



This million voices form is to collect diverse voices to mainstream menstruation as a human issue.

### Section - A (Personal details)

\* None of your personal details will be shared with anybody or used for any commercial purpose.

Email\_\_\_\_\_

Name\_\_\_\_\_ Age\_\_\_\_\_

Address (Mainly City/Village and State)\_\_\_\_\_

You are?

Menstruator (Those who menstruate/have periods)

Non-Menstruator (Those who don't menstruate/Doesn't have periods)

### Section - B For menstruators

What do you use during menstruation?

- Cloth
- Sanitary Pad
- Don't use anything
- Other:

Have you ever re-used the same?

- Yes
- No
- May be
- Other:

How often do you change cloth/pad in a day?

- Once
- Twice
- Thrice
- Other:

How do you dispose of the pad?

- Throw it after wrapping in newspaper
- Bury it
- Burn it
- Flush it
- Other:

Please tick if you follow any of the restrictions:(Leave all boxes unchecked, if none of the following apply)

- Avoid going to a religious place or participate in any religious rituals
- Avoid touching pickle
- Stay in a separate room/bed

- Avoid taking a head bath
- Avoid cooking/housekeeping
- Avoid going to school
- Avoid going for work
- Avoid male members of your family
- Avoid sports
- Other:

Restrictions during menses come from..

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What are the challenges you face during menstruation?

- Lack of information
- Product availability
- Menstrual waste disposal
- Product affordability/Financial cost
- Silence on the topic
- Restrictions from the family
- Unbearable pain
- Lack of private spaces - like Toilet
- Don't face any challenge
- Other:

### Section- C For Non-menstruators

Have you ever discussed about menstruation with your spouse, family members, friends?

- Yes

- No
- Maybe

Would you like to share that experience?

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Have you ever bought a pad for...?

- Your Spouse
- Your Family members
- Your colleague/friend
- No one

What did you feel while buying?

- Felt uncomfortable and asked the shopkeeper to pack it in a non-transparent sheet
- No issues... bought it like a normal thing
- Other:

Please tick, if you think menstruators face any challenges during menstruation.

- Lack of information
- Product availability
- Menstrual waste disposal
- Product affordability/Financial cost
- Silence on the topic
- Restrictions from the family
- Unbearable pain

- Lack of private spaces - like Toilet
- I do not know about any challenge
- Other:

Please tick if you think menstruators follow any of the restrictions during menstruation.

- They avoid going to a religious place or participate in any religious rituals
- They should avoid touching pickle
- Stay in a separate room/bed
- They should avoid taking a head bath
- They should avoid cooking/housekeeping
- They should avoid going to school
- They should avoid going for work
- They should avoid male members of their family
- They should avoid sports
- Should not follow any restriction
- Other:

#### Section - D (Applicable to all)

At what age did you first hear about menstruation?\*

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Menstruation is...

- A Disease
- A biological process
- A Curse
- Other:

Menstrual blood is...

- Impure
- Dirty
- Dangerous
- Same as normal blood

Do you think menstruators have a supportive social environment for menstruation in urban India?

- Yes
- No
- Maybe

Do you think menstruators have a supportive social environment for menstruation in rural India?

- Yes
- No
- Maybe

