## DUAL PREVENTION PILL

### RESEARCH INSIGHTS AND DEVELOPMENT OF STRATEGIC THEMES 30<sup>th</sup> August 2022



## **IN THIS PRESENTATION...**

Summary of insights from the HCD research on the DPP in Kenya, SA and Zimbabwe

Implications of these insights for the demand generation strategy

3 overarching themes, shaped by research and communications best practice, to explore with creative teams and end users in the next phase

## IN THE RESEARCH REPORT...

A broader overview of audience motivations and barriers and journey mapping for OCP/PrEP use

## Full range in-depth insights across countries and audiences

A more comprehensive overview of potential implications for the demand generation strategy

## SUMMARY OF RESEARCH INSIGHTS

# WHEN DECIDING TO USE THE DPP, WOMEN HAVE TO NAVIGATE DIFFERENT SIDES OF THEIR IDENTITY AND COMPETING VALUES

#### Key findings

- The DPP was seen as a way to preserve relationship goals and public image, without compromising sexual health goals
- Women balanced a plurality of identities, e.g. independence, career goals and greater equality in sexual relations vs the appearance of respectability, religious and family values
- Relationship goals were connected to financial security and social status, and drove risk judgements in sexual health decisions

#### **Nuance across countries**

- South Africa: Greater evidence of enjoyment values, including sexual pleasure, and more priority given to social status that comes with being in a successful relationship
- Kenya: Appearance of social respectability was tied to fear of moral sanction, and women wanted to find 'empowerment in secret', e.g. through equality in sexual relations
- **Zimbabwe:** Demonstrating adherence to religious and traditional values was a priority

**Implication:** While many communications focus on one side of women's identity (e.g. empowerment), we can connect the DPP to the different sides of women's identities which they are constantly balancing.

### MALE PARTNERS WARNED THE DPP COULD THREATEN GENDER NORMS, BUT HELD MORE POSITIVE INDIVIDUAL ATTITUDES

#### Key findings

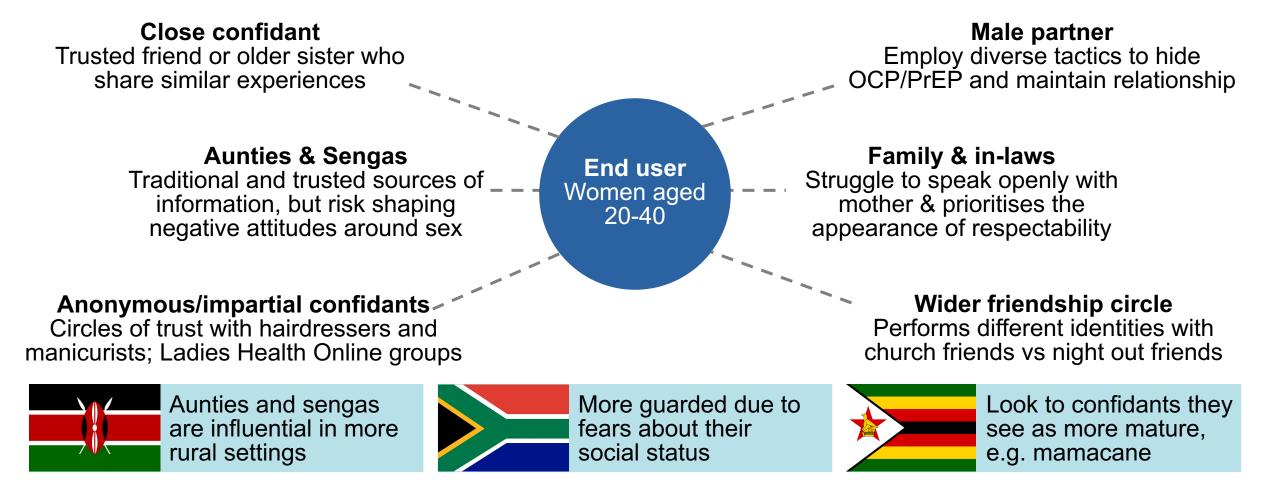
- Men warned that the DPP could provoke backlash due to concerns about libido and fertility, and could give women license to cheat
- Male attitudes towards the DPP were tied to identity – but this varied by social setting, e.g. talking openly and humorously with friends; supportive of side-chick taking the DPP
- Participants were **personally supportive of the DPP**, but some caveated that this was dependent on their involvement in rollout

#### **Nuance across countries**

- South Africa: More single women and informal marriage structures (lobola) can reduce their involvement in decision-making
- Kenya: Men in Kisumu wanted to be involved in DPP rollout to maintain control of SRH decisions; in Nairobi, they were more positive about women making independent decisions
- **Zimbabwe:** Men were likely to support the DPP when the decision supported their role as a leader and contributor in their community

**Implication:** Leverage male partners who hold positive individual attitudes as role models in communications, helping to limit stigma that may be associated with the product within their community.

# WOMEN SPEAK OPENLY AND HUMOROUSLY ABOUT SEX IN THE ABSTRACT, BUT ONLY CONFIDE IN ONE OR TWO CLOSE FRIENDS



**Implication:** Identify positive and aspirational advocates for the brand who are trusted by the target audience and encourage people to discuss and recommend the product to a close friend.

### AUDIENCE PERSONAS REPRESENT SIGNIFICANT TRIGGERS TO CATEGORY ENTRY FOR OCP/PREP ACROSS COUNTRIES

### Elsie: Enjoyment outside marriage

Early 30s, started using PrEP after beginning an affair with another man

Likelihood to accept the DPP

Attributes	
Relationship goals	
Family values	
Caring for children	
Social status/respectability	
Career goals	

#### Lindiwe: Maintain relationship

Early 20s, started using OCP after boyfriend refused to wear a condom

Likelihood to accept the DPP

Attributes				
Relationship goals				
Family values				
Caring for children				
Social status/respectability				
Career goals				

### Thandiwe: Unintended pregnancy

Early 20s, urban, started using OCP after leaving home and starting to date

Likelihood to accept the DPP

Attributes
Relationship goals
Family values
Caring for children
Social status/respectability
Career goals

### Faith: Unfaithful partner

Started using PrEP when she suspected her husband had been unfaithful

Likelihood to accept the DPP

Attributes			
Relationship goals			
Family values			
Caring for children			
Social status/respectability			
Career goals			

### Vicky: New mother

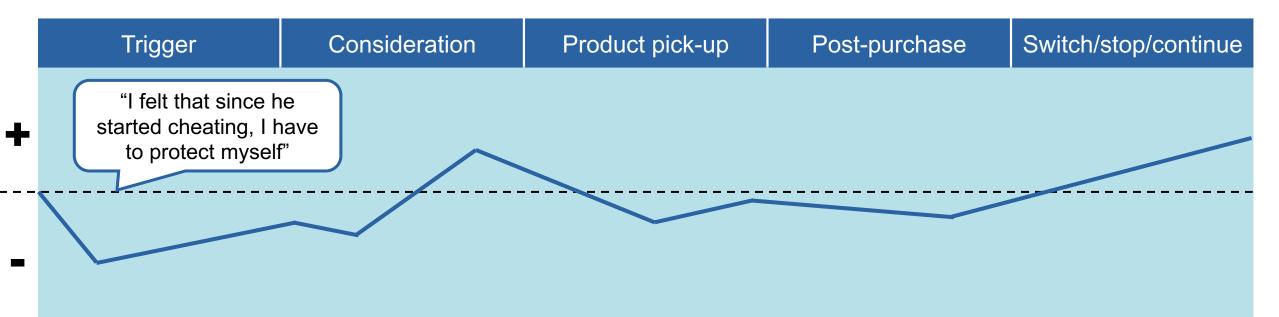
Married, new mother, started using OCP after birth, wants to delay next pregnancy

Likelihood to accept the DPP

Attributes
Relationship goals
Family values
Caring for children
Social status/respectability
Career goals

\* Diagona refer to continue 4 of the full research report for more datail on the five personal and esseciated warring reported from research

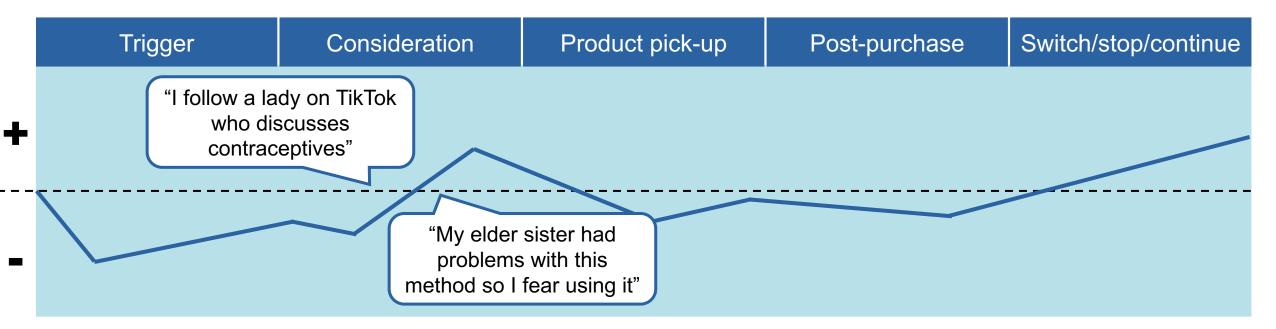
# TRIGGERS FOR OCP/PREP USE WERE LARGELY NEGATIVE, WITH WOMEN RESPONDING TO RISKS OUTSIDE THEIR CONTROL



- 11 of 13 PrEP journeys were triggered by an untrustworthy partner, and 1 who had hidden their HIV status
- In Kenya, partner infidelity prompted some women to start their own affairs ("tit for tat"); in South Africa, some participants described men cheating on HIV tests or spending the wife's money on side-chicks and in Zimbabwe, women mentioned being in high-risk relationships, e.g. with gold panners
- More positive triggers included delaying children, e.g. due to financial burden; focusing on their current child

Implication: Build positive associations with the brand though messaging, but target negative triggers in media

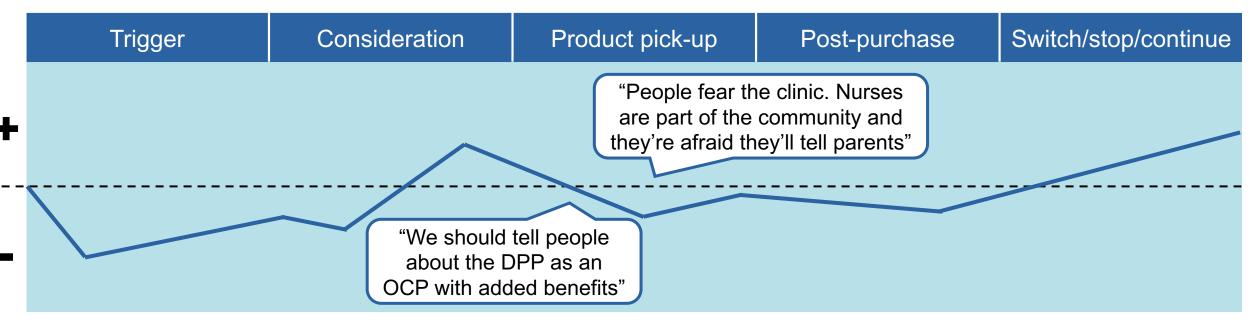
# PEER PREFERENCE AND ONLINE INFORMATION DRIVE CONSIDERATION, BUT ARE ALSO THE MAIN SOURCE OF MYTHS



- Consideration typically starts by talking to close confidents & seeking information online (Google, Facebook, WhatsApp), but this is also where myths and rumours were most likely to circulate (verified/dispelled by HCWs)
- Preferences were formed by observing what close family or friends were using, e.g. the pill their mother took
- Many supplemented HCW advice with online product reviews, but this often reinforced rather than reduced confusion - stigma & misinformation was likely to transfer between different contraceptive products

**Implication:** Leverage touchpoints in women's day-to-day lives, to reach them where opinions are formed before they arrive at the Health Care centre

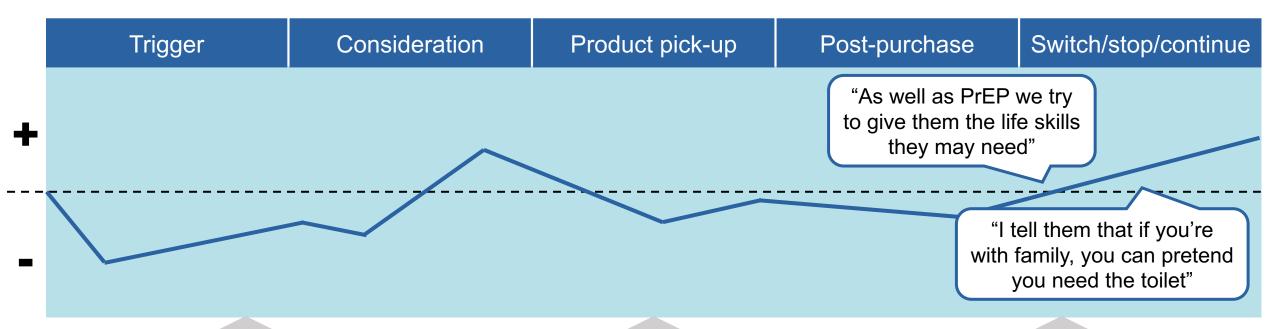
# DESIRE FOR DISCRETION HAD A STRONG INFLUENCE ON DISTRIBUTION, LEADING TO AVOIDANCE OF PUBLIC CLINICS



- Participants suggested using OCP as the entry point due to the stigma around HIV and to avoid difficult conversations with partners, e.g. blister packs that didn't rattle, packaging that looked like vitamins or makeup
- There is potential to engage those with low HIV risk perception by highlighting the pregnancy risk
- Participants want to avoid being seen seeking support for SRH issues around pharmacies and chemists
- In Kenya, most OCP users transition to the pharmacy after using the clinic for initial product pick-up

Implication: We could create branded products to support discreet use, e.g. a makeup bag or lip balm container

### HCWS STRUGGLED TO CHANGE PRODUCT PREFERENCES, BUT WERE CRITICAL TO OVERCOMING ADHERENCE CHALLENGES



Media influences attitudes far in advance of needing OCP/PrEP Bridal showers, TV shows, dating apps, music (e.g. gengatone), community meetings and barazas Personal conversations happen in private or women-only spaces WhatsApp, hair/beauty salons, bars where they won't be overheard, anonymous online groups (SA) HCWs see themselves as health providers and life advisers HCWs supported women with discreet use, setting mobile alarms, advice on peer influence, etc.

# IMPLICATIONS FOR THE DEMAND GENERATION STRATEGY

### TO ACHIEVE HIGH MENTAL AVAILABILITY, BE THE FIRST BRAND PEOPLE THINK OF ACROSS DIFFERENT CATEGORY ENTRY POINTS

#### AIM TO REACH ALL CATEGORY BUYERS, STARTING WITH THOSE MOST LIKELY TO ADOPT DPP

STAND OUT IN THE RIGHT MOMENTS WITH DISTINCTIVE ASSETS THAT PEOPLE REMEMBER

CREATE RELEVANCE ACROSS THE GREATEST NUMBER OF CATEGORY ENTRY POINTS

#### Framework for CEP Generation Category Entry Points

#### WHY?

Why are they buying from the category? e.g. for peace of mind

#### WHEN?

When are they considering the category? e.g. before a night out

#### WHERE?

Where are they engaging with the category? e.g. WhatsApp group with friends

#### WITH WHOM?

With whom do they talk about the category? e.g. male romantic partner

#### WITH WHAT?

With what are they buying from the category? e.g. feminine hygiene products

## THEREFORE, WE'RE LOOKING FOR A THEME THAT...

Is distinctive, memorable and can stand out among existing communications

Connects with people's values, beliefs and identities

## Has the longevity and flexibility to work across different countries, audiences and contexts

Combines a powerful audience insight with a truth about the product and its benefits

Has potential to disrupt existing behaviour and shape new habits

## **THREE THEMES THAT MEET THOSE CRITERIA**

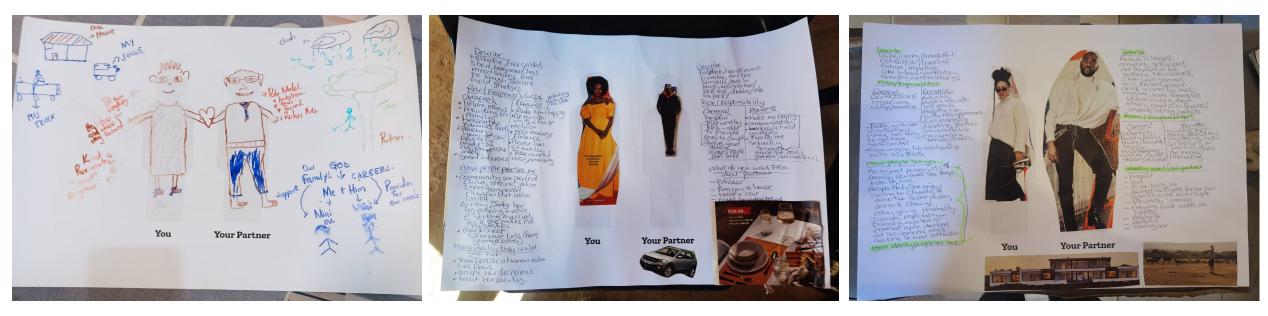


These themes synthesise insights which best meet these criteria and can unlock change, but other insights featured in the research report will also shape the approach. New themes might emerge as we develop them with local creative agencies and end users in Phase 2.

# 

# DUALTY

# WOMEN EXPERIENCE DUALITY IN THEIR LIVES, BALANCING SOCIETAL EXPECTATIONS WITH INDIVIDUAL MOTIVATIONS

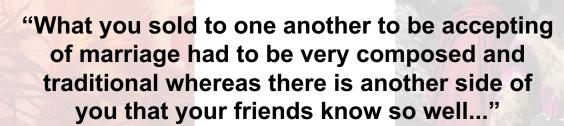


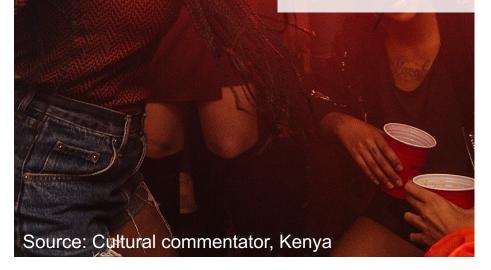
Desire for equality in sexual relations vs respectability, religious values and the social status of marriage

The person she is with her family and church friends vs the person she is with her night out friends Fights for her financial and career goals vs caring, reliable, strong family values; a good mother

Source: Immersion with DPP HCD participants, Kenya, South Africa and Zimbabwe

### THE OPPORTUNITY: TO CONNECT WITH BOTH SIDES OF WOMEN'S IDENTITY





### **Audience Truth**

Women struggle to balance the two sides of their identity – independent or respectable, church friend or night out friend, career boss or mother

### **Brand Truth**

This is a dual pill with dual benefits, which helps women navigate both sides of their life

### DUALITY

#### Strategy Manifesto

There are two sides to every person. The one your friends see and the one your family sees. The one-track mind and the million things on your mind. The career boss and the supportive partner.

#### Why choose?

This is a dual pill that lets you live both sides to the full. It stops you getting pregnant and stops HIV. To stop one side of your life getting in the way of the other.

It lets you be the person you are with your church friends. And your night out friends.

Lets you explore the dating pool. And find the one to settle down with.

Lets you do what's best for your family. And yourself.

DPP helps you be everything you are.

## WE CAN DIAL UP DIFFERENT MOMENTS OF DUALITY ACROSS DIFFERENT AUDIENCES

Balancing career aspirations with being a supportive wife and mother Balancing traditional values with wanting a different life than her mother's generation

"I might be calling the shots behind the scenes but my husband is seen as the provider" "I have a traditional outlook with my church friends and a fun side my other friends know well" Balancing pleasure and enjoyment with the appearance of respectability

"I want to find my own pleasure and enjoyment, but you have to protect the title"

# 

# READY FOR ANYTHING

## WOMEN STRUGGLE WITH THE UNPREDICTABILITY OF LIFE, OFTEN FUELED BY THE ACTIONS OF THEIR PARTNERS

#### PROTECTION FROM PARTNERS WHO MISBEHAVE IS MORE MOTIVATING THAN PROTECTION FROM HIV

ASSOCIATION WITH WOMEN WHO ARE READY FOR ANYTHING IS STRONG; ASSOCIATION WITH WOMEN WHO AVOID HIV IS NOT

WOMEN ARE READY TO ENJOY LIFE AND NOT FOCUS ON THE ANXIETY SRH ISSUES CAN BRING

"I thought life will be easy but no all of a sudden boom an uphill. It's better you fall down with a pot because you can go back to the river. Stay safe in case of an accident or divorce."

"I believe in myself. I'm a hustler. I can make a plan and won't sit around wondering what will happen. When I have a challenge, I come up with solutions instead of stressing about it." "It was a huge relief because if I asked him not to come inside me he would still do it. It gave me a lot of stress and once I got the pills I could enjoy sex as well, I could carry on with my life."

## THE OPPORTUNITY: HELP WOMEN FEEL READY FOR ANYTHING





"My friend, you are not the first one to get married. Men are like that and there's nothing you can do to change him so find your own happiness."





### **Audience Truth**

It's impossible to predict what will happen next in your life or your relationship – women want to feel ready no matter what comes their way

### **Brand Truth**

DPP instils confidence that nothing will get in the way of living life the way you want

### **READY FOR ANYTHING**

#### **Strategy Manifesto**

Relationships are unpredictable. Messy. Spontaneous. You can't always know what's going to come your way, But there's some things you can still prepare for.

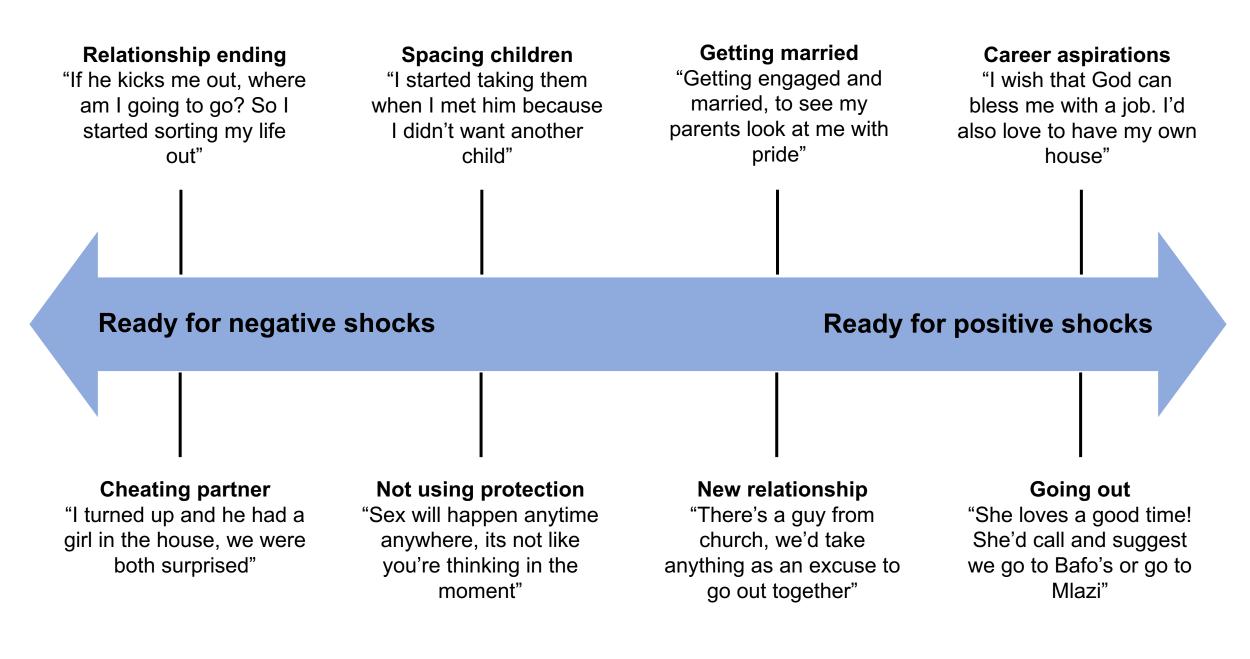
And doesn't it feel good when you feel ready to take them on? The confidence, the peace of mind, the anticipation. That no matter what happens, you've got this.

It's the feeling when you switch on your getting ready playlist.It's planning your night out with friends. Finding the perfect going out outfit.Feeling like nothing's going to get in the way of living life the way you want to live it.

DPP is one more way to help you feel ready for whatever comes your way.

Ready for the unexpected, be it good or bad.Ready for the first date. Or the third one.Ready to take things to the next level. Or if he turns out to be 'that guy'.Ready for if the condom breaks. Or when protection's not the first thing on your mind.Ready for your first child. But not your second.

Ready to live life the way you want to live it? DPP helps you feel ready for anything.



# 

# WHY WOULDN'T YOUP

### THERE IS A WIDE GAP BETWEEN SOCIAL STIGMA FOR OCP/PREP AND MORE POSITIVE ATTITUDES HELD BY INDIVIDUALS

We need to flip the default. To normalise the positive attitudes held by women at an individual level, three shifts are needed:

#### **Protects against your actions**

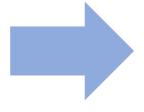
Assumption you're taking it because you're doing something wrong: "promiscuous", "loose", "hiding something", "unfaithful"

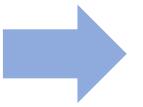
#### Damages your relationship

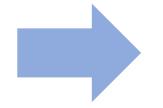
Taking OCP/PrEP will damage your relationship: "He will think I had no trust"

#### "I'll take the risk"

Not taking OCP/PrEP as the default and accepting you will deal with HIV, pregnancy or abortion if the need arises







#### **Protects against the actions of others**

Assumption that you're taking it because of the open, casual way men treat having multiple sexual partners

### Makes you a desirable partner

Taking DPP because you're a conscious partner looking out for your family's future

### "I'll take it just in case"

Taking DPP as the default – not because you expect HIV/pregnancy, but to give you peace of mind if the unexpected happens

### THE OPPORTUNITY: TO CHANGE THE QUESTION FROM 'WHY WOULD YOU?' TO 'WHY WOULDN'T YOU?'

"Society will label her a prostitute or someone who is loose even if it's not the case. Maybe this person wants to be safe, is someone who makes good choices and cares for herself"

Source: Immersion participant, Zimbabwe

### **Audience Truth**

Women who take OCP/PrEP are seen as 'risky', 'promiscuous' or 'unfaithful', when the reality is they're wise to the risks others are taking

### **Brand Truth**

The DPP gives you peace of mind in your relationships and your life, protecting you when others take risks with their sexual health

### WHY WOULDN'T YOU?

#### **Strategy Manifesto**

Why would you take this pill? Because you're sleeping around? Unfaithful? Taking risks?

You're asking the wrong question. The question you should be asking is why wouldn't you?

Because if you're taking the DPP you're a conscious, caring partner. One who about thinking about their health and yours. Who's looking out for their family and wants to give their child the best future. Someone who's savvy about sexual health but knows not everyone else is.

I'm not taking this pill because I'm taking a risk. I take it because others are.

I take it because others are thinking in the moment, not about the consequences.I take it because you're a 'protector and provider', but you're not protecting your health. Or mine.I take it because you 'forgot' the condom, but you're not ready to settle down.

DPP is here for peace of mind. Here for the unexpected. Here just in case. Here because it's not me, it's you.

DPP. Why wouldn't you?

#### **Risky prevention behaviours**

"If someone asks did you use a condom we laugh and be like 'no, I used my eyes to weigh in"

#### Safeguarding your marriage

"You have to protect the title. They know your husband comes once in a while and everything is good"

#### **Protecting yourself**

"It makes me feel good that I'm protecting myself. If you don't look after yourself, no one will"

### **Risky behaviour of others**

Savviness of those taking it

#### **Unfaithful partner**

"I found him with several side chicks and I said ooh God thank you very much [be]cause at least my life is safe"

#### Preparing for the unknown

"You don't know what they do outside. Even though I'm only sleeping with him, I'm placing a lot of trust in him"

#### **Caring for your family**

"I want my children to enjoy life, take them for a vacation. If I have only two children I will manage"

Source: Interviews with DPP HCD immersion participants in Kenya, South Africa, Zimbabwe

# SUMMARY & DISCUSSION

## **IN SUMMARY**



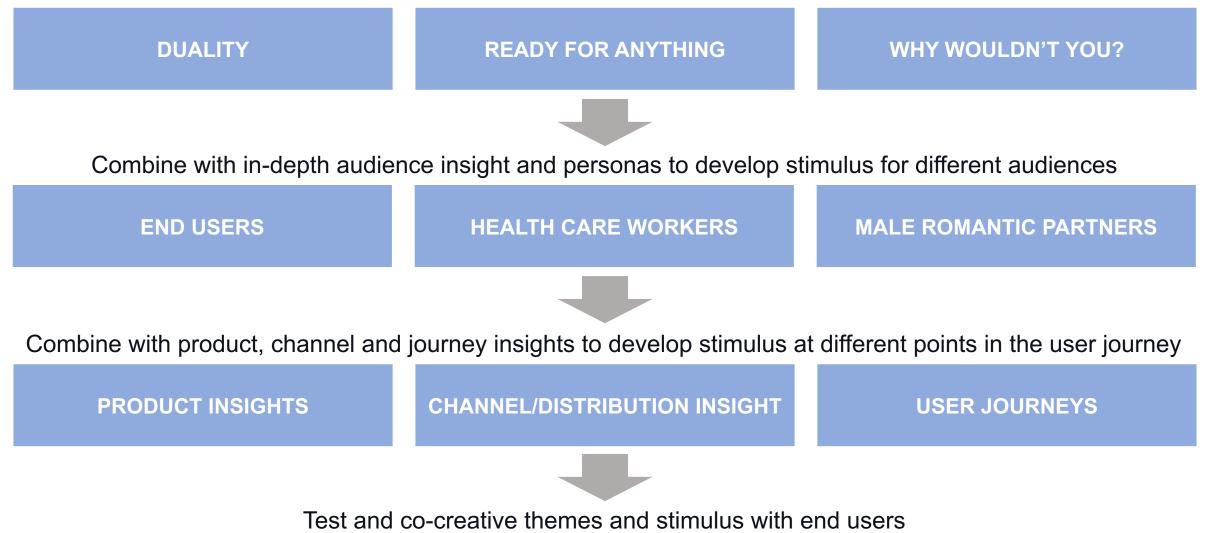




Could we help women live both sides of their lives to the fullest, when others are telling them they have to be one thing or the other? Could we reach women when they experience positive or negative shocks in life and help them feel ready for anything by taking the DPP? Could we flip the question from 'why would you' to 'why wouldn't you' and create a new set of positive associations around those who take the DPP?

## **NEXT STEPS**

Brief local creative agencies to develop themes (leaving room for new themes that might emerge)



# 

### RESPONDENTS SAW TENSION BETWEEN THE EMPOWERMENT DPP COULD BRING AND SOME OF THE GENDER ROLES THEY ADOPT

KENYA	ZIMBABWE	SOUTH AFRICA			
WHY					
Respectability is tied to moral sanction, e.g. from the church vs women seek empowerment in secret and want more equality in sex outside marriage	Respectability is tied to traditional and submissive marital roles vs older women tend to be more assertive with their independence	Respectability is tied to the social status of marriage vs women often earn more than male partners and not all want to be tied down by titles			
WHEN					
Increased financial independence but unable to show it; finding out partner is cheating or starting their own affair and needing to keep up appearances	Getting into a serious relationship or having first child and wanting agency over when she has more children, but male partner wants to feel in control	Getting into a longer-term relationship but wanting to delay having children and focus on career goals, waiting for partner to pay lobola (bride price)			
	WHERE				
Public channels such as community events, barazas, radio, TV vs private channels such as social media, hairdressers, female loos in bars or clubs	Public channels such as community platforms and health clinics vs private channels such as meeting points with friends (under tree), social media	Public spaces such as shopping malls, TV, community gatherings vs private channels such as anonymous online groups (Ladies Health Online)			
WITH WHOM					
Women play different roles with their church friends, in-laws or partner vs their night out friends	Women look to confidants they consider more 'mature', often an older friend or family member	Informal marriage structures (lobola) and more single women reduces the influence of male partners			

Source: DPP HCD immersions, interviews & friendships circles with end users, male partners, cultural commentators in Kenya, South Africa & Zimbabwe

## WE COULD DIAL UP DIFFERENT TYPES OF DUALITY IN PUBLIC VS PRIVATE SETTINGS



### TRADITIONAL CHANNELS AND MESSENGERS, INCLUDING BARAZAS, RADIO, AUNTIES AND HEALTH WORKERS



### PRIVATE SPACES INCLUDING HAIRDRESSERS, FEMALE TOILETS AT BARS, SOCIAL MEDIA AND CLOSE FRIENDS

## RESPONDENTS' ENTRY INTO THE OCP/PREP CATEGORY WAS OFTEN TRIGGERED BY AN UNEXPECTED LIFE EVENT

KENYA	ZIMBABWE	SOUTH AFRICA		
WHY				
Motivated by material benefits provided by partners, e.g. a phone or rent; want to live life to the full and get even with cheating partners, but always in secret	Motivated to take DPP because they can pretend its OCP and avoid the stigma around HIV; relationship goals centre around risk avoidance (e.g. drinking)	Motivated by relationship goals, the desire for companionship, pleasure and enjoyment; wanting a partner that provides but often being the main earner		
WHEN				
Discovering their partner is cheating; wanting to space the birth of children after first child (e.g. due to financial struggles or career aspirations)	Socioeconomic hardships; being in a high-risk relationships (e.g. with a gold panner); wanting to delay future children	Leaving home; starting a new relationship or taking it to the next level; starting a new job and wanting to focus on career goals; period regulation		
WHERE				
Receiving advice at bridal showers and kitchen parties; WhatsApp groups with 'night out friends'; dating apps used to find 'side-chick/side-dude'	WhatsApp groups, women only socials and beauty salons are common spaces to discuss sex and relationships more openly	Places people are getting ready, e.g. hairdressers, or which they associate with enjoyment, e.g. bars, clubs, restaurants, festivals		
WITH WHOM				
Confide in a close friend or older sister, but Sengas and Aunties also play an important role in giving advice about sex and relationships	Mamacane – mum's younger sister – is often the go to person for advice; circles of trust with hairdressers and manicurists	Women are guarded about talking to others, even close friends, and prefer anonymous platforms, e.g. Ladies Health Online		

Source: DPP HCD immersions, interviews & friendships circles with end users, male partners, cultural commentators in Kenya, South Africa & Zimbabwe

## WE COULD MAKE SURE THE BRAND COMES TO MIND IN PLACES PEOPLE ASSOCIATE WITH GETTING READY



Use hairdressers or make-up influencers as brand advocates

Create a 'getting ready' brand playlist before nights out

Target bridal showers when people are getting ready for marriage

## **WE COULD CONNECT THE BRAND TO POSITIVE EXPERIENCES** AND EVENTS ASSOCIATED WITH THE UNEXPECTED



Watching TV (52%) Watching movies (47%) MUSIC Singing (56%) Listening to music (45%) Dancing (35%) Singing gospel music (22%)

Socializing with friends (36%) Spending time with my family (29%) Being on social media (26%)

Source: Brandwatch: Interests of those searching 'birth control' online; Example of key interests cited by FSW in Kenya

## RESPONDENTS WHO TOOK OCP/PREP FELT STIGMATISED BY THE VERY THING THEY'RE PROTECTING THEMSELVES FROM

KENYA	ZIMBABWE	SOUTH AFRICA		
WHY				
Men speak openly and humorously about their affairs, but expect women to be faithful and see the DPP as license for women to cheat	Particularly high levels of stigma around HIV, belief PrEP users are lying and really using ARVs and fear of being labelled promiscuous or having 'revenge sex'	Protecting the partner's reputation if they're cheating as it reflects on them, perception most dating options are 'useless men', men use children as status symbol		
WHEN				
Finding out your partner is cheating; getting your own boyfriend or 'side dude' as 'draw draw' or 'tit for tat'	Given a reason not to trust their partner (e.g. with gold panners); avoiding the conversation about prevention or men refusing to use protection	Dating and struggling to find a successful partner; finding husband is spending the wife's money on side chicks; partner is 'cheating' HIV tests		
WHERE				
Kitchen parties, bridal showers and WhatsApp groups where family and friends give advice about relationships, e.g. 'endured not enjoyed'	Confidential spaces with lower likelihood of being overhead, e.g. beauty salons, friend's home	Prefer the anonymity of Ladies online health groups than sharing with family or friends; spaces visible only to women, e.g. back of toilet door in club, magazines		
WITH WHOM				
Women employ many tactics to hide OCP/PrEP use from their partner, e.g. 'telling him it's God's will', and have one or two close friends and confidants	Desire for discreet products due to high levels of stigma, however some women felt more able to by upfront and discuss matters with partners	Women speak openly and confidently about sex in the abstract, but are secretive about their own practices or talk in metaphors		

Source: DPP HCD immersions, interviews & friendships circles with end users, male partners, cultural commentators in Kenya, South Africa & Zimbabwe

## WE COULD IDENTIFY POSITIVE AND ASPIRATIONAL ROLE **MODELS TO ENDORSE THE BRAND**

#### Julie Gichuru 🕗 @JulieGichuru · Apr 26

Look forward to connecting with you all and sharing any insights from my journey and experience that may be helpful. E-see you all on Friday 😂 🙏

💚 Thomson Foundation 🕗 @thomfound · Apr 26 Our #BettinaFund project with @BarazaLab aims to give aspiring women #journalists the confidence to pursue top roles.

Join @JulieGichuru @carokriel and @chris mungai for a special 'Women in Leadership' webinar on 29 April. Sign up here: bit.ly/bettina-fund-w... #WomenEmpowerment Show this thread



### **JANET MBUGUA PODCAST TO** TACKLE MENSTRUAL HEALTH



'I AM

STORY

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is much stigma that exists around nenstruation. "I think one of the ways we can reduce the stigma is by sharing our stories since they create conversa ions and solutions and even highlight gaps," she said. She launched her podcast based on stories shared from the book "I knew I was always going to have a podcast, which includes more sto-ries from my book and others from African women." Her podcast will focus on menstrual health. She said being in the media, a podcast will reach a wider udience. "I am interested in us telling our tories than our story being told elsewhere." Janet said starting a podcast requires discipline and dedication. "Anyone can start a podcast from mywhere, that is easy. The harder part is having the content, the peo ble to interview, the space to record rom if you don't want to record in your home "For me, the challenge was multitasking and playing the role of multitasking, given that I'm a mother and I needed to create time. Once it started. I have the urge to continue One topic she hopes to tackle is the element of menstruation in women behind bars. "We cannot continue to de-priori tise menstrual health by all means. I also hope to bring an impact through storytelling and push through im ementation by any means. Janet said 'My First Time' also aim: reach out to corporate organisa tions for them to accommodat men at this time, when they ask for a few leave days to manage the

pain that comes with it.



Source: Example influencers identified by Simply Black media agency