In-depth interviews with Parents/Guardians of girls aged 10-18

I) Determine whether interview will be conducted in English or Chichewa

II) Introduction: GAIA would like to develop a program for girls aged 10-18 to help them learn accurate and comprehensive information about their bodies and preventing unintended pregnancy. My name is Kristin Nash and I am a Masters of Public Health student at the University of Washington in America. We are helping GAIA by talking to girls about where they get information about sexual and reproductive health. By sexual and reproductive health, we mean topics like bodily changes, sex, pregnancy, and contraception. We’re also talking to adults in the community to understand their attitudes toward educating girls on these topics. Your answers to these questions will help GAIA to better understand how girls currently learn this information, what they learn and how you’d prefer they learn. We will collect the information, keeping participants anonymous, and will provide it to GAIA so they can develop a program that reflects girls’ needs. When responding to questions, please do not identify yourself or anyone else by name.
### III) Demographic information:

I’d like to begin by asking several questions about you and the daughters/girls between ages 10 and 18 who live at home with you…

<table>
<thead>
<tr>
<th>Question</th>
<th>Response Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. How old are you?</td>
<td>Actual age, if known______________ or Estimated age_______</td>
</tr>
<tr>
<td>If exact birthdate is not known, ask for an estimated age and note that this is an estimate.</td>
<td></td>
</tr>
<tr>
<td>2. Have you ever attended school? Circle one</td>
<td>Yes  No</td>
</tr>
<tr>
<td>If no, skip to question 4.</td>
<td></td>
</tr>
<tr>
<td>3a. What is the highest standard/form in school you have achieved?</td>
<td>HIGHEST LEVEL ATTAINED</td>
</tr>
<tr>
<td>Circle highest level, then write the number for the highest standard/form/tertiary years completed</td>
<td></td>
</tr>
</tbody>
</table>

(Primary school) STD: 1 2 3 4 5 6 7 8
(Secondary school) FORM: 1 2 3 4
3b. If you dropped out of school, why did you drop out?

Circle all that apply.

<table>
<thead>
<tr>
<th>Reason</th>
<th>Box</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tertiary education, if any</td>
<td></td>
</tr>
<tr>
<td>I wanted to get married</td>
<td>1</td>
</tr>
<tr>
<td>I was forced to get married</td>
<td>2</td>
</tr>
<tr>
<td>I became pregnant</td>
<td>3</td>
</tr>
<tr>
<td>I did not have the school fees</td>
<td>4</td>
</tr>
<tr>
<td>I had to work in the home (e.g., care for family members, do household chores)</td>
<td>5</td>
</tr>
<tr>
<td>I had to get a job to earn income</td>
<td>6</td>
</tr>
<tr>
<td>Other – please describe</td>
<td></td>
</tr>
</tbody>
</table>

Tertiary education, if any ________________

I wanted to get married – 1
I was forced to get married – 2
I became pregnant - 3
I did not have the school fees – 4
I had to work in the home (e.g., care for family members, do household chores) – 5
I had to get a job to earn income – 6
Other – 7 please describe _________________________
4. What is your occupation/job?

| Circle best response                          | Subsistence farming - 1  
|                                             | Commercial farming - 2  
|                                             | Raising and/or selling livestock - 3  
|                                             | Small business - 4  
|                                             | Temporary employment - 5  
|                                             | Piecework/ganyu - 6  
|                                             | Vendor -- 7  
|                                             | Professional, specify type (e.g., teacher, nurse, ________) -- 8  
|                                             | Student -- 9  
|                                             | Homemaker/housewife -- 10  
|                                             | Unemployed -- 11  
|                                             | Other (specify) __________________________ -- 12  |

5a. What village do you live in?  

| Village: _________________ |

5b. In what type of accommodation do you reside?

| Circle one                          | permanent home (brick, corrugated iron) - 1  
|                                     | “semi-permanent” (mud) - 2  
|                                     | “temporary” home (leaves, branches, sticks) - 3  |

6. What is your religion?

| Circle one                          | Christian: Catholic - 1  
|                                     | Christian: Anglican - 2  
|                                     | Muslim - 3  
|                                     | Traditional - 4  
|                                     | Atheist - 5  
|                                     | Other – 5 (specify)______________  
|                                     | No religion - 6  |

7. What is your ethnic group?

| Circle one                          | Chewa - 1  
|                                     | Yao - 2  
|                                     | Lomwe - 3  |
|   | Tumbuka - 4  
|   | Sena - 5     
|   | Mang'anja - 6  
|   | Sindikudziwa - 7  
|---|---|
| 8. What language or languages do you speak? | Chichewa - 1  
|   | Lomwe - 2     
|   | English - 3   
|   | Other - 4 ________________  
|   | Circle all that apply |
| 9a. At what age did you first get married? | Age______  
|   | Indicate age or estimated age at right.  
| 9b. If you were married before age 18, why did you get married? | I wanted to get married – 1  
|   | I was forced to get married – 2   
|   | I became pregnant – 3  
|   | Other – 4 please describe ________________  
|   | Circle all that apply  
| 9c. How many times have you been married? | Number of times ____________  
|   | Please describe ________________ |
10a. How many times have you been pregnant?
Write number at right. For males, skip to 9c

10b. How old were you when you became pregnant for the first time?
Write number at right.

10c. How many living biological children do you have?
Write number at right.

Ok, now I'm going to ask you some questions about your daughter(s)/girls, age 10-18, in your care:

11. For each, what is her current age and the highest standard/form in school she has achieved (or is currently in)?
Fill in table at right.

<table>
<thead>
<tr>
<th></th>
<th>Girl 1</th>
<th>Girl 2</th>
<th>Girl 3</th>
<th>Girl 4</th>
<th>Girl 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Age</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Highest standard/ Form</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

12. Has any daughter/girl in your care ever been pregnant or is currently pregnant? What was her age at her first pregnancy?
Fill in table at right.

<table>
<thead>
<tr>
<th></th>
<th>Girl 1</th>
<th>Girl 2</th>
<th>Girl 3</th>
<th>Girl 4</th>
<th>Girl 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes or No</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>If yes, age at first pregnancy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
IV) Sources and content of sexual and reproductive health information

Now, I’ll be asking you questions regarding what you discuss with your girls about different sexual and reproductive health topics. For each topic area, I will ask about the content of your discussions, as well as how else they learn about the topic and what you think about each source of information. Please feel free to stop me or ask questions at any time if something is unclear.

A. Parents/guardians and other sources of information

1a. What do you discuss with girls about bodily changes and menstruation? Probe for detail, including age of girls when discussed and how the issue came up.

At right, note: specific messages delivered on this topic.

1b. Do you think parents and guardians are a good way for girls to learn about this topic? Why or why not?

If they do not discuss this topic with girls, ask 1c, otherwise skip to next question.

1c. If you do not discuss this topic with girls, why do you not? If needed, use prompts:
- I didn’t feel comfortable (probe for why)?
- It never came up.
- It’s not appropriate to discuss (probe for why not)?
- I don’t feel like I have enough information.
- Any other reasons?
1d. Where else do girls learn about bodily changes and menstruation?

Probe, if needed:
Extended family members/adults (who specifically?)
Initiation counselors
School
Friends/same-age peers
Health workers (what type specifically?)
Media (e.g., radio, magazines, newspapers, TV, advertising, billboards, internet, posters, pamphlets, etc.)
Other sources________________________________

1e. Do you think the sources you just mentioned are good ways for girls to learn about bodily changes and menstruation? Why or why not?

Which are the best sources for this information? Why?

If parents do not discuss this topic with their girl(s), skip 1f-g and proceed to question 2.

1f. From these other sources, are they taught the same or different from what they learn from you?

If different, please probe:
1g. What, specifically, are they taught that is different from what they are taught by you?
Now, for the next topic…

2a. Do you talk to your girls about appropriate sexual behavior? Are expectations different for girls than boys? If so, how? Do you discuss this with your girls? Probe for detail, including age of girls when discussed and how the issue came up.

At right, note: specific messages delivered on this topic.

Prompt only if needed:
- Does age or onset of menses play a role in determining when first sex is appropriate? How?
- What about being in a relationship? What type?
- Do girls have a say in whether to have sex? Can they say no? Under what circumstances?
- What about monogamy versus multiple partners?

2b. Do you think parents or guardians are a good way for girls to learn about this topic? Why or why not?

If they do not discuss this topic with girls, ask 2c, otherwise skip to next question.

2c. If you do not discuss this topic with your girls, why do you not? If needed, use prompts:
- I didn’t feel comfortable (probe for why)?
- It never came up.
• It’s not appropriate to discuss (probe for why not)?
• I don’t feel like I have enough information.
• Any other reasons?

2d. Where else do girls learn about appropriate sexual behavior?

Probe, if needed:
Extended family members/adults (who specifically?)
Initiation counselors
School
Friends/same-age peers
Health workers (what type specifically?)
Media (e.g., radio, magazines, newspapers, TV, advertising, billboards, internet, posters, pamphlets, etc.)
Other sources______________________

2e. Do you think the sources you just mentioned are good ways for girls to learn about appropriate sexual behavior? Why or why not?

Which are the best sources for this information? Why?

If parents do not discuss this topic with their girl(s), skip 2f-g and proceed to question 3.

2f. From these other sources, are they taught the same or different from what they learn from you?

If different, please probe:
2g. What, specifically, are they taught that is different from what
they discuss with you?

Ok, now I’d like to ask about another topic…

3a. What do you discuss with them about pregnancy and childbirth?

How about how girls and women become pregnant? *Probe for detail, including age of girls when discussed and how the issue came up.*

At right, note: specific messages delivered on this topic.

Also probe for more detail on:

- What is your opinion about childbearing among girls under age 18? If it’s ok, when is it ok? Do you share your opinion with your girls?
- Do you discuss that there can be complications for mother and baby when the mother is an adolescent, or under age 18?
- Is childbearing among girls under 18 common in your community? Do you think this influences your girls?

3b. Do you think parents and guardians are a good way for girls to learn about this topic? Why or why not?
If they do not discuss this topic with girls, ask 3c, otherwise skip to next question.

3c. If you do not discuss this topic with girls, why do you not?
If needed, use prompts:
• I didn’t feel comfortable (probe for why)?
• It never came up.
• It’s not appropriate to discuss (probe for why not)?
• I don’t feel like I have enough information.
• Any other reasons?

3d. Where else do girls learn about pregnancy and childbirth?

Probe, if needed:
Extended family members/adults (who specifically?)
Initiation counselors
School
Friends/same-age peers
Health workers (what type specifically?)
Media (e.g., radio, magazines, newspapers, TV, advertising, billboards, internet, posters, pamphlets, etc.)
Other sources________________________________

3e. Do you think the sources you just mentioned are good ways for girls to learn about pregnancy and childbirth? Why or why not?
<table>
<thead>
<tr>
<th>Which are the best sources for this information? Why?</th>
</tr>
</thead>
<tbody>
<tr>
<td>If parents do not discuss this topic with their girl(s), skip 3f-g and proceed to question 4.</td>
</tr>
</tbody>
</table>

3f. From these other sources, are they taught the same or different from what they learn from you?

If different, please probe:
3g. What, specifically, are they taught that is different from what they discuss with you?

Ok, now I’d like to ask about one more topic area…

4a. What do you tell girls about contraception and condom use? Probe for detail, including age of girls when discussed and how the issue came up.

At right, note: specific messages delivered on this topic.

4b. Do you think parents and guardians are a good way for girls to learn about this topic? Why or why not?

If they do not discuss this topic with girls, ask 4c, otherwise skip to next question.

4c. If you do not discuss this topic with girls, why do you not?
If needed, use prompts:
  • I didn’t feel comfortable (probe for why)?
  • It never came up.
  • It’s not appropriate to discuss (probe for why not)?
  • I don’t feel like I have enough information.
  • Any other reasons?

4d. Where else do girls learn about contraception and condom use?

Probe, if needed:

Extended family members/adults (who specifically?)
Initiation counselors
School
Friends/same-age peers
Health workers (what type specifically?)
Media (e.g., radio, magazines, newspapers, TV, advertising, billboards, internet, posters, pamphlets, etc.)
Other sources________________________________

4e. Do you think the sources you just mentioned are good ways for girls to learn about contraception and condom use? Why or why not?

Which are the best sources for this information? Why?

*If parents do not discuss this topic with their girl(s), skip 4f-g*
and proceed to section B.

4f. From these other sources, are they taught the same or different from what they learn from you?

If different, please probe:
4g. What, specifically, are they taught that is different from what they discuss with you?

Finally, I’d like to ask about areas where you think girls might be lacking information…

### B. Gaps in Knowledge

Generally, do you feel that the information girls receive on sexual and reproductive health is adequate?

Generally, do they learn at the right age? If not, at what age should they be learning about these topics?
<table>
<thead>
<tr>
<th>Is there anything you think girls should learn more about? What?</th>
</tr>
</thead>
<tbody>
<tr>
<td>How could the sexual and reproductive health education of girls be improved?</td>
</tr>
<tr>
<td>Do you think girls should be educated to avoid early pregnancy, and by early I mean before age 18? If yes, what do you think should be done?</td>
</tr>
</tbody>
</table>

V) Closing:
Do you have any additional thoughts about how girls learn about or should learn about sexual and reproductive health matters? What do you think is the best way to deliver sexual and reproductive health information to girls in general? Do you have any additional information or comments? Anything you would like to share that I have not asked about? Thank you for your time!