## Focus Group Discussion Guide for Adolescents - Girls

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| **Total number of Females:** | |
| **Population group:** | White: ☐<br>Black: ☐<br>Coloured: ☐<br>Indian: ☐<br>Other:_____ |
| **Home language:** | isiXhosa: ☐<br>isiZulu: ☐<br>isiSwati: ☐<br>Ndebele: ☐<br>SeSotho: ☐<br>Sepedi: ☐<br>Setswana: ☐<br>Xitsonga: ☐<br>TshiVenda: ☐<br>English: ☐<br>Afrikaans: ☐<br>Other:_____ |
| **Province:** | |
| **Township:** | |
| **School name:** | |
| **Discussion start time:** | |
| **Discussion end time:** | |

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| Date of the interview: | |

## Section 1: Background & Experiences in GAP Year

1. Let us talk about GAP Year study: What did you think the study was about before you became part of it?

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2. After becoming part of GAP Year 1, what do you understand it to be? What is it all about?

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3. GAP Year provided a snack. How has this influenced your participation in GAP Year? *Would you say that having food provided after the sessions influenced your attendance? If there was no food/snack provided in GAP Year, would you have joined? Why yes? Why No?*

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4. Please tell me about your experience in GAP Year. a) How did you find the GAP YEAR? b) What did you learn from GAP Year?

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| A<br><br>B |

5. In Gap 1&2 which of the sessions stood out for you? Why were these sessions interesting to you?

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| Interesting sessions:<br><br><br>Reasons: |

## Section 2: Social capital

6. Let us talk about your life in the community as an adolescent. How many close friends do you have in your community?

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| None | |
| 1 | |
| 2 | |
| 3> | |

6. Where do you meet with your friends other than home or school in your community? a) Why do you choose to meet at these places? What makes these places safe?

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| a.<br><br>b. |

7. What does the word safe mean to you (what does it mean to you to be safe)? a*) Who do you feel safe with? b) Why do you feel safe with this person(s)?*

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| a)<br><br>b) |

8. a) If there is a person in your community that you can talk to about your problems, challenges and ask for guidance from, who is this person (what is their relationship to you e.g. aunt, family friend)? b) Why do you prefer to talk to this person?

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| a)<br><br>b) |

## Section 3: Environment

9. Please share with me where dangerous places for adolescent girls are in your community. *a) What makes these places dangerous?*

a)

## Section 4 – Education

10. Before you became part of GAP Year: What were some of the challenges you faced if any when it comes to attending school regularly? *If you received support or help for these challenges: What kind of help was it?*

a)

b)

11. What do you think are the challenges that are linked to failing a grade for adolescent girls and boys? *Do you feel that you have enough control or voice to say that you want to focus in school?*

Girls:_____

_____

Boys:_____

_____

12. a) What are some of the things that can be done to help adolescent boys to perform better? b) What about girls?

a)_____

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b)_____

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Section 5 – Health

*Let's watch another video clip and discuss it. (Video clip on healthy relationships)

13. You know sometimes in relationships (friendships and romantic relationships) people have disagreements. I would like to find out from you, if you had a disagreement with your boyfriend/girlfriend/intimate partner, and you felt provoked by them, how would you handle the situation?

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14. Who of you goes to health facilities? For? If not, why? Which services do you access when you go to health facilities?

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15. Let us talk about sexual and reproductive health services. a) Which services have you used before? b) Why did you choose to use these services? c) Where did you access the services? d) How accessible do you think SRH services are to adolescents in your community?

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| a)<br><br>b)<br><br>c)<br><br>d) |

*16.* Please tell me what you understand sexual intercourse to be. If you were to explain it to me. What would you say sexual intercourse is? *Kissing, French kissing, touching, thigh sex, penetrative sex (vaginal or anal sex)?*

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17. You know how teenagers/adolescents tend to experiment in different things such as kissing, hugging and even sex. When you experiment, how far would you go? What do you do? What is off the limits for you?

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18. Who makes the decision to participate in the different acts (hugging, kissing and penetrative sex)?

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19. Let us now talk about prevention methods (contraceptives). Can you please give me examples of prevention methods that you are aware/know of?

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20. Which contraceptives do you as young people prefer? Why do you prefer these contraceptives?

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21. What have you heard about these methods? What are some of the myths that people hold with regards to young people/adolescents using prevention methods? How have the myths affected your decision when it comes to using prevention methods? If you wated to prevent a pregnancy, What would influence your choice of contraception? To what extend are you influenced by what you have heard about contraceptives when it comes to preventing a pregnancy?

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22. In future, there may be contraceptives that prevent pregnancies, HIV and STIs. How do you think these contraceptives can work for adolescents? *How often would you take/administer these? Where would you prefer to access them from? Who should access them? What would be a barrier(s) when it comes to using these types of contraceptives?*

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As young people: What are some of the measures you would take to prevent a pregnancy? *How important is it to prevent a pregnancy? What do you do to prevent a pregnancy?* If you were to use/are using a prevention method: Which prevention methods would you prefer to use?

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*a) Why do you prefer this method? i) Injection? ii) Implant? iii) The pill (pills) iv) Loop? v) vi) Traditional medicines (prevention methods)? vii) condoms?*

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- *b) What are the benefits of using these prevention methods?*

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23. I would like to find out from you as adolescent girls, If you do not prefer to use any type of contraceptive: What are your reasons for not using any prevention methods (contraceptives)?

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24. What have you learned in GAP Year about menstruation (period)?

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## Section 6 – Socio-economic

26. Let us talk about the types of relationships "love" that adolescents have in your community. a) What do you think love is? b) How do you know that you are in love? c) Who falls in love?

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| a)<br><br>b)<br><br>c) |

27. Let us talk about blessers and blessees. a) Why do you think young girls turn to blessers? b) What are the consequences of having a blesser? c) How acceptable is the blesser phenomenon in your community? d) How do blessers affect our society?

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| a)<br><br>b)<br><br>c)<br><br>d) |

BREAK (5-10 MINUTES)

Section 7 – Gender

*I am now going to introduce a video clip that we are going to watch and we will discuss the video thereafter. (Video clip about on gender norms)

28. Let us discuss gender and sex? a) Before you joined GAP Year what did you think sex was or meant? b) What about gender?

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| Sex:<br><br>Gender: |

29. Let's talk about gender norms. a) What do you understand gender norms to be? b) Please give me examples of some of the common gender norms that you know of or have observed in your community? c) If there are gender norms in your families, do you mind sharing these with me? What are the gender norms in your immediate family or household?

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| a)<br><br>b)<br><br>c) |

30. a) How has puberty affected the way you are viewed in your community as an adolescent girl? b) What are the positive associations to puberty? c) What about the negative associations? d) How do you think boys are viewed during puberty in your community?

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| a)<br><br>b)<br><br>c)<br><br>d) |

## Section 8 – Empowerment

31. Let us talk about power. After taking part in GAP Year, what is your understanding of power? How does power influence your decisions? a) How do you handle power? b) Who has power?

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| Understanding of power:<br><br>a)<br><br>b) |

## Section 9 – Violence

32. a) Which type of violence is frequently experienced in your community? b) Who perpetuates this violence? c) What do you think are the reasons why these people perpetuate violence?

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| a)<br><br>b)<br><br>c) |

33. a) What type of violence do girls and women experience in your community? b) In your opinion, why do you think that women suffer this type of violence? c) Who are the perpetrators of this type of violence? prompt

a)

b)

c)

34. If violence was used against you would you report it? a) If Yes, where? b) If No, why not?

a)

b)

## Section 10 – Risky behaviours

35. What do you understand risk to be? – *Risk when it comes to sex?*

36. What was your experience like with your coach? The way the coach delivered the sessions?

**Thank you for taking the time to participate in the Focus Group Discussion**