDIO HAPANA
3. Unadhani wasichana wangejisikia aibu endapo utajua kwamba wapo hedhini?
 NDIO HAPANA
4. Je, unahisi kwamba kupata hedhi ni kitu ambacho kinapaswa kuwekwa siri shuleni?
 NDIO HAPANA
5. Unafikiri wasichana wanaogopa kuwaambia watu kuhusu hedhi zao?
 NDIO HAPANA
6. Je, ni sahihi kwa wasichana kuzungumza kuhusu hedhi zao mbele za watu?
 Ni sahihi kabisa Sahihi Katikati Sio sahihi Sio sahihi kabisa
7. Nini kingetokea kama msichana angeongelea hedhi yake mbele za watu?

8. Mara nyingine huwa inajalisha nani msichana ataongea naye kuhusu hedhi yake.
 - a. Je, ni sahihi kwa wasichana kuongea kuhusu hedhi zao na wanafunzi wenzao wa kike?
 Ni sahihi kabisa Sahihi Katikati Sio sahihi Sio sahihi kabisa
 - b. Je, ni sahihi kwa wasichana kuongea kuhusu hedhi zao na wanafunzi wenzao wa kiume?
 Ni sahihi kabisa Sahihi Katikati Sio sahihi Sio sahihi kabisa
 - c. Je, ni sahihi kwa wasichana kuongea kuhusu hedhi zao na mwalimu wa kike?
 Ni sahihi kabisa Sahihi Katikati Sio sahihi Sio sahihi kabisa
 - d. Je, ni sahihi kwa wasichana kuongea kuhusu hedhi zao na mwalimu wa kiume?
 Ni sahihi kabisa Sahihi Katikati Sio sahihi Sio sahihi kabisa
 - e. Je, ni sahihi kwa wasichana kuongea kuhusu hedhi zao na baba zao?
 Ni sahihi kabisa Sahihi Katikati Sio sahihi Sio sahihi kabisa
 - f. Je, ni sahihi kwa wasichana kuongea kuhusu hedhi zao na mama zao?
 Ni sahihi kabisa Sahihi Katikati Sio sahihi Sio sahihi kabisa

SUPPLEMENTARY MATERIAL

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Surveying date:

School ID:

Classroom ID:

Student ID:

-
9. Je, unakubaliana na kauli ifuatayo: "Nyumbani kwetu wanawake/wasichana lazima waone aibu kuongelea au kuweka wazi hedhi yao (damu, maumivu, vifaa vya kujiweka safi) mbele ya wanafamilia."
 nakubaliana sana nakubaliana katikati sikubaliani sikubaliani kabisa
10. Unakubaliana na kauli ifuatayo: "Nyumbani kwetu, wanawake na wasichana ambao wako hedhini wanazuiliwa kufanya shughuli Fulani."
 NDIO HAPANA Sijui

Kama ulijibu NDIO, shughuli gani? Chagua zote zinazokubalika

- a) Kushika vyanzo vya maji au wanyama
b) Kupika
c) Kuosha vyombo
d) Mikutano ya hadhara kama vile mikutano ya kidini, mikutano ya jumuiya
e) Kulala sehemu yake ya kila siku
f) Kutuia choo ambacho uwa anatumia siku zote
g) Nyingine: _____
11. Ungependa kuwa namtu ambaye ungeweza kumuuliza kuhusu hedhi?
 NDIO HAPANA

Kipengele 6: Teasing

1. Kutoka kwenye wale marafiki wa KIUME uliowaandika juu (Kipengele 1, Swali 1), **wangapi** umewaona wakiwatania wasichana kuhusu hedhi zao?
 Hakuna Rafiki 1 Marafiki 2 Marafiki 3 Marafiki 4 Marafiki 5
2. Kutoka wale marafiki uliowataja juu, ni wangapi kati yao umeshawahi kujadili masuala ya hedhi?
 Hakuna Rafiki 1 Marafiki 2 Marafiki 3 Marafiki 4 Marafiki 5
3. Je, marafiki wako wa karibu huwa wanawatania wasichana kuhusu hedhi? (kama Kamwe/Sijui, ruka hadi Swali 6)
 Daima Mara nyingi Mara chache Kamwe Sijui
4. Kama ndio, huwa inatokea muda gani?
 Wakiwa wanatoa harufu mbaya
 Pindi nguo zao zikiwa na madoa ya damu
 Pale wakiona pedi au vifaa vingine miongoni mwa mali za wasichana
 Wakati wasichana wakiwa hawataki kushiriki kwenye michezo kwa sababu ya hedhi
 Wakihisi kwamba msichana yuko hedhini
 Mengineyo: _____

SUPPLEMENTARY MATERIAL

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Classroom ID:

Student ID:

-
5. Unafikiri kwa nini marafiki zako wanawatania wasichana kuhusu hedhi zao?
- Kwa sababu hedhi inaaibisha
 - Kwa sababu hedhi ni kitu kisicho cha asili
 - Kwa sababu hedhi inatokana na nguvu za giza
 - Kwa sababu hedhi ni dhambi
 - Kwa sababu wavulana wana mambo ya kitoto, au hawazielewi hedhi
- Mengineyo: _____
6. Umewahi kumtania msichana kuhusu hedhi?
- NDIO HAPANA
7. Kama NDIO, lini? Chagua yote yanayokubalika.
- Wakiwa wananuka vibaya
 - Pindi nguo zao zikipata madoa ya damu
 - Pale nikiona pedi au vifaa vingine miongoni mwa mali za wasichana
 - Wakati wasichana wakiwa hawataki kushiriki kwenye michezo kwa sababu ya hedhi
 - Nikihisi kwamba msichana yuko hedhini
- Mengineyo: _____
8. Kama NDIO kwanini uliwatania?
- Kwa sababu hedhi inaaibisha
 - Kwa sababu hedhi ni kitu kisicho cha asili
 - Kwa sababu hedhi inatokana na nguvu za giza
 - Kwa sababu hedhi ni dhambi
 - Kwa sababu wavulana wengine pia walikuwa wanatania
- Mengineyo: _____
9. Lini mara ya mwisho umemtania msichana kuhusu hedhi?
- Ndani ya wiki iliyopita
 - Ndani ya mwezi uliopita
 - Ndani ya miezi 6 iliyopita
 - Ndani ya mwaka uliopita
 - Zaidi ya mwaka mmoja uliopita
10. Lini mara ya mwisho umeona **mwanafunzi mwenzako** anamtania msichana kuhusu hedhi?
- Ndani ya wiki iliyopita
 - Ndani ya mwezi uliopita
 - Ndani ya miezi 6 iliyopita
 - Ndani ya mwaka uliopita
 - Zaidi ya mwaka mmoja uliopita
11. Unafanya nini ukina mwanafunzi mwenzako anamtania msichana kuhusu hedhi yake?

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Student ID:

-
- Sifanyi chochote
 - Nazungumza na mwanafunzi mwenzangu huyo aliyetania tukiwa faragha
 - Nazungumza na msichana aliyetaniwa tukiwa faragha
 - Namwambia mwanafunzi mwezangu aache
 - Mimi pia namtania huyo msichana
 - Namwambia mwalimu au mtu mzima mwingine

 - Mengineyo _____

Kipengele 7: Wenza

1. Umewahi kuwa na mpenzi?
 NDIO HAPANA
2. Je, una mpenzi hivi sasa?
 NDIO HAPANA (nenda swali 31)
3. Mpenzi wako ana umri gani?

4. Je ni sawa kwa msichana kumuomba mpenzi wake kulipia bidhaa?
 NDIO HAPANA
- 30a. Kama ndio, nini? (chagua zote zinazokubalika)
 nguo chakula pedi mengineyo _____
5. Je ni sawa kwa mvulana kutarajia wasichana watafanya naye mapenzi baada ya kuwapa zawadi au kulipia bidhaa?
 NDIO HAPANA
6. Unakubali kwamba wasichana lazima waolewe mara tu baada ya kupata hedhi.
 nakubaliana sana nakubaliana katikati sikubaliani sikubaliani kabisa
7. Unakubali kwamba wasichana wanakuwa wakubwa kiasi cha kutosha kufanya mapenzi baada ya kupata hedhi
 nakubaliana sana nakubaliana katikati sikubaliani sikubaliani kabisa

Kipengele 8: Maswali juu ya Vitu Tunavyovijali

1. Wazazi/walezi wangu wananihamasisha kufanya vyema shuleni
 nakubaliana sana nakubaliana katikati sikubaliani sikubaliani kabisa
2. Walimu wangu hunitia moyo na kunipa msaada
 nakubaliana sana nakubaliana katikati sikubaliani sikubaliani kabisa

SUPPLEMENTARY MATIERAL

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Surveying date:

School ID:

Classroom ID:

Student ID:

-
3. Elimu ni ya muhimu zaidi kwa wavulana kuliko kwa wasichana
 nakubaliana sana nakubaliana katikati sikubaliani sikubaliani kabisa
 4. Huko mbeleni mambo yatakuwa sawa kwangu
 nakubaliana sana nakubaliana katikati sikubaliani sikubaliani kabisa
 5. Nina wasiwasi karibu muda wote
 nakubaliana sana nakubaliana katikati sikubaliani sikubaliani kabisa
 6. Nimeridhika na maisha yangu
 nakubaliana sana nakubaliana katikati sikubaliani sikubaliani kabisa

Kipengele 9: Demografia

1. Jina lako nani? (la kwanza na la pili)

2. Umeishi muda gani katika makazi uliyopo? _____
3. Umezaliwa mwezi gani na mwaka gani? _____
4. Ulifikisha miaka mingapi kwenye tarehe yako ya kuzaliwa iliyopita?

5. Upo darasa la ngapi? _____
6. Ulianza shul ukiwa na umri gani? _____
7. Tafadhali chagua kabila lako linalokutambulisha
 Mchagga
 Mmasai
 Msukuma
 Mhaya
 Msumbwa
 kabila lingine: _____
8. Tafadhali chagua dhehebu linalokutambulisha
 Mkristo
 Muislamu
 Dhehebu jingine: _____
 Sina dhehebu
9. Unaishi na nani kwa sasa?
 wazazi bibi na babu peke yangu
 ndugu niliozaliwa nao wanafamilia wengine bweni la shule
 bweni/hosteli binafsi nyingine _____

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Classroom ID:

Student ID:

10. Unaweza kuoga nyumbani?

NDIO

HAPANA

11. Unatumia jumla ya kiasi gani cha pesa kwa mwezi? _____

12. Chanzo chako kikuu cha pesa ni kipi? Tafadhali chagua moja.

mama

baba

mpenzi

dada / kaka

nyingine

kazi

ufadhili

13. Huwa unaitumia [hela] kufanya nini? Tafadhali chagua matumizi makuu matatu.

nguo

usafi wa mwili

vipodozi

simu ya mkononi

nywele

vifaa vya shule

chakula

usafiri

nyingine

14. Je, umekosa kwenda shule ndani ya siku 7 zilizopita?

NDIO

HAPANA

Kama Ndio, sababu ilikuwa nini? _____

SUPPLEMENTARY MATERIAL

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Surveying date:

School ID:

Classroom ID:

Student ID:

GIRLS QUESTIONNAIRE

Dodoso

Kipengele 1: Marafiki

1. Tungependa utuambie kuhusu marafiki zako 5 wa KIKE wa karibu kabisa ulionao shuleni. Tafadhali taja majina ya marafiki zako wa karibu kabisa. Taja tu marafiki ambao wanasoma shule hii, na ambao wako darasa moja na wewe, na ambao unawahesabu kama marafiki wa karibu.

Andika majina kamili na darasa la marafiki uliowataja

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

2. Sasa tungependa utuambie kuhusu marafiki wa KIUME wa karibu sana ulio nao shuleni. Tafadhali yataje majina ya marafiki zako wa karibu kabisa. Taja tu marafiki ambao wanasoma shule hii, na ambao wako darasa moja na wewe, na ambao unawahesabu kama marafiki wa karibu.

Andika majina kamili na darasa la marafiki uliowataja

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

Kipengele 2: Taarifa

Tungependa kukuuliza maswali kadhaa kuhusu hedhi.

1. Kwanini msichana au mwanamke anapata hedhi? Chagua yote yanayokubalika.
 - dhambi binafsi
 - kutokana na nguvu za giza
 - kwa sababu hakupata mimba hedhi huo
 - kutoa damu mbaya
 - mengineyo
 - sijui
2. Ni mara ngapi msichana (ambaye tayari ameshapata hedhi) anapata hedhi kwa wastani?
 - mara moja katika maisha yake
 - mara moja kila mwaka
 - kila wiki
 - kila hedhi
 - sijui

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Classroom ID:

Student ID:

3. Kwa wastani hedhi huwa inachukua muda gani? Chagua moja.

- saa moja
- siku moja
- siku kadhaa
- wiki mbili
- muda wote
- sijui

4. Kiujumla ni katika umri gani wasichana huwa wanapata hedhi yao kwa mara ya kwanza?

5. Katika umri gani wanawake hufikia ukomo na kupata hedhi?

6. Chagua jibu sahihi

Tafadhali chagua Ndio au Hapana kuashiria kama kauli zifuatazo ni za ukweli.

a) Msichana akivunja ungo (kupata hedhi kwa mara ya kwanza), inamaanisha anaweza kupata mimba akifanya mapenzi.

Ndio Hapana Sijui

b) Damu ya kipindi cha hedhi hutokana na kumwaga damu ya ukuta ndani ya tumbo la uzazi

Ndio Hapana Sijui

c) Hedhi huashiria kwamba mwanamke hana mimba

Ndio Hapana Sijui

d) Kupevuka mayai hutokea kwa wastani siku 14 kabla ya hedhi

Ndio Hapana Sijui

e) Kupevuka mayai hutokea kipindi cha hedhi

Ndio Hapana Sijui

f) Je, huwa ni kawaida kwa wasichana kujisikia maumivu ya kimwili wakipata hedhi?

Ndio Hapana Sijui

g) Je, wasichana wengi hupitia yafuatayo wakiwa hedhini?

Hisia mbaya zisizozuilika [hasira] Ndio Hapana Sijui

Mfadhaiko Ndio Hapana Sijui

Uchovu mkali Ndio Hapana Sijui

Kipengele 3: Uzoefu Binafsi

1. Kuna mtu yeyote amewahi kukuambia kuhusu hedhi na kwanini inatokea?

NDIO HAPANA

Kama ndio, nani? Tafadhali chagua zote zinazokubalika.

mama baba

SUPPLEMENTARY MATIERAL

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Surveying date:

School ID:

Classroom ID:









Student ID:

- | | |
|--|---|
| <input type="checkbox"/> bibi | <input type="checkbox"/> babu |
| <input type="checkbox"/> dada | <input type="checkbox"/> kaka |
| <input type="checkbox"/> Rafiki wa kike | <input type="checkbox"/> rafiki wa kiume |
| <input type="checkbox"/> shangazi au ndugu wa kike | <input type="checkbox"/> mjomba au ndugu wa kiume |
| <input type="checkbox"/> nesi | <input type="checkbox"/> mchungaji / kiongozi wa kidini |
| <input type="checkbox"/> mwalimu wa kike | <input type="checkbox"/> mwalimu wa kiume |
| <input type="checkbox"/> mpenzi/mwenza | <input type="checkbox"/> mwingine |

2. Uliwahi kupokea taarifa kuhusu hedhi kutoka kwa wafuatao:

- | | | |
|---|-------------------------------|---------------------------------|
| • Mtandaoni | <input type="checkbox"/> NDIO | <input type="checkbox"/> HAPANA |
| • Mtoa huduma ya afya | <input type="checkbox"/> NDIO | <input type="checkbox"/> HAPANA |
| • Machapisho ya shuleni
(vitabu, madarasa, homework, n.k.) | <input type="checkbox"/> NDIO | <input type="checkbox"/> HAPANA |
| • Vipeperushi
(matangazo, mabango) | <input type="checkbox"/> NDIO | <input type="checkbox"/> HAPANA |

3. Ulifanya nini uliposikia kuhusu hedhi mara ya kwanza? (Tafadhali chagua moja kutoka kila kundi la hizo 3, ambapo 2 ni katikati.)

	1	2	3	
 ulishangaa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	sikushangaa
 uliogopa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	sikuogopa
 ulipata msisimko	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	hukusisimka
 ulichanganyikiwa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	hukuchanganyikiwa
 ulijisikia ujasiri	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	hukujisikia jasiri
 ulisikia kinyaa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	hukusikia kinyaa
 ulijivunia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	hukujivunia
 ulijionea haya	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	hukujionea haya

4. Kuna mtu amewahi kukuambia nini unapaswa kufanya ukianza kupata hedhi?

- NDIO HAPANA

Kama ndio, ulipokea ushauri gani? Tafadhali chagua yote yanayokubalika.

SUPPLEMENTARY MATIERAL

QUESTIONNAIRE for "Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania"
by Benschaul-Tolonen et al. 2020

Surveying date:

School ID:

Classroom ID:

Student ID:

- namna ya kutumia taulo/vitambaa/vitambaa vya pamba
- namna ya kubakia msafi/kunawa
- namna ya kumudu mauimivu
- mambo/shughuli za kuepuka wakati wa hedhi
- mengineyo _____

5. Weka alama kwa watu wote ambao UNGEPENDA kuongea nao kuhusu hedhi yako.

- | | |
|---|---|
| <input type="checkbox"/> mama | <input type="checkbox"/> baba |
| <input type="checkbox"/> bibi | <input type="checkbox"/> babu |
| <input type="checkbox"/> dada | <input type="checkbox"/> kaka |
| <input type="checkbox"/> rafiki wa kike | <input type="checkbox"/> rafiki wa kiume |
| <input type="checkbox"/> shangazi au ndugu mwingine wa kike | <input type="checkbox"/> mjomba au ndugu wa kiume |
| <input type="checkbox"/> nesi | <input type="checkbox"/> mchungaji / kiongozi wa kidini |
| <input type="checkbox"/> mwalimu wa kike | <input type="checkbox"/> mwalimu wa kiume |
| <input type="checkbox"/> mpenzi/mwenza | <input type="checkbox"/> mwingine |
| <input type="checkbox"/> hakuna hata mtu mmoja | |

6. Na nani USINGEPENDA KABISA kuongea naye kuhusu hedhi yako. Tafadhali chagua yote yanayokubalika.

- | | |
|---|---|
| <input type="checkbox"/> mama | <input type="checkbox"/> baba |
| <input type="checkbox"/> bibi | <input type="checkbox"/> babu |
| <input type="checkbox"/> dada | <input type="checkbox"/> kaka |
| <input type="checkbox"/> rafiki wa kike | <input type="checkbox"/> rafiki wa kiume |
| <input type="checkbox"/> shangazi au ndugu mwingine wa kike | <input type="checkbox"/> mjomba au ndugu wa kiume |
| <input type="checkbox"/> nesi | <input type="checkbox"/> mchungaji / kiongozi wa kidini |
| <input type="checkbox"/> mwalimu wa kike | <input type="checkbox"/> mwalimu wa kiume |
| <input type="checkbox"/> mpenzi/mwenza | <input type="checkbox"/> mwingine |
| <input type="checkbox"/> hakuna hata mtu mmoja | |

7. Umeshapata hedhi yako?

- Ndio (**endelea swali linalofuata**) Hapana (**nenda Kipengele 4, Swali 1**)

8. Katika umri gani ulipata hedhi mara ya kwanza? _____

9. Je, ulipopata hedhi mara ya kwanza ilikuwa kitu cha hali ya chanya, hasi, au hali tu ya kawaida?

- chanya hasi katikati

10. Ulijisikiaje ulipopata hedhi kwa mara ya kwanza? Ulikuwa...
(Tafadhali chagua moja kutoka kila kundi la hizo 3, ambapo 2 ni katikati.)



ulishangaa

1

2

3

sikushangaa

SUPPLEMENTARY MATIERAL





QUESTIONNAIRE for "Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania"
by Benschaul-Tolonen et al. 2020

Surveying date:

School ID:

Classroom ID:

Student ID:

	uliogopa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	sikuogopa
	ulipata msisimko	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	hukusisimka
	ulichanganyikiwa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	hukuchanganyikiwa
	ulijisikia ujasiri	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	hukujisikia jasiri
	ulisikia kinyaa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	hukusikia kinyaa
	ulijivunia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	hukujivunia
	ulijionea haya	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	hukujionea haya

11. Fikiria nyuma hadi muda kabla hujapata hedhi. Mtu yeyote alikuambia kuhusu hedhi kabla haijaanza?

NDIO

HAPANA

Kama ndio, nani? Tafadhali chagua zote zinazokubali.

mama

baba

bibi

babu

dada

kaka

rafiki wa kike

rafiki wa kiume

shangazi au ndugu mwingine wa kike

mjomba au ndugu wa kiume

nesi

mchungaji / kiongozi wa kidini

mwalimu wa kike

mwalimu wa kiume

mpenzi/mwenza

mwingine

12. Hedhi yako huwa inadumu kwa siku ngapi/Hedhi yako huwa inachukua muda gani kuisha?
siku _____

13. Kwenye kipimo cha 1 hadi 5 ambapo 1 ni hakuna maumivu na 5 ni maumivu makali sana; Huwa unapata maumivu ya kimwili kiasi gani ukiwa kwenye hedhi?

1

2

3

4

5

Sipati maumivu kabisa

Maumivu makali sana

14. Kwenye kipimo cha 1 hadi 5 ambapo 1 ni kutokwa damu kidogo na 5 ni kutokwa damu nyingi; Unatoka damu kiasi gani ukiwa hedhini?

1

2

3

4

5

Natokwa damu kidogo

Natokwa damu nyingi

SUPPLEMENTARY MATIERAL

QUESTIONNAIRE for "Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania"
by Benschaul-Tolonen et al. 2020

Surveying date:

School ID:

Classroom ID:

Student ID:

15. Kwenye kipimo cha 1 hadi 5, ambapo 1 ni maumivu machache na 5 ni maumivu zaidi na 3 ni sawa; Unalinganisha vipi maumivu ambayo wewe unajisikia ukipata hedhi na ambayo wanayapata wasichana wa rika lako?

	1	2	3	4	5
Ninapata maumivu kidogo kuliko wao	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ninapata maumivu mengi zaidi					<input type="checkbox"/>

16. Kwenye kipimo cha 1 hadi 5 ambapo 1 ni kutokwa damu kidogo zaidi na 5 ni damu nyingi zaidi na 3 ni sawa; Unafikiri wewe unatokwa damu nyingi zaidi, kidogo zaidi, au sawa na wenzako?

	1	2	3	4	5
Ninatokwa damu kidogo zaidi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ninatokwa damu nyingi zaidi					<input type="checkbox"/>

17. Kipindi cha hedhi kinadumu kuanzia siku ya kwanza ya hedhi (kutokwa damu) hadi siku moja kabla ya mwanzo wa kipindi kingine cha hedhi (siku ya kwanza kutokwa damu). Unajua wewe mzunguko wa hedhi yako unachukua muda gani kwa wastani? Kwa maana nyingine, huwa unatunza kumbukumbu ya kwamba unatokwa damu baada ya muda gani?

NDIO HAPANA

18. Unafikiri kwamba kwako muda kati ya hedhi na hedhi unatofautiana sana?

NDIO HAPANA

19. Je, inakuwia vigumu kujua kwamba utapata hedhi hivi karibuni na kujiandaa?

NDIO HAPANA

20. Ukiwa hedhini, au punde tu kabla, huwa unapata...:

Hisia mbaya zisizozuilika [hasira] NDIO HAPANA

Mfadhaiko au woga? NDIO HAPANA

Uchovu mkali? NDIO HAPANA

21. Huwa unatumia dawa za maumivu? (kama vile paracetamol) kumudu maumivu ukipata hedhi?

Daima Mara moja moja Mara chache Kamwe

Kipengele 5: Bidhaa Za Hedhi

SUPPLEMENTARY MATERIAL

QUESTIONNAIRE for "Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania"
by Benschaul-Tolonen et al. 2020

Surveying date:

School ID:

Classroom ID:

Student ID:



Pedi za kusafisha zinazotumika zaidi ya mara moja ni kitambaa kinachovaliwa kwenye chupi (nguo ya ndani) kuzuia damu ya hedhi kuvujia kwenye nguo. Inaweza kuoshwa, kukaushwa na kutumiwa kwa mwaka 1. Picha hapo juu inaonesha Afripads, aina mojawapo ya pedi za kutumiwa zaidi ya mara moja. Kila pakiti ina pedi 4.

1. Je umewahi Kuona ama Kusikia kuhusu pedi za kusafisha zinazotumika Zaidi ya mara moja?

Ndio

Hapana

2. Je umewahi Kutumia pedi za kusafisha zinazotumika Zaidi ya mara moja?

Ndio

Hapana

3. Huwa unatumia nini **maru moja moja** ukiwa hedhini? Tafadhali chagua **yote yanayokubalika**.

kitambaa

pedi

tampuni

bidhaa asilia (e.g. nyasi, majani, mavi ya ng'ombe)

vigodoro

kikombe cha hedhi

situmii chochote

nyingine _____

pedi za kusafisha

4. Kipi huwa unakitumia **maru nyingi** ukiwa hedhini? Tafadhali chagua **moja tu**.

SUPPLEMENTARY MATERIAL

QUESTIONNAIRE for "Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania"
by Benschaul-Tolonen et al. 2020

Surveying date:

School ID:

Classroom ID:

Student ID:

- | | |
|--|--|
| <input type="checkbox"/> kitambaa | <input type="checkbox"/> pedi |
| <input type="checkbox"/> tampuni | <input type="checkbox"/> bidhaa asilia (e.g. nyasi, majani, mavi ya ng'ombe) |
| <input type="checkbox"/> vigodoro | <input type="checkbox"/> kikombe cha hedhi |
| <input type="checkbox"/> situmii chochote | <input type="checkbox"/> nyingine _____ |
| <input type="checkbox"/> pedi za kusafisha | |

5. Je, umewahi kutumia kitambaa?

- NDIO HAPANA

a. Kama umewahi kutumia kitambaa, huwa unafua na sabuni vitambaa unavyotumia ukiwa hedhini?

- NDIO HAPANA Situmii kitambaa

b. Kama huwa unatumia kitambaa, huwa unavikausha juani vitambaa ulivyovifua?

- NDIO HAPANA Situmii kitambaa

Kama hapana, wapi _____

6. Ni njia ipi ya kujiweka safi unaipendelea zaidi? Tafadhali chagua moja.

- | | |
|--|--|
| <input type="checkbox"/> kitambaa | <input type="checkbox"/> pedi |
| <input type="checkbox"/> tampuni | <input type="checkbox"/> bidhaa asilia (e.g. nyasi, majani, mavi ya ng'ombe) |
| <input type="checkbox"/> vigodoro | <input type="checkbox"/> kikombe cha hedhi |
| <input type="checkbox"/> situmii chochote | <input type="checkbox"/> nyingine _____ |
| <input type="checkbox"/> pedi za kusafisha | |

7. Je, daima huwa unatumia hiyo njia unayoipendelea zaidi?

- NDIO HAPANA

8. Fikiria hedhi mmoja ambapo haukutumia hiyo njia unayoipendelea zaidi. Kwanini

HAUKUTUMIA njia unayoipendelea zaidi?

- | | |
|---|---|
| <input type="checkbox"/> hakuna hela ya kutosha kununua | <input type="checkbox"/> njia hiyo ilikuwa haipatikani |
| <input type="checkbox"/> kukosa ruhusa ya wazazi | <input type="checkbox"/> Sikujua jinsi ya kuitumia [kuipata?] |
| <input type="checkbox"/> niliona aibu | <input type="checkbox"/> hiyo njia haikuwa salama |
| <input type="checkbox"/> nyingine _____ | |

9. Ni mara ngapi unabadilisha kifaa cha kukuweka safi kila siku unapokuwa hedhini?

10. Unatupaje vifaa vya kujiweka safi (**ile uliyoichagua kwenye swali 24**)?

- | | |
|--|---|
| <input type="checkbox"/> Siitupi (naitumia kwa kuirudia) | <input type="checkbox"/> ndoo ya taka |
| <input type="checkbox"/> chooni | <input type="checkbox"/> naichoma |
| <input type="checkbox"/> naizika | <input type="checkbox"/> nyingine _____ |

Kipengele 5: Uratibu wa Hedhi kwa wanarika

1. Tafadhali kadiria kiasi cha wanafunzi wenzako wa kike ambao tayari wamevunja ungo.

- 0% 

SUPPLEMENTARY MATERIAL

















QUESTIONNAIRE for "Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania"
by Benschaul-Tolonen et al. 2020

Surveying date:


School ID:

Classroom ID:

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<input type="checkbox"/> 1-25%				
<input type="checkbox"/> 26-50%				
<input type="checkbox"/> 51-75%				
<input type="checkbox"/> 76-100%				

2. Mara nyingine wasichana hutaniwa kuhusu hedhi. Tafadhali kadiria kiasi cha wanafunzi wenzako wa kike ambao wamewahi kutaniwa kuhusu hedhi.

<input type="checkbox"/> 0%				
<input type="checkbox"/> 1-25%				
<input type="checkbox"/> 26-50%				
<input type="checkbox"/> 51-75%				
<input type="checkbox"/> 76-100%				

3. Tafadhali kadiria njia **inayotumika zaidi** ya kujiweka safi miongoni mwa watu wa rika lako darasani. Tafadhali chagua moja.

<input type="checkbox"/> kitambaa	<input type="checkbox"/> pedi
<input type="checkbox"/> tampuni	<input type="checkbox"/> bidhaa asilia (e.g. nyasi, majani, mavi ya ng'ombe)
<input type="checkbox"/> vigodoro	<input type="checkbox"/> kikombe cha hedhi
<input type="checkbox"/> situmii chochote	<input type="checkbox"/> nyingine _____
<input type="checkbox"/> pedi za kusafisha	

4. Unajiamini kiasi gani kwamba unajua nini wanafunzi wenzio wanatumia wakiwa hedhini?

Sijiamini kabisa 1 2 3 4 5 *Najiamini kabisa*

5. Kama wanatumia pedi, unajua namna wanavyozitupa/[wanavyozitokomeza zikishatumika]?

NDIO HAPANA

6. Kam ulijibu ndio kwenye swali lililopita, ni njia gani wanayoitumia zaidi?

hawatupi (wanatumia zaidi ya mara moja)
 ndoo ya taka
 choo
 kuzichoma moto
 kuzizika
 nyingine _____

SUPPLEMENTARY MATERIAL

QUESTIONNAIRE for "Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania"
by Benschaul-Tolonen et al. 2020

Surveying date:

School ID:

Classroom ID:

Student ID:

Kipengeele 6: Utafiti juu ya Shule

1. Unajisikia salama kwenye vyoo vya shule?
 NDIO HAPANA
2. Huwa unajisikia salama kwenye vyoo vya shule ukiwa hedhini?
 NDIO HAPANA
3. Huwa unajua wakati wanafunzi wenzako wa kike wakiwa hedhini?
 NDIO HAPANA
4. Je, unahisi kama kupata hedhi ni kitu ambacho unapaswa kukificha?
 NDIO HAPANA
5. Je, ungesikia aibu kama wasichana wengine wangepundua kwamba upo hedhini?
 NDIO HAPANA
6. Je, ungesikia aibu kama wavulana wangepundua kwamba upo hedhini?
 NDIO HAPANA
7. Kama watu wangepundua kwamba umewahi kupata hedhi, ungeogopa kutaniwa?
 NDIO HAPANA
Kama ndio, nani? Tafadhali chagua yote yanayokubali.
 wasichana wa rika lako wavulana wa rika lako walimu
 hakuna yoyote mwingine _____
8. Kama watu wangepundua kwamba umewahi kupata hedhi, ungeogopa kuguswa kinyume na matakwa yako, au kusisitizwa kutoka na mtu fulani?
 NDIO HAPANA
Kama ndio, na nani? Tafadhali chagua yote yanayokubali.
 vijana wenzio walimu wanafamilia hakuna mtu
 wengine _____
Kama ndio, una wasiwasi hii itatokea wapi?
 vyoo vya kutumiwa na umati
 vyoo vya shule
 darasani
 viwanja vya shule
 nikiwa njiani kwenda shuleni au kurudi
 nafasi za umma (kama vile viwanja vya umma)
 nyumbani
 sio popote
 nyingine _____
9. Kama watu wangepundua kwamba umewahi kupata hedhi, ungeogopa mimba isiyopangwa au kutia aibu familia?

SUPPLEMENTARY MATIERAL

QUESTIONNAIRE for "Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania"
by Benschaul-Tolonen et al. 2020

Surveying date:

School ID:

Classroom ID:

Student ID:

NDIO

HAPANA

10. Kama watu wangejua kwamba umewahi kupata hedhi, ungeogopa kwamba walimu wasingekuwa waelewa au wenye msaada?

NDIO

HAPANA

11. Kama watu wangejua kwamba umewahi kupata hedhi, ungeogopa kuhimizwa kuolewa au kuwa na mpenzi?

NDIO

HAPANA

12. Unakubaliana na kauli ifuatayo: "Nyumbani kwetu, wanawake/wasichana lazima waone aibu kuongelea au kuweka wazi hedhi yao (damu, maumivu, vifaa vya kujiweka safi) mbele ya wanafamilia."

nakubaliana sana

nakubaliana

katikati

sikubaliani

sikubaliani kabisa

13. Unakubaliana na kauli ifuatayo: "Nyumbani kwetu, wanawake na wasichana ambao wako hedhini wanazuiliwa kufanya shughuli fulani."

NDIO

HAPANA

Sijui

Kama ulijibu NDIO, shughuli gani? Chagua zote zinazokubalika

h) Kushika vyanzo vya maji au wanyama

i) Kupika

j) Kufua

k) Mikutano ya hadhara kama vile mikutano ya kidini, mikutano ya jumuiya

l) Kulala sehemu yake ya kila siku

m) Kutumia choo ambacho huwa anatumia siku zote

n) Nyingine: _____

14. Unakubali kwamba wasichana lazima waolewe mara tu baada ya kuvunja ungo.

nakubaliana sana

nakubaliana

katikati

sikubaliani

sikubaliani kabisa

15. Unakubali kwamba wasichana wanakuwa wakubwa kiasi cha kutosha kuanza kufanya mapenzi wakishavunja ungo

nakubaliana sana

nakubaliana

katikati

sikubaliani

sikubaliani kabisa

Kipengele 7: Jibu sehemu hii kama tu umewahi kupata hedhi.

1. Umewahi kupata hedhi?

NDIO (endelea)

HAPANA (ruka hadi kipengele kinachofuata (Kipengele 7))

2. Wakati wa hedhi yako ya mwisho, je, kulikuwa na siku ambazo hukuweza kuja shuleni kwa sababu ya hedhi?

SUPPLEMENTARY MATIERAL

QUESTIONNAIRE for "Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania"
by Benschaul-Tolonen et al. 2020

Surveying date:

School ID:

Classroom ID:

Student ID:

NDIO

HAPANA

Kama ndio ulibidi ukae nyumbani kwa siku ngapi kwa ajili ya hedhi? _____

Kama ndio, kwanini ulikosa kuja shule? Tafadhali chagua yote yanayokubalika.

maumivu

kutokuwa na cha kutumia

kuogopa nitavuja

kuogopa harufu

kuona aibu

hakuna ba kubadilishia [vifaa vya usafi]

kutoruhusiwa kushiriki

kusikia kutapika

kutojisikia raha

nyingine _____

3. Wakati wa hedhi yako ya mwisho, uliwahi kuondoka shule mapema kwa sababu ya hedhi yako?

NDIO

HAPANA

Kama ndio, kwanini uliondoka mapema? Tafadhali chagua yote yanayokubalika.

maumivu

nilichoka

kuhitaji kubadilishia [vifaa vya usafi]

kuhitaji kunawa

kuvuja

kutaniwa

nyingine _____

4. Wakati wa hedhi yako ya mwisho, je, **ulishiriki** darasani kama ambavyo huwa ni kawaida yako kushiriki (kipindi hauko hedhini)?

NDIO

HAPANA

Kama ndio, kwanini haukushiriki sana? Tafadhali chagua yote yanayokubalika.

woga

aibu

maumivu ya tumbo na jumla

vigumu kuwa makini

kuogopa kusimama

kuchoka

nyingine _____

5. Wakati wa hedhi yako ya mwisho, uliweza kuwa makini darasani kama ambavyo huwa ni kawaida yako kushiriki (kipindi hauko hedhini)?

NDIO

HAPANA

Kama hapana, kwanini haukuweza kuwa makini kama kawaida? Tafadhali chagua yote yanayokubalika.

woga

aibu

maumivu ya tumbo na jumla

vigumu kuwa makini

kuogopa kusimama

kuchoka

nyingine _____

6. Je, unaogopa kutaniwa kuhusu kuvuja damu ya hedhi shuleni?

NDIO

HAPANA

Kama ndio, na nani? Tafadhali chagua yote yanayokubalika.

wasichana wa rika lako

wavulana wa rika lako

walimu

hakuna mtu wengine _____

7. Unaogopa kutaniwa kuhusu harufu shuleni ukiwa hedhini?

NDIO

HAPANA

SUPPLEMENTARY MATERIAL

QUESTIONNAIRE for "Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania"
by Benschaul-Tolonen et al. 2020

Surveying date:

School ID:

Classroom ID:

Student ID:

Kama ndio, nan ani? Tafadhali chagua yote yanayokubalika.

wasichana wa rika lako wavulana wa rika lako walimu

hakuna mtu wengine _____

8. Unaogopa kujibu maswali darasani ukiwa hedhini?

NDIO HAPANA

9. Unafikiri baadhi ya wanafunzi wenzako wanaweza kutambua ukiwa hedhini?

Ndio, mara nyingi Ndio, mara chache Hapana, kamwe

Kipengele 8: Kutaniwa

1. Je, umewahi kutaniwa kuhusu hedhi yako?

NDIO HAPANA

2. Kutoka kwa wale marafiki wa KIUME uliowaandika juu (Kipengele 2, Swali 2), **wangapi** umewaona wakiwatania wasichana kuhusu hedhi zao?

Hakuna Rafiki 1 Marafiki 2 Marafiki 3 Marafiki 4 Marafiki 5

3. Kutoka kwa wale marafiki wa KIKE uliowaandika juu (Kipengele 2, Swali 1), umeshawahi kujadili kuhusu hedhi ni **wangapi** kati yao?

Hakuna Rafiki 1 Marafiki 2 Marafiki 3 Marafiki 4 Marafiki 5

4. Je, ni sawa kwa msichana kumuomba mpenzi wake kulipia bidhaa?

NDIO HAPANA

Kama ndio, zipi?

Kipengele 9: Maswali juu ya Vitu Tunavyovijali

1. Walimu wangu hunitia moyo na kunipa msaada

nakubali sana nakubali katikati sikubali sikubali sana

2. Elimu ni ya muhimu zaidi kwa wavulana kuliko wasichana

nakubali sana nakubali katikati sikubali sikubali sana

3. Nina wasiwasi karibu muda wote

nakubali sana nakubali katikati sikubali sikubali sana

4. Nimeridhika na Maisha yangu

nakubali sana nakubali katikati sikubali sikubali sana

Kama hujapata hedhi, nenda Kipengele 10.

SUPPLEMENTARY MATIERAL

QUESTIONNAIRE for “Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania”
by Benschaul-Tolonen et al. 2020

Surveying date:

School ID:

Classroom ID:

Student ID:

-
1. Najisikia aibu nikiwa hedhini
 nakubali sana nakubali katikati sikubali sikubali sana
 2. Najisikia mwenye afya nikipata hedhi
 nakubali sana nakubali katikati sikubali sikubali sana
 3. Najisikia kutengwa kutoka wengine nikiwa hedhini
 nakubali sana nakubali katikati sikubali sikubali sana
 4. Najisikia wasiwasi nikiwa hedhini
 nakubali sana nakubali katikati sikubali sikubali sana
 5. Naogopa kwamba nanuka nikiwa hedhini
 nakubali sana nakubali katikati sikubali sikubali sana
 6. Najisikia jasiri zaidi nikitumia pedi nikiwa hedhini
 nakubali sana nakubali katikati sikubali sikubali sana

Kipengele 10: Maswali ya Bei na WTP

1. Tutakuuliza maswali kadhaa ambapo unaweza ukachagua kutoka vitu viwili. Tazama kila swali kama linajitegemea. Jibu kila swali kiukweli kwa sababu unaweza kujishindia chaguo lako.
 - a. Ungependelea ...?
 Pedi ya kutumia zaidi ya mara moja AU TSH 0
 - b. Ungependelea ...?
 Pedi ya kutumia zaidi ya mara moja AU TSH 1500
 - c. Ungependelea ...?
 Pedi ya kutumia zaidi ya mara moja AU TSH 3000
 - d. Ungependelea ...?
 Pedi ya kutumia zaidi ya mara moja AU TSH 4500
 - e. Ungependelea ...?
 Pedi ya kutumia zaidi ya mara moja AU TSH 6000
 - f. Ungependelea ...?
 Pedi ya kutumia zaidi ya mara moja AU TSH 7500
 - g. Ungependelea ...?
 Pedi ya kutumia zaidi ya mara moja AU TSH 9000
 - h. Ungependelea ...?
 Pedi ya kutumia zaidi ya mara moja AU TSH 10,000

SUPPLEMENTARY MATIERAL

QUESTIONNAIRE for "Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania"
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Surveying date:

School ID:

Classroom ID:

Student ID:

i. Ungependelea ...?

Pedi ya kutumia zaidi ya mara moja AU TSH 11,500

j. Ungependelea ...?

Pedi ya kutumia zaidi ya mara moja AU TSH 13,000

Kipengele 11: Demografia

1. Jina lako nani? (la kwanza na la pili) _____

2. Umeishi muda gani katika makazi uliyopo? _____

3. Umezaliwa mwezi gani na mwaka gani? _____

4. Ulifikisha miaka mingapi kwenye tarehe yako ya kuzaliwa iliyopita? _____

5. Upo darasa la ngapi? _____

6. Ulianza shul ukiwa na umri gani? _____

7. Tafadhali chagua kabila lako linalokutambulisha

Mchagga

Mmasai

Msukuma

Mhaya

Msumbwa

kabila lingine: _____

8. Tafadhali chagua dhehebu linalokutambulisha

Mkristo

Muislamu

Dhehebu jingine: _____

Sina dhehebu

9. Unaishi na nani kwa sasa?

i. wazazi

bibi na babu

peke yako

ii. ndugu uliozaliwa nao

wanafamilia wengine

bweni la shule

iii. bweni/hosteli binafsi

nyingine _____

10. Unaweza kuoga nyumbani?

iv. NDIO

HAPANA

11. Unatumia jumla ya kiasi gani cha pesa kwa hedhi? _____

12. Chanzo chako kikuu cha pesa ni kipi? Tafadhali chagua moja.

SUPPLEMENTARY MATIERAL

QUESTIONNAIRE for "Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania"
by Benschaul-Tolonen et al. 2020

Surveying date:

School ID:

Classroom ID:

Student ID:

mama

baba

mpenzi

dada / kaka

nyingine

kazi

ufadhili

13. Huwa unaitumia [hela] kufanya nini? Tafadhali chagua matumizi yako makuu matatu.

nguo

usafi binafsi

vipodozi

simu ya mkononi

pedi

nywele

vifaa vya shule

kitabu

usafiri

nyingine

14. Unatumia kiasi gani cha pesa kwenye pedi kila hedhi? _____

15. Umekosa shule ndani ya siku 7 zilizopita?

NDIO

HAPANA

Kama Ndio, sababu ilikuwa nini? _____

SUPPLEMENTARY MATERIAL

QUESTIONNAIRE for "Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania"
by Benschaul-Tolonen et al. 2020

Surveying date:

School ID:

Classroom ID:

Student ID:

BOYS QUESTIONNAIRE

Questionnaire

Section 1: Friends

1. We would now like you to tell us about the 5 closest **MALE** friends you have in the school. Please mention the names of your closest friends. Only list friends who go to this school, and who are enrolled in the same year as you, and that you count as friends.

Write the full name and class of the friends mentioned

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

2. In your opinion, who are the most popular boys in school?

Write the full name and class of the boys mentioned

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

Section 2: Information

We would now like to ask you some questions about periods.

1. Why do a girl or a woman get her period? Select all that apply

- a. personal sin
- b. due to outside evil forces
- c. because she did not become pregnant that month
- d. release of bad blood
- e. other
- f. I do not know

2. Approximately how often does a girl (who have ever had her period) get her period? (Select one)

- once in her life
- once every year
- every week
- every month

3. How long does a menstrual period last on average? (Select one)

- one hour

SUPPLEMENTARY MATERIAL

QUESTIONNAIRE for “Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania”
by Benschaul-Tolonen et al. 2020

Surveying date:

School ID:

Classroom ID:

Student ID:

- one day
- a few days
- two weeks
- all the time

4. At what age do girls generally get their period for the first time?

5. At what age do women stop getting their period?

6. Select the correct answer.

Please select Yes or No to indicate if the following statements are true.

h) When a girl reaches menarches (her first menstruation), it means she could get pregnant if she has sex.

- Yes No I do not know

i) Menstruation blood is the shedding of the endometrium lining

- Yes No I do not know

j) Menstrual period indicates a woman is not pregnant

- Yes No I do not know

k) Ovulation happens on average 14 days before period

- Yes No I do not know

l) Ovulation happens during period

- Yes No I do not know

m) Is it common for girls to have physical discomfort when they have their period?

- Yes No I do not know

n) Do girls experience the following on their period?

Bad mood Yes No I do not know

Stress Yes No I do not know

Fatigue Yes No I do not know

Section 3: Personal Experience

1. Has anyone told you about girls’ periods and why it is happening?

- YES NO

If so, who? Please select one.

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> mother | <input type="checkbox"/> father |
| <input type="checkbox"/> grandmother | <input type="checkbox"/> grandfather |
| <input type="checkbox"/> sister | <input type="checkbox"/> brother |
| <input type="checkbox"/> female friend | <input type="checkbox"/> male friend |

SUPPLEMENTARY MATERIAL

QUESTIONNAIRE for “Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania”
by Benschaul-Tolonen et al. 2020









Surveying date:
School ID:
Classroom ID:
Student ID:

- | | |
|---|--|
| <input type="checkbox"/> aunt or other female family member | <input type="checkbox"/> uncle or male family member |
| <input type="checkbox"/> health worker | <input type="checkbox"/> priest / religious leader |
| <input type="checkbox"/> female teacher | <input type="checkbox"/> male teacher |
| <input type="checkbox"/> girlfriend/partner | <input type="checkbox"/> other |

2. Did you ever receive information about menstruation from the following:

- | | | |
|--|------------------------------|-----------------------------|
| e) Internet | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| f) Health worker | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| g) School curricula | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| h) Informational pamphlet
(ads, billboards) | <input type="checkbox"/> YES | <input type="checkbox"/> NO |

3. What was your reaction the first time that you learned about periods? Were you...
(Please select one from each group 5, where 3 is neutral.)

	1	2	3	4	5	
 surprised	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not at all surprised
 afraid	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not at all afraid
 excited	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not at all excited
 confused	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not at all confused
 confident	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not at all confident
 disgusted	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not at all disgusted
 proud	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not at all proud
 ashamed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not at all ashamed

Section 4: Peers' Period Management

















1. Please estimate the share of female classmates who have received their periods. You will receive 1 USD if you guess the right answer.

- 0%    





















SUPPLEMENTARY MATERIAL

QUESTIONNAIRE for “Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania”
by Benschaul-Tolonen et al. 2020

Surveying date:
School ID:
Classroom ID:
Student ID:

- 1-25%    
- 26-50%    
- 51-75%    
- 76-100%    

2. Sometimes girls are teased about their periods. Please estimate the share of female classmates who have been teased about their periods. You will receive 1 USD if you guess the right answer.

- 0%    
- 1-25%    
- 26-50%    
- 51-75%    
- 76-100%    

3. Please estimate **the most common** method of menstrual sanitation among your peers in the class. Please select only one.

- cloth
- tampons
- mattress stuffing
- nothing
- pads
- natural products (e.g. grass, leaves, cow dung)
- menstrual cup
- other _____

3. How confident are you that you know what your female classmates use when they are menstruating?

Not at all confident 1 2 3 4 5 Very confident

4. If they use sanitary pads, do you know how your female peers dispose of them?

- YES
- NO

5. If you answered yes to the last question above, what is the most common thing they do?

- They don't dispose of them (they use it over and over)
- dust bin
- toilet/latrine
- burn them
- bury them
- other _____

SUPPLEMENTARY MATERIAL

QUESTIONNAIRE for "Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania"
by Benschaul-Tolonen et al. 2020

Surveying date:

School ID:

Classroom ID:

Student ID:

Section 5: Menstruation Attitudes

1. Do you feel safe in the latrines at school?
 YES NO
2. Do you know when your female classmates have their period?
 YES NO
3. Do you think that girls would feel ashamed if you knew they were on their period?
 YES NO
4. Do you feel like periods are something to hide at school?
 YES NO
5. Do you think that girls afraid of telling people about their period?
 YES NO
6. Is it appropriate for girls to talk about their periods in public?
 Very appropriate Appropriate Neutral Inappropriate Very inappropriate
7. What would happen if a girl spoke about her period in public?

8. Sometimes it matters who girls talks to about their periods.
 - a. Is it appropriate for girls to talk about their periods with their female classmates?
 Very appropriate Appropriate Neutral Inappropriate Very inappropriate
 - b. Is it appropriate for girls to talk about their periods with their male classmates?
 Very appropriate Appropriate Neutral Inappropriate Very inappropriate
 - c. Is it appropriate for girls to talk about their periods with their female teacher?
 Very appropriate Appropriate Neutral Inappropriate Very inappropriate
 - d. Is it appropriate for girls to about their periods with their male teacher?
 Very appropriate Appropriate Neutral Inappropriate Very inappropriate
 - e. Is it appropriate for girls to about their periods with their father?
 Very appropriate Appropriate Neutral Inappropriate Very inappropriate
 - f. Is it appropriate for girls to about their periods with their mother?
 Very appropriate Appropriate Neutral Inappropriate Very inappropriate
9. Do you agree with the following statement: "In my house, women/girls should be ashamed to talk about or reveal their period (blood, pains, sanitary materials) in front of my family members."

SUPPLEMENTARY MATERIAL

QUESTIONNAIRE for "Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania"
by Benschaul-Tolonen et al. 2020

Surveying date:

School ID:

Classroom ID:

Student ID:

strongly agree agree neutral disagree strongly disagree

10. Do you agree with the following statement: "In my house, women and girls who are menstruating are restricted from certain activities."

YES NO Don't know

If you answered YES, what activities? Select all that apply

- o) Touching water sources or animals
- p) Cooking
- q) Washing dishes
- r) Public gatherings like religious gatherings, community meetings
- s) Sleeping in her normal spot
- t) Using the normal toilet/latrine
- u) Other: _____

11. Would you like to have someone that you can ask about periods?

YES NO

Section 6: Teasing

1. From the MALE friends you wrote above (Section 1, Question 1), **how many** have you seen teasing girls about their periods?

No friends 1 friend 2 friends 3 friends 4 friends 5 friends

2. From the friends mentioned above, with how many have you ever discussed periods?

No friends 1 friend 2 friends 3 friends 4 friends 5 friends

3. Do your close friends tease girls about their period? (if Never/Don't know, skip to Question 6)

Always Often Sometimes Never Don't know

4. If so, when does this happen?

- When they smell bad
- When their clothes get blood stains
- When they find pads or other products in girls' belongings
- When girls don't want to participate in sports or class because of their period
- When they think that a girl has her period

Other: _____

5. Why do you think that your friends tease girls about their periods?

- Because periods are embarrassing
- Because periods are unnatural
- Because it is due to outside evil forces

SUPPLEMENTARY MATERIAL

QUESTIONNAIRE for "Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania"
by Benschaul-Tolonen et al. 2020

Surveying date:

School ID:

Classroom ID:

Student ID:

- Because periods are a personal sin
- Because boys are immature, or they don't understand periods

Other: _____

6. Have you ever teased a girl about their period?

- YES NO

7. If YES, when? Check all that apply.

- When they smell bad
- When their clothes get blood stains
- When I find pads or other products in girls' belongings
- When girls don't want to participate in sports or class because of their period
- When I think that a girl has her period

Other: _____

8. If YES why did you tease them?

- Because periods are embarrassing
- Because periods are unnatural
- Because it is due to outside evil forces
- Because periods are a personal sin
- Because other boys were also teasing

Other: _____

9. When did you last tease a girl because of her period?

- In the last week
- In the last month
- In the last 6 months
- In the last year
- Over 1 year ago

10. When was the last time you saw a **classmate** tease a girl about their period?

- In the last week
- In the last month
- In the last 6 months
- In the last year
- Over 1 year ago

11. What do you do if you see a classmate tease a girl about their period?

- Nothing
- I talk with the classmate who teased in private
- I talk with the girl who was teased in private

SUPPLEMENTARY MATERIAL

QUESTIONNAIRE for “Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania”
by Benschaul-Tolonen et al. 2020

Surveying date:

School ID:

Classroom ID:

Student ID:

- I tell the classmate to stop
- I also tease the girl
- I tell the teacher or another adult

- Other _____

Section 7: Partners

1. Have you ever had a girlfriend?
 YES NO

2. Do you have a girlfriend right now?
 YES NO (go to question 31)

3. How old is your girlfriend?

4. Is it okay for a girl to ask her boyfriend to pay for items?
 YES NO

- 30a. If so, what? (select all that apply)
 clothes food pads other _____

5. Is it okay for boys to expect girls to have sex with them after giving them gifts or paying for items?
 YES NO

6. Do you agree that girls should get married as soon as they get their period.
 strongly agree agree neutral disagree strongly disagree

7. Do you agree that girls are old enough to have sex after they get their period
 strongly agree agree neutral disagree strongly disagree

Section 8: Value Questions

1. My parents/caretakers encourage me to do well in school
 strongly agree agree neutral disagree strongly disagree

2. My teachers give me a lot of encouragement and support
 strongly agree agree neutral disagree strongly disagree

3. Education is more important for boys than for girls

SUPPLEMENTARY MATERIAL

QUESTIONNAIRE for “Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania”
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Surveying date:

School ID:

Classroom ID:

Student ID:

-
- strongly agree agree neutral disagree strongly disagree
4. Things in the future will work out OK for me
 strongly agree agree neutral disagree strongly disagree
5. I am worried nearly all the time
 strongly agree agree neutral disagree strongly disagree
6. I am satisfied with my life
 strongly agree agree neutral disagree strongly disagree

Section 9: Demographics

1. What is your name? (first and last) _____
2. How long have you been living continuously in (place of residence)? _____
3. In what month and year were you born? _____
4. How old were you at your last birthday? _____
5. What grade are you in? _____
6. At what age did you start school? _____
7. Who do you currently live with?
 parents grandparents alone
 siblings other family members boarding school
 boarding house/hostel other _____
8. Can you wash your body at home?
 YES NO
9. How much money do you spend per month total? _____ (order changed)
10. What is your main source of money? Please select one.
 mother father girlfriend/boyfriend
 sister /brother other work
 scholarship
11. What do you spend it on? Please select the top three expenses.
 clothes

SUPPLEMENTARY MATERIAL

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Surveying date:
School ID:
Classroom ID:
Student ID:

- personal hygiene
- make up
- mobile phone
- hair
- school products
- food
- transport
- other

12. Did you miss school in the past 7 days?

- YES NO

If Yes, what was the reason? _____

GIRLS QUESTIONNAIRE

Questionnaire

Section 1: Friends

1. We would now like you to tell us about the 5 closest **FEMALE** friends you have in the school. Please mention the names of your closest friends. Only list friends who go to this school, and who are enrolled in the same year as you, and that you count as friends.

Write the full name and class of the friends mentioned

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

2. We would now like you to tell us about the 5 closest **MALE** friends you have in the school. Please mention the names of your closest friends. Only list friends who go to this school, and who are enrolled in the same year as you, and that you count as friends.

Write the full name and class of the friends mentioned

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

Section 2: Information

SUPPLEMENTARY MATERIAL

QUESTIONNAIRE for "Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania"
by Benschaul-Tolonen et al. 2020

Surveying date:

School ID:

Classroom ID:

Student ID:

We would now like to ask you some questions about periods.

1. Why do a girl or a woman get her period?. Select all that apply.

- personal sin
- due to outside evil forces
- because she did not become pregnant that month
- release of bad blood
- other
- I do not know

2. Approximately, how often does a girl (who have ever had her period) get her period? Select one.

- once in her life
- once every year
- every week
- every month
- I do not know

3. How long does a menstrual period last on average? Select one.

- one hour
- one day
- a few days
- two weeks
- all the time
- I do not know

4. At what age do girls generally get their period for the first time?

5. At what age do women stop getting their period?

6. Select the correct answer

Please select Yes or No to indicate if the following statements are true.

h) When a girl reaches menarches (her first menstruation), it means she could get pregnant if she has sex.

- Yes No I do not know

i) Menstruation blood is the shedding of the endometrium lining

- Yes No I do not know

j) Menstrual period indicates a woman is not pregnant

- Yes No I do not know

k) Ovulation happens on average 14 days before period

- Yes No I do not know

l) Ovulation happens during period

SUPPLEMENTARY MATIERAL

QUESTIONNAIRE for “Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania”
by Benschaul-Tolonen et al. 2020

Surveying date:
School ID:
Classroom ID:
Student ID:

- Yes No I do not know
- m) Is it common for girls to have physical discomfort when they have their period?
- Yes No I do not know
- n) Do most girls experience the following on their period?
- Bad mood Yes No I do not know
- Stress Yes No I do not know
- Fatigue Yes No I do not know

Section 3: Personal Experience

1. Has anyone told you about girls’ periods and why it is happening?

- YES NO





If so, who? Please select all that apply.

- | | |
|---|--|
| <input type="checkbox"/> mother | <input type="checkbox"/> father |
| <input type="checkbox"/> grandmother | <input type="checkbox"/> grandfather |
| <input type="checkbox"/> sister | <input type="checkbox"/> brother |
| <input type="checkbox"/> female friend | <input type="checkbox"/> male friend |
| <input type="checkbox"/> aunt or other female family member | <input type="checkbox"/> uncle or male family member |
| <input type="checkbox"/> health worker | <input type="checkbox"/> priest / religious leader |
| <input type="checkbox"/> female teacher | <input type="checkbox"/> male teacher |
| <input type="checkbox"/> boyfriend/partner | <input type="checkbox"/> other |

2. Did you ever receive information about menstruation from the following:

- | | | |
|--|------------------------------|-----------------------------|
| a. Internet | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| b. Health worker | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| c. School materials (books, classes, homework, etc.) | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| d. Informational pamphlet
(ads, billboards) | <input type="checkbox"/> YES | <input type="checkbox"/> NO |

3. What was your reaction the first time that you learned about periods? Were you...
(Please select one from each group 5, where 3 is neutral.)

	1	2	3	4	5	
 surprised	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not at all surprised
 afraid	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not at all afraid
 excited	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not at all excited
 confused	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not at all confused

SUPPLEMENTARY MATERIAL


QUESTIONNAIRE for "Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania"
by Benschaul-Tolonen et al. 2020

Surveying date:

School ID:

Classroom ID:

Student ID:

	confident	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not at all confident
	disgusted	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not at all disgusted
	proud	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not at all proud
	ashamed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not at all ashamed

4. Has anyone told you what you should do when you start menstruating?

YES

NO

If so, what advice did you receive? Please select all that apply.

how to use towels/fabrics/linen

how to stay clean/wash

how to manage pain

things/activities to avoid during menstruation

other _____

5. Check all the people that you would **WANT** to talk to about your period.

mother

grandmother

sister

female friend

aunt or other female family member

health worker

female teacher

boyfriend/partner

no one

father

grandfather

brother

male friend

uncle or male family member

priest / religious leader

male teacher

other

6. With whom would you **ABSOLUTELY NOT** want to talk to about your period. Please select all that apply.

mother

grandmother

sister

female friend

aunt or other female family member

health worker

female teacher

boyfriend/partner

no one

father

grandfather

brother

male friend

uncle or male family member

priest / religious leader

male teacher









other

SUPPLEMENTARY MATERIAL

QUESTIONNAIRE for “Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania”
by Benschaul-Tolonen et al. 2020

Surveying date:
School ID:
Classroom ID:
Student ID:

7. Have you had your period?
 Yes (**continue to next question**) No (**go to Section 4, Question 1**)
8. At what age did you have your first period? _____
9. Was the first time that you got your period a positive, negative, or neutral experience?
 positive negative neutral
10. What was your reaction the first time that you got your period? Were you...
(Please select one from each group 5, where 3 is neutral.)

	1	2	3	
 surprised	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not at all surprised
 afraid	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not at all afraid
 excited	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not at all excited
 confused	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not at all confused
 confident	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not at all confident
 disgusted	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not at all disgusted
 proud	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not at all proud
 ashamed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not at all ashamed

11. Think back to the time before you got your period. Did anyone tell you about your period before it started?
 YES NO

If so, who? Please select all that apply.

If so, who? Please select all that apply.

- | | |
|---|--|
| <input type="checkbox"/> mother | <input type="checkbox"/> father |
| <input type="checkbox"/> grandmother | <input type="checkbox"/> grandfather |
| <input type="checkbox"/> sister | <input type="checkbox"/> brother |
| <input type="checkbox"/> female friend | <input type="checkbox"/> male friend |
| <input type="checkbox"/> aunt or other female family member | <input type="checkbox"/> uncle or male family member |

SUPPLEMENTARY MATERIAL

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Surveying date:

School ID:

Classroom ID:

Student ID:

- health worker
- female teacher
- boyfriend/partner

- priest / religious leader
- male teacher
- other

12. How many days does your period last?

_____ days

13. From a scale of 1 to 5 where 1 is no pain and 5 very strong pain; How much physical pain do you experience when you have your period?

1 **2** **3** **4** **5**
No pain at all *Very strong pain*

14. On a scale from 1 to 5, where 1 is less pain and 5 is more pain and 3 is the same; How do you think that the pain you feel during your period is compared to the pain that your peers experience?

1 **2** **3** **4** **5**
I experience much less pain *I experience much stronger pain*

15. From a scale of 1 to 5 where 1 is very light bleeding and 5 very heavy bleeding; How much do you bleed when you have your period?

1 **2** **3** **4** **5**
very light bleeding *Very heavy bleeding*

16. On a scale from 1 to 5, where 1 is lighter bleeding and 5 is heavier bleeding and 3 is the same; Do you think that you bleed more, less, or the same as your peers?

1 **2** **3** **4** **5**
I have much lighter bleeding *I have much heavier bleeding*

17. A menstrual cycle lasts from the first day of period (bleeding) until the day before the beginning of the next period (first day of bleeding). Do you know how long your menstrual cycle is on average? In other word, do you keep track of how often do you bleed?

YES NO

18. Do you think that for you the time between bleedings varies a lot?

YES NO

19. Do you find it hard to know when you are going to bleed soon and be prepared?

YES NO

20. During your period, or immediately before, do you ever have...:

Bad mood? YES NO

Stress or anxiety? YES NO

Fatigue? YES NO

21. Do you use painkillers (like for example aspirin) to manage pain when you have your period?

Always Sometimes Rarely Never

SUPPLEMENTARY MATERIAL

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Surveying date:

School ID:

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BREAK HERE FOR SECTION 4 WITH AFRIPADS



Pedi za kusafisha zinazotumika zaidi ya mara moja ni kitambaa kinachovaliwa kwenye chupi (nguo ya ndani) kuzuia damu ya hedhi kuvujia kwenye nguo. Inaweza kuoshwa, kukaushwa na kutumiwa kwa mwaka 1. Picha hapo juu inaonesha Afripads, aina mojawapo ya pedi za kutumiwa zaidi ya mara moja. Kila pakiti ina pedi 4.

1. *Je umewahi Kuona ama Kusikia kuhusu pedi za kusafisha zinazotumika Zaidi ya mara moja?*

Ndio

Hapana

2. *Je umewahi Kutumia pedi za kusafisha zinazotumika Zaidi ya mara moja?*

Ndio

Hapana

3. What do you **sometimes** use when you are menstruating? Please select **all that apply**.

cloth

pads

tampons

natural materials (grass, leaves, cow dung, etc.)

mattress stuffing

menstrual cup

nothing

other _____

4. What do you **most often** use when you are menstruating? Please select **only one**.

cloth

pads

tampons

natural materials (grass, leaves, cow dung, etc.)

mattress stuffing

menstrual cup

nothing

other _____

SUPPLEMENTARY MATERIAL

QUESTIONNAIRE for “Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania”
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Surveying date:
School ID:
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Student ID:

5. Do you ever use cloth?

YES NO

a. If you ever use a cloth, do you wash the fabrics you use during menstruation with soap?

YES NO I don't use a cloth

b. If you ever use a cloth, do you dry the fabrics you have washed in the sun?

YES NO I don't use a cloth

If no, where _____

6. What is your preferred method of menstrual sanitation? Please **select one**.

cloth pads
 tampons natural products (grass, leaves, cow dung, etc.)
 mattress stuffing menstrual cup
 nothing other _____

7. Do you always use your preferred method?

YES NO

8. Think of a month when you did not use your preferred method. Why did you **NOT** use your preferred method?

not enough money to buy the method wasn't available
 no parental permission I didn't know how to
 I was embarrassed the method wasn't safe
 other _____





9. How often do you change sanitation during your period each day? _____

10. How do you dispose of your sanitary product (**the one that you chose in question 24**)?

I don't (I use it over and over) dust bin
 toilet/latrine burn it
 bury it other _____

Section 4: Peers' Period Management (UPDATED TO SECTION 5)

1. Please estimate the share of female classmates who have received their periods.

0% 
 1-25% 
 26-50% 
 51-75% 

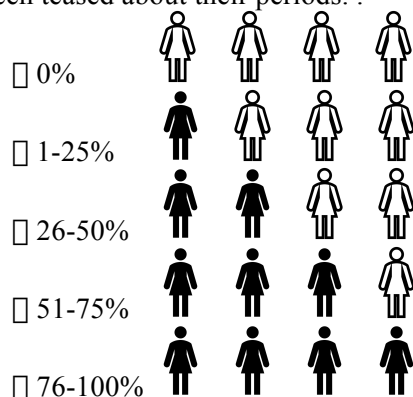
SUPPLEMENTARY MATERIAL

QUESTIONNAIRE for “Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania”
by Benshaul-Tolonen et al. 2020

Surveying date:
School ID:
Classroom ID:
Student ID:



2. Sometimes girls are teased about their periods. Please estimate the share of female classmates who have been teased about their periods. .



3. Please estimate **the most common** method of menstrual sanitation among your peers in the class. Please select only one.

- | | |
|--|--|
| <input type="checkbox"/> cloth | <input type="checkbox"/> pads |
| <input type="checkbox"/> tampons | <input type="checkbox"/> natural materials (grass, leaves, cow dung, etc.) |
| <input type="checkbox"/> mattress stuffing | <input type="checkbox"/> menstrual cup |
| <input type="checkbox"/> nothing | <input type="checkbox"/> other _____ |

4. How confident are you that you know what your female classmates use when they are menstruating?

Not at all confident 1 2 3 4 5 *Very confident*

5. If they use sanitary pads, do you know how your female peers dispose of them?

YES NO

6. If you answered yes to the question above, what is the most common thing they do?

- They don't dispose of them (they use it over and over)
- dust bin
- toilet/latrine
- burn them
- bury them
- other _____

Section 6: Management at School

1. Do you feel safe in the latrines at school?

YES NO

2. Do you feel safe in the latrines at school when you have your period?

SUPPLEMENTARY MATIERAL

QUESTIONNAIRE for "Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania"
by Benschaul-Tolonen et al. 2020

Surveying date:

School ID:

Classroom ID:

Student ID:

YES

NO

3. Do you know when your female classmates have their period?

YES

NO

4. Do you feel like having period is something that one must hide from others?

YES

NO

5. Would you feel ashamed if other girls knew that you were on your period?

YES

NO

6. Would you feel ashamed if boys knew that you were on your period?

YES

NO

7. If people knew that you have ever received your period, would you be afraid of teasing?

YES

NO

If so, by whom? Please select all that apply.

female peers

male peers

teachers

no one

other _____

8. If people knew that you have ever received your period, would you be afraid of being touched against your will, or asked insistently to go out with someone?

YES

NO

If so, by whom? Please select all that apply.

peers

teachers

family members

no one

other _____

If so, where are you afraid that this would occur?

public bathrooms

school bathrooms

class room

school yard

on my way to or from school

public space (such as a square)

home

nowhere

other _____

9. If people knew that you have your period, would you be afraid of unwanted pregnancies or dishonor?

YES

NO

10. If people knew that you have ever received your period, would you be afraid of teachers not being understanding or helpful?

YES

NO

11. If people knew that you have ever received your period, would you afraid of the pressure to marry or take a boyfriend?

YES

NO

SUPPLEMENTARY MATERIAL

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Surveying date:

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Classroom ID:

Student ID:

12. Do you agree with the following statement: "In my house, women/girls should be ashamed to talk about or reveal their period (blood, pains, sanitary materials) in front of my family members."

strongly agree agree neutral disagree strongly disagree

13. Do you agree with the following statement: "In my house, women and girls who are menstruating are restricted from certain activities."

YES NO Don't know

If you answered YES, what activities? Select all that apply

- v) Touching water sources or animals
- w) Cooking
- x) Washing dishes
- y) Public gatherings like religious gatherings, community meetings
- z) Sleeping in her normal spot
- aa) Using the normal toilet/latrine
- bb) Other: _____

14. Do you agree that girls should get married as soon as they get their period.

strongly agree agree neutral disagree strongly disagree

15. Do you agree that girls are old enough to have sex after they get their period

strongly agree agree neutral disagree strongly disagree

Section 7: Only fill this in if you ever had your period.

1. Did you ever have a period?

YES (continue) NO (skip to next section (Section 7)) (NOW SECTION 8)

2. During your last period, were there days when you could not come to school because of your period?

YES NO

If yes how many days did you have to stay at home because of your period? _____

If yes, why did you miss school? Please select all that apply.

- pain
- nothing to use
- afraid I will leak
- afraid of odor
- ashamed
- no place to change
- not allowed to take part
- feel sick
- don't feel comfortable
- other _____

3. During your last period, did you ever leave school early because of your period?

SUPPLEMENTARY MATERIAL

QUESTIONNAIRE for “Period teasing, stigma and knowledge: a survey of adolescent boys and girls in Northern Tanzania”
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Surveying date:
School ID:
Classroom ID:
Student ID:

YES NO

If yes, why did you leave early? Please select all that apply.

pain tired
 needed to change needed to wash
 leaked teased
 other _____

4. During your last period, did you **participate** as much in class as you normally do (when you do not have your period)?

YES NO

If no, why did you not participate as much? Please select all that apply.

fear shame
 cramps and pain hard to concentrate
 afraid to stand up tired
 other _____

5. During your last period, did you **concentrate** as much in class as you normally do (when you do not have your period)?

YES NO

If no, why did you not concentrate as much? Please select all that apply.

fear shame
 cramps and pain hard to concentrate
 afraid to stand up tired
 other _____

6. Are you afraid of being teased about leaking menstrual blood at school?

YES NO

If so, by whom? Please select all that apply.

female peers male peers teachers no one other _____

7. Are you afraid of being teased about odor at school when you have your period?

YES NO

If so, by whom? Please select all that apply.

female peers male peers teachers no one other _____

8. Are you afraid of answering a question in the classroom when you have your period?

YES NO

9. Do you think that some of your classmates can tell when you have your period?

Yes, most of the time Yes, only sometimes No, never

Section 8: Teasing

1. Have you ever been teased about your period?

SUPPLEMENTARY MATERIAL

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Surveying date:
School ID:
Classroom ID:
Student ID:

YES

NO

2. From the MALE friends you wrote above (Section 2, Question 2), **how many** have you seen teasing girls about their periods?

No friend 1 friend 2 friends 3 friends 4 friends 5 friends

3. From the FEMALE friends you wrote above (Section 2, Question 1), with **how many** have you ever discussed periods?

No friend 1 friend 2 friends 3 friends 4 friends 5 friends

4. Is it okay for a girl to ask her boyfriend to pay for items?

YES NO

If so, what?

Section 9: Value Questions

1. My parents/caretakers encourage me to do well in school

strongly agree agree neutral disagree strongly disagree

2. My teachers give me a lot of encouragement and support

strongly agree agree neutral disagree strongly disagree

3. Education is more important for boys than for girls

strongly agree agree neutral disagree strongly disagree

4. Things in the future will work out OK for me

strongly agree agree neutral disagree strongly disagree

5. I am worried nearly all the time

strongly agree agree neutral disagree strongly disagree

6. I am satisfied with my life

strongly agree agree neutral disagree strongly disagree

If you have NOT had your period, go to Section 9.

7. I feel ashamed during my period

strongly agree agree neutral disagree strongly disagree

8. I feel healthy when I have my period

strongly agree agree neutral disagree strongly disagree

9. I feel isolated from others during my period

SUPPLEMENTARY MATERIAL

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Surveying date:
School ID:
Classroom ID:
Student ID:

- strongly agree agree neutral disagree strongly disagree
10. I feel worried during my period
 strongly agree agree neutral disagree strongly disagree
11. I worry that I smell when I have my period
 strongly agree agree neutral disagree strongly disagree
12. I feel more confident during my period when using pads
 strongly agree agree neutral disagree strongly disagree

Section 10: Price Questions and WTP

1. We will ask you a few questions where you can choose between two items. Treat each question as a separate question. Answer each question truthfully because you might win your choice.
- a. Would you prefer...?
 A reusable sanitary pad OR TSH 0
 - b. Would you prefer...?
 A reusable sanitary pad OR TSH 1500
 - c. Would you prefer...?
 A reusable sanitary pad OR TSH 3000
 - d. Would you prefer...?
 A reusable sanitary pad OR TSH 4500
 - e. Would you prefer...?
 A reusable sanitary pad OR TSH 6000
 - f. Would you prefer...?
 A reusable sanitary pad OR TSH 7500
 - g. Would you prefer...?
 A reusable sanitary pad OR TSH 9000
 - h. Would you prefer...?
 A reusable sanitary pad OR TSH 10,000
 - i. Would you prefer...?
 A reusable sanitary pad OR TSH 11,500
 - j. Would you prefer...?
 A reusable sanitary pad OR TSH 13,000

Section 11: Demographics

SUPPLEMENTARY MATERIAL

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Surveying date:

School ID:

Classroom ID:

Student ID:

-
1. What is your name? (first and last) _____
 2. How long have you been living continuously in (place of residence)? _____
 3. In what month and year were you born? _____
 4. How old were you at your last birthday? _____
 5. What grade are you in? _____
 6. At what age did you start school? _____
 7. Please select the ethnicity that best describes you:
 Chagga
 Masai
 Sukuma
 Wahaya
 Wasumbwa
 Other : _____
 8. Please select the religion that best describes you:
 Christian
 Muslim
 Chagga
 Other : _____
 No Religion
 9. Who do you currently live with?
 - i. parents grandparents alone
 - ii. siblings other family members boarding school
 - iii. boarding house/hostel other_____
 10. Can you wash your body at home?
 - i. YES NO
 11. How much money do you spend per month total? _____
 12. What is your main source of money? Please select one.
 mother father girlfriend/boyfriend
 sister /brother other work
 scholarship
 13. What do you spend it on? Please select the top three expenses.
 clothes

SUPPLEMENTARY MATERIAL

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Student ID:

- personal hygiene
- make up
- mobile phone
- sanitary pads
- hair
- school products
- food
- transport
- other

14. How much do you spend on sanitary pads per month? _____

15. Did you miss school in the past 7 days?

YES

NO

If Yes, what was the reason? _____