**Sample Focus Group Discussion (FGD) Guide for Girls and Women**

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| ***Notes:*** Conduct FGD in a safe and private location. It may be necessary to separate adolescent girls from women so they will feel more relaxed during the discussion. Before the interview, please inform the participants that:* All answers and opinions shared during the discussion will be anonymous. No names will be recorded or used following the discussion.
* There is no right or wrong answer. You (girls and women) are the experts on this topic and we are just here to learn about your experiences and advice.
* Although many girls and women are often shy to speak about menstruation, we all menstruate so please feel free to be as open as possible. The information you share with us will help organizations to better support the needs of girls and women living here.
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1. ***Overarching Questions***
2. From your perspective, what types of challenges exist for girls and women when managing their menstruation here?
3. In different cultures and communities, girls and women manage their menstruation in different ways. Some use materials to catch the blood, while others just let their menstruation flow on their clothes. How did adolescent girls and women from your community manage their menstruation before this emergency (or being displaced)? *(Probe: What types of materials were used? Where did they typically change?)*
4. ***Materials***
5. Can you please describe how most adolescent girls and women now manage their menstruation, here in this context? *(Probe: What types of materials are typically used?)*
6. How do girls and women here generally dispose of used menstrual materials (e.g. tissues, cloths, disposable pads, reusable pads)?
7. *(If reusable material)* How do girls and women here wash and dry their used menstrual materials (e.g. reusable pads, cloth, underwear)? *(Probe: Where do they wash them? Where do they dry them? Are they comfortable washing/drying these items there?).*
8. What types of menstrual materials do adolescent girls and women prefer to use?
9. We know that adolescent girls and women sometimes need other supportive supplies for managing their menstruation. Can you please describe what other types of things adolescent girls and women here may need to support them in managing their menstruation? *(Probe: Any more items?)*
10. How would girls and women prefer to receive distributions of menstrual supplies? *(Probe: Where would you prefer these distributions to be? Who would you prefer provides these supplies?)*
11. In your community, at what age do girls typically have their first menstrual period?
12. ***Information***
13. In many places around the world there are strong cultural beliefs and taboos surrounding menstruation. Are there any taboos or cultural beliefs that exist around menstruation in your community or culture? Are there any beliefs which exist around the disposal of materials?
14. ***Facilities***
15. Where do adolescent girls and women generally go to manage their menstruation? Can you describe where they go to change their menstrual materials and if those spaces are comfortable (or not) for adolescent girls and women? *(Probe: Where do they change at night time? Are they comfortable changing there during the night?)*
16. In what ways could toilets be designed better to support adolescent girls and women managing their menstruation? (For example, distance from their shelter, lighting, locks).
17. In what ways could bathing facilities be designed to support girls and women washing their used menstrual materials? (For example: household versus communal, private spaces, screens, nearby water sources).
18. In what ways could shelters be designed to support girls and women while who may be changing or managing their menstrual materials in these locations?
19. ***Additional information***
20. Do you have any other advice or thoughts you would like to share on this topic?

***Thank you very much for your time and important thoughts and feedback!***