Participant 22

Duration: 35:40

Mother of dysmenorrheic adolescent (14 years old)

Interviewer: Can you just start off by telling me a bit about yourself?

Participant: About me?

Interviewer: Yeah

Participant: What do you want to know?

Interviewer: OK so age, occupation, things like that?

Participant: OK so I’m 50, that sounds really old, um I’m a lecturer in psychology, what else do you want to know… I’ve got 3 kids yeah erm shall I tell you what they’re doing?

Interviewer: Yeah, yeah

Participant: OK so (son) is doing a PhD in erm the University of (location) and he’s studying religion, (eldest daughter) is just in the middle of her teacher training course at the (name of institution) in (location), and then (youngest daughter) is a teenager and she’s still at school.

Interviewer: OK and so who’s at home then?

Participant: Me, (youngest daughter) and her dad.

Interviewer: OK so what type of things do you do in your spare time?

Participant: Um well I probably clean the house (laughs), erm I like to walk, that’s difficult though cause teenagers don’t like to walk um so it’s either pull (youngest daughter) out kicking and screaming or leave her at home and of course I like to read, and I go to the gym as well to try and beat the err you know inflating stomach that seems to happen once you hit about 45 (laughs)

Interviewer: (laughs) OK

Participant: But life’s busy with work a lot so… yeah we have people round for dinner and stuff like that so but life’s just busy.

Interviewer: OK so could you tell me a little bit about (youngest daughter)’s periods and things like that.

Participant: OK so she must have started erm maybe 6 months to a year ago and um, it’s funny because, I dunno, I’m much more aware of her starting than my other daughter , I don’t know why that is, maybe (youngest daughter) just talked to me more, so yeah what do you want to know what it’s like for her?

Interviewer: Yeah so erm how old was she?

Participant: I think she was 13, well she must have been 13 because, it was while, in her 13th year, quite near the beginning so it must have been about 9 or 10 months ago maybe. And erm she manages it quite well I think erm but she obviously struggles before, before she actually starts, so for on Sunday for example, I think she started early this week, she just turned up and said she just felt really wound up, that’s very unusual for her because she’s, she’s actually got her, well I’m wound up all the time but she has her dads temperament so she’s pretty you know, on an even keel most of the time but you can tell so I I know as soon as she’s grumpy and a bit difficult that she must be moving into her period cause it’s very noticeable cause she’s not usually like that and then when it starts, sometimes we use paracetamol cause when, sometimes she has a stabbing pain but she also looks white the first couple of days so obviously she feels a bit, a bit under. She always goes to school though and err and then some, sometimes I think it’s quite hard for girls because, I mean so when I was a young girl I didn’t tell anybody but she does have friends that she tells and talks to about it but also um, I dunno some, she’ll talk to me about managing it at school as well so she had this horrible story where she said she went to the toilet to change her sanitary towel, she actually didn’t have another one so she said she had to put the dirty one back on (laughs) go to the office with her friend, so her friend was waiting in the toilet, I dunno how they cope with this actually, so they both then went to the office, (daughter) then went to the office, so they both then went back to the toilet to change it (laughs) but it’s all, I dunno whether it’s just more, whether people just talk about it more cause this would never happen when I, I don’t even remember schools having sanitary towels, you just had to manage it so sometimes she probably doesn’t manage it as well as she might in terms of organising cause you have to organise yourself right, make sure you’ve got spare towels when you go to school and all that stuff yeah and make sure you wear night towels so you don’t mess the sheets and, I think she copes with it quite well actually.

Interviewer: You said sometimes she takes paracetamol, does she take that to school with her?

Participant: Um no she would take it in the morning before she goes off or sometimes when she gets back she would have it but it’s only like the first two or three days so she wouldn't be like that her whole period, yeah so no, I don’t think she’s ever taken it to school because of that, but you can see she’s not well because she just looks a bit grotty yeah.

Interviewer: Yeah. How um, when did she start experiencing pain with her periods, was it when she started the periods or..

Participant: Yeah straight away, sometimes she doesn’t say, err moan about it em so when I said to her do you want to take part in a study she said well I don't have period pain and I had to say to her well hang on a minute you know last month you were asking for paracetamol only the other day she was saying she hadn’t been well and had pain so obviously, she obviously, I dunno maybe it’s because it’s just like a day or so she doesn’t really focus on it so much um yeah so I, yeah I think she probably just gets on with it.

Interviewer: Is there anything else she does, non medication wise to reduce any pain?

Participant: Um well, I always think exercise is good so if I go to the gym I tend to drag her along so she’ll do a lot of that but I don’t think that would reduce her pain necessarily, I think if she’s not feeling that great she wants comfort things rather than to, so she’s not really that interested in knocking herself out of it and pushing herself out of it so she’d probably rather sit by the telly with a hot chocolate or something err so she’s, yeah she likes to indulge erm so probably she’s gonna yeah she would just do that until it passed yeah and usually paracetamol will do it so if she has that she’ll feel, start to feel a bit better so yeah.

Interviewer: Have you noticed any times when (daughter), her pain is like worse or better? Is there any pattern with it at all?

Participant: Erm no I just think it’s right at the beginning, it’s always when it first starts yeah. And I wouldn’t so sometimes she’ll sort, sometimes she’ll moan about it and othertimes she doesn’t moan about it but I don’t know how she’s feeling then, I don’t know what it feels like for her in terms of whether she reports it or doesn’t report it yeah so she’s usually pretty honest about pain and yeah I just let her sort of tell me, I’m not sort of looking for it.

Interviewer: OK and erm, can you tell me, you mentioned she does cope quite well with pain and things like that, has that changed since she first started her periods?

Participant: Um, I don’t know, um yeah, I mean I suppose (daughter)’s an unusual case because she’s had, she’s had medical difficulties so maybe she’s just more open about that sort of thing but err does she cope better with it now… I wouldn’t say she does really I mean it all, when it impacts her she doesn’t hide it, it’s very visible but she knows she has to get on with the day so if she’s really moaning I wouldn’t let her take a day off school for that you know I just expect her to manage it. But because she’s had a history of being ill, I’m always trying to push her to school because it just seems like it’s right to. But she does tell me there are other girls at school who will miss a day because of that, because of period pain erm but it’s not an option for her.

Interviewer: OK has she ever asked for days off or anything like that for it?

Participant: No, well usually if she doesn’t feel well to go to school erm she’ll, we’ll have a conversation about it but I think she kind of knows that she has to be quite bad for me to let her have a day off. Erm because I just think it’s not good for her to miss school because she wants to you know get on. She’s probably different because I sort of think with her, because she’s had difficulties in the past, I don’t really want her to have difficulties in education on top of everything else so that’s why I would always try to manage it, help her manage it and then you know encourage her to get on with the day. So yeah.

Interviewer: OK how would you encourage her to get on with the day? What do you do to encourage her?

Participant: Oh I would give her the pain killer and then I would just say to her erm, give, you know just give it half an hour and then you’ll start to feel better and then you’ll be ready to go to school and so yeah just really verbal and you know sometimes she will go off with a bit of a twist of the… I sound really cruel..

Interviewer: No

Participant: (laughs) a twisted look on her face but you know I’m sure once she gets there she’s, she’s alright, she’s got people she can tell, it’s not like she hasn’t got friends she can tell. I think that does help erm that she can talk to her close friends about it so. Yeah and they all support her I mean they’re nice girls so yeah, yeah.

Interviewer: Can you just, going back can you tell me are there any other symptoms that come with the periods as well as pain?

Participant: No, sometimes she can look a bit white, then again it’s the first sort of day or so so when she started this week and err she said she had a pain and I didn’t give her paracetamol but she looked pretty white so she looks, just like she’s got a, sort of a mild, it’s not an illness is it but she just doesn't look right yeah so, yeah you can see it, she doesn’t look healthy, she looks, like she’s gonna be sick or something cause she looks so pale. And I did say to her oh you don’t look well, why don’t you just go sit down for a bit. Erm so I think as long as she, you know she doesn’t, it’s not an illness in the sense that she needs to rest but that, that’s what I would sort of get her to do and she likes, she likes that, it makes her kind of feel a bit better just to have a bit of indulgence, stick on an episode of friends, that usually does it for her (laughs), just resting so, I can’t remember what the question was, did I answer it?

Interviewer: Other symptoms so…

Participant: Yeah so looking, looking a bit out of sorts yeah as a, yeah you can sort of see it but yeah that’s all there is really. If she’s got any other difficulties she wouldn’t, she hasn’t told me that. The only thing she’d complain about it not feeling right and having pain but she, if she’s got anything else I don’t know about it. She never says like she has breast pain or nothing like that. I think she would tell me if that was happening because she’s quite open.

Interviewer: Yeah, OK, you mentioned that she always goes to school erm does that, do you know if that affects her day at school at all? So if she does go in and she has a bit of tummy pain and she might be looking quite drained, has she ever mentioned that it has affected her day?

Participant: Um, I can’t think of a time when she would have mentioned that. Err, I mean sometimes, no, no I don’t think so, I mean I think she just tried to get, to get on with it and if she has an episode of management issues she tells me about that erm but if she goes to school and she comes back and she’s still not feeling right, she’ll just, she’ll just rest after that. I think she, no she hasn't said that. I mean sometimes she’ll go and see matron, that’s what they call them, it’s just a random person with no medical skills (laughs) err and err so she has been to see matron once but she’ll just sit there for 10 minutes and then get on with it.

Interviewer: OK do they contact you, the matrons?

Participant: Only if she can't pull herself together and I don't think that’s happened in relation to erm periods, it’s more about she’s just vomited or she has an illness, another illness, yeah yeah, she can’t stay in school so that, that’s why they would contact but I think they do try to manage it. I mean she might even have got paracetamol off matron before, I can’t remember if she said that.

Interviewer: OK does it impact on, you said she goes to the gym with you and you try to encourage her to exercise, does it impact on whether she will exercise or how well she does when she does exercise how she performs?

Participant: No I think, again as long as she’s um, you know managing it then, yeah I think she’s alright I mean I don’t think she likes it when she has PE and she has a period um, I know she doesn’t like that but at the end of the day she just has to, she just has to sort of get on with it and yeah so sometimes for example of you, if she knows she’s got PE and she slept over night, she’ll have an extra bath or shower so she’s clean, I know I said that of course she’s always clean but um but she;s just conscious that she’s taking stuff off so she will have an extra sort of wash erm to just to make sure but she would only do that on PE days, she wouldn’t do that any other day when she has her period so I would say she just gets on with it I mean they have to don’t they and they’re all girls but yeah, yeah she gets on with it.

Interviewer: Does it ever impact on her concentration in terms of school work or homework or…

Participant: She hasn’t said that um but you never know that do you unless you ask her so she’s never said that ‘oh I cant concentrate because of my pain’, she’s never sort of said anything like that to me but whether it’s impacted on that I have no idea cause part of it is about her trying to get on with it and I’m happy for her to do that and I will deal with stuff that she tells me cause if I don’t know, I mean it’s possible that she would mention that to friends and then not bother to tell me erm, she’s getting to that age actually where she’s getting a bit more erm reluctant to tell me… most things actually… cause she just wants to keep stuff to herself. Or she knows I’ll react in a particular way, not if she’s in pain but other stuff so she’s a bit more cautious maybe.

Interviewer: OK so you mentioned she does talk to you about things if she feels she needs to. Does she talk to her dad about it as well or is it just you?

Participant: No, no just me yeah, I mean she doesn’t, she doesn’t, I don’t think she’d ever have an explicit conversation with her dad about it but she doesn’t sort of mind if he hears stuff yeah, the other thing, yeah, so she doesn’t yeah. Sometimes she can be a bit skanky though, do people talk about skankiness with their periods and sanitary towels? Like she doesn’t put them in bins you know or she’ll put them in the bin in her bedroom (laughs) instead of taking them downstairs (laughs). Stuff that I would never do, but then her dad, her dad will see that she’s not managing as well as she might but she will never go and talk to him about that.

Interviewer: Would he ever mention anything about that?

Participant: Probably not, it’s all been, even though she does it I think she’d be really embarrassed if he did yeah but as well I go on at her all the time about it and she’ll say things like ‘well it’s in the bin’ (laughs), teenagers are just skanky (laughs), you must know, you were a teenager, fairly recently?

Interviewer: Yeah I think so (Laughs)

Participant: (laughs)

Interviewer: Trying to think back, was I? Probably (laughs)

Participant: But yeah females, but not, not her dad no. I don’t know why that is cause they have a good relationship you know it’s just I guess they just see the female as the point of contact don’t they so yeah, yeah

Interviewer: Um so you mentioned her friends, she talks to her friends about it, and how about her social life, does it ever impact on, if she does have a bit of pain, whether she wants to go out with her friends or go to a friends house or sleepovers or anything like that?

Participant: Um, well there was an issue once with swimming, where she wanted to go swimming in the middle of her period so then her older sister was, was trying to teach her how to put a tampon in and that was a bit of a, bit of an event (laughs) because well obviously she didn't know how to do it and um (eldest daughter) was trying to show her, I don’t know why (eldest daughter) was doing it, I think it was because (eldest daughter) uses them and I don’t erm and she did, she managed to do it and then go swimming but then she was worried about things like will it come out in the pool you know and erm what do I do afterwards or will the bit of string show you know that hangs out show, that, so (eldest daughter) was, I could hear them in the bathroom err told her that when she’s finished swimming she should just go to the toilet and just pull it out and that’s what I think she did, just flushed it away but that was a bit, that was a bit traumatic yeah. Cause obviously she couldn’t have gone swimming if she hadn’t have done that so erm I think she had a sleepover recently at our house when she was on her period with a couple of friends but again she just manages it and it’s fine. As long as she does all the right things, yeah she’ll be fine.

Interviewer: So it doesn’t, the pain doesn’t ever impact on whether she would want to go out or want to spend time with her peers?

Participant: I don’t think it would no cause she loves going out so that would always take over. Yeah, yeah.

Interviewer: Can I ask about family life, has it ever impacted on what she might do for example around the house or…

Participant: Well she does nothing round the house (laughs) so no, she does nothing, she does absolutely nothing, she moans if she has to take a plate from one room to another room (laughs)

Interviewer: So it doesn’t impact that then (laughs)

Participant: No, not really, only in the sense that I try to get her to tidy her room so manage her basic hygiene err so she’ll moan about that because it’s like, then she has to do something right? She has to do you know, be tidy about what she’s doing, use, maybe use the kitchen bin where it’s going to a big bin with a bag in it and not use her bedroom so you know she’ll moan about that sort of thing because she can’t be bothered you know to do it, she just can't be bothered, there’s been you know when she’s just left it on the floor, left it for the whole day because she just can’t be bothered to do it so I wouldn’t, so if she, she doesn’t do anything and then she’s got to do something and she doesn’t like that but it’s not that you know her pain would yeah, but yeah it would, the only way it would change her behaviours if she was to stop whatever it is that she was doing and just sit and veg out a bit but that’s all really.

Interviewer: OK and how about family, family events, you mentioned before sometimes she can feel a bit irritable, would that impact on, would that or the pain impact on whether she would want to go to like a family event or like a birthday or Christmas..

Participant: I don’t think she would be able to stop herself but like at the weekend we went up to my parents and um she got upset about something, whatever television programme she was watching and she was like tearful, which she would never be tearful over not being able to watch a television programme so it doesn’t, it wouldn’t stop her doing something but she would maybe be behaving in a different way to how she would normally behave. She sort of, this weekend was the first time that I’ve really seen her have insight into that, that she understood she was struggling with something but she didn’t really know what, she just knew that she didn’t feel right um so I wouldn't say that yeah, there wouldn’t be a situation where she would stop doing because she just likes to be active and doing stuff so, err yeah but I wouldn't, I wouldn't sort of let it, I wouldn't ever use that as a reason not to do something anyway, I would always, always encourage her to manage it and get on with life so she does that.

Interviewer: Erm do you think it impacts on how you feel about herself at all?

Participant: Erm, errr I don’t think so I mean sometimes she’ll say things like erm ‘boys are lucky you know they don’t have to go through all of that stuff’ erm but I don't think it makes her feel worse about herself or, I mean the inconvenience bugs her but I don’t think it would be true to say that yeah.

Interviewer: OK and erm can I ask about how she, how she copes within herself so erm you mentioned that she might do something and watch friends or make a hot chocolate, erm when she is feeling a bit drained or she’s in pain and a bit irritable, how do you think she copes within herself? You said she does tend to just get on with it…

Participant: Yeah well if she’s at home she takes it out on us so she’s pretty grumpy and if you say anything that annoys her she’s pretty grumpy erm so she vents more with us I guess but if she was out so when we were at my mums she wouldn’t be grumpy, she would just get upset which is what she did err, what was the question again?

Interviewer: How she copes with the pain and the…

Participant: Yes so I’m not sure if she does, if she’s at home she doesn’t cope in the sense that she tries to manage it, she just lets it out whatever it is so if she wasn;t feeling well she would just let it out but, but if it’s bothering her in other ways, then she would just, well I’m not sure if she would now, so at my mums, she wasn’t really managing it if she just got upset over a silly thing, twice in fact so she had to go back into the room and then go out again cause she was upset again so erm, yeah I feel sorry for young girls like that cause I think you know sometimes you can just be reacting, and you can see it with her, she’s reacting but she’s not really and I kind of know why cause I can sort of time it erm but she, I mean she knows her period’s coming up because she’ll start to do this kind of managing it before it happens so wearing sanitary towel, so she’s wearing a sanitary towel for a week before it happened this time erm so she’s managing it like that but I think at home she’s, if it’s making her feel grotty she doesn't really have, yeah (inaudible trailing off)

Interviewer: Can I ask about how that impacts on your stress levels at all?

Participant: What her being grumpy? Err well sometimes you can laugh it off so her dads much better at that than me, he’ll say things like ‘oh my goodness what’s going on with you?’ sort of thing and sometimes she can see the ridiculousness of how she’s behaved, especially if she’s been over grumpy so you can sometimes bring her out of it like that erm but sometimes if I’m you know, quite stressed from work you know I’d probably, I’m not as patient as I might be so I’ll have a go at her for being difficult or you know, yes probably (inaudible) because she’s not a difficult child you know but um, yeah. So yeah it can create a bit of difficulty in the family erm in the sense that I’m more likely to get annoyed with her if she’s just being difficult you know like sometimes if you’re trying to get off to work and she’s moaning about not feeling great you know you probably maybe don’t give her the time that you should, well I always give her pain killers if she needs or a bit of sympathy, I’ll say yeah you don’t look that great but there’s not kind of dialogue around well you might have to stay at home, it’s like well when you work this is what it’s like you just have to, at the end, at the end of the day you all have to try and get on with the day and, and for her I think that’s better but as I said before I know some of her friends will take days off because of periods but she knows that won’t happen unless she’s really bad, if she’s really ill then she gets days off.

Interviewer: OK

Participant: Maybe it’s different for girls who have got working parents actually, I wonder if they get less, less softness I guess, I don’t know, not that I’m not sympathetic cause I know it’s really horrible, especially going up to it and then the first couple of days, just horrible you know I do know that and I can see that yeah.

Interviewer: OK, does it ever impact on erm future planning for you as a family, so if you were going to plan a trip away or a family holiday or anything like that, would it ever erm impact on that?

Participant: No we just manage it, so we’d always, if we were gonna do stuff, just do it and then we just, just manage it, I’d manage it with her if she needs help but otherwise she’s just managing it herself. So it’s unusual if I’m not, well sometimes she does forget to take sanitary towels to school erm but often she doesn't so she remembered the other day she had to go and get one, I dunno it’s just an extra thing to think about but no I think, well we just try and get by, you have to don’t you (laughs) yeah, yeah so.

Interviewer: Um, can I ask how, how you cope so you said sometimes she’s feeling a bit grumpy or in pain, how, how do you cope with that, if you are feeling a bit stressed or annoyed, yeah how do you cope and make yourself feel better?

Participant: Oh I see um, yeah I don’t know really, I guess for me it’s just something else to um yeah I, I don’t know really how I do that, I mean if it got really bad, I’d leave the house and go to the shop or something but that would be rare, a rare thing to do that um so I suppose I try to get on with stuff in the house or yeah.

Interviewer: OK

Participant: (laughs) yeah I don't know really

Interviewer: Does it ever impact on, again when you feel annoyed or stressed, does it ever impact on your relationship with (daughter)’s dad? So if you know if she’s feeling irritable and in…

Participant: Yeah and she’s being difficult. Yeah only in the sense that I would say ‘you know this is what she’s been doing or I asked her to do this and this is how she reacted, can you speak to her’ erm. She doesn’t like it when I do that but sometimes she, she’s just not listening, sometimes that’s just about being a teenager but if she’s in a particularly difficult frame of mind before her period starts then you know I just say ‘well you’ve done that now and when your dad gets back I’m gonna tell him what’s happened’ and she doesn’t like that (laughs) so it only impacts in the sense that I can tell him but the other things is, he always sides with her so for me that kind of thing is never that satisfactory really or he tries to be more objective, maybe more objective and than I am because I just reacted to the thing that happened and I say ‘I’m gonna tell him’ or if she hears me telling him she says ‘yeah we’ve been through that’ you know so I say I know we’ve been through it but I just want your dad to know what happened so but I wouldn't say, or sometimes I do say to him ‘look I’m dealing with all this, and she’s doing this’ like if she’s being skanky you know um yeah or, I, yeah and, and sometimes I get annoyed because I have to deal with all of it, all the girls, everything, everything to do with her really you know not just if she’s not feeling great, or if she’s being grumpy but that’s probably just the way it is especially if you’ve only got one person in the house actually so she’s much, so when (eldest daughter) comes back it’s much more, she’s much less focussed on us and more her so… yeah actually, it’s quite hard, imagine being stuck with a mum and dad (laughs)

Interviewer: I’m sure it’s fine (laughs). Is erm, is (daughter)’s dad quite supportive and when you explain this to him and when you say you’re sort of dealing with it and…

Participant: Yeah yeah, yeah, supportive of her?

Interviewer: No, you?

Participant: Sometimes, sometimes cause he knows I can get you know like a cat with a paper bag, he, he’ll try to support (daughter) but it depends on the situation so if it’s, and I can see if it’s, if I’ve overreacted he’ll support (daughter) but sometimes he’ll say ‘oh yeah your mums right you know you should have done that’ so no he just tries to be balanced I think. I think that’s good cause I know I can be a bit irrational sometimes so I don’t mind.

Interviewer: OK and how about her relationships with her brother and sister, so do, does she talk to- you said she spoke to her sister about the tampons..

Participant: Yeah she always speaks to (eldest daughter) yeah

Interviewer: Does she talk to her about things like period pain?

Participant: She has done yeah erm yeah so she will speak to her but she won’t speak to (brother) so it’s the whole boy girl thing, she’ll just speak to (eldest daughter) and she’s speak to (eldest daughter) but she wouldn’t speak to (husband)’s daughter (name) about it either, I dunno cause (eldest daughter) is just, I suppose is more like me, you know nothing would really phase her she just gets on with it so yeah, yeah.

Interviewer: OK yeah and how about your day to day activities so again going back to if (daughter) was feeling a bit stressed out and she’s having her period, would that ever impact on what you would all do day-to-day? Would it make anything particularly difficult for you or…

Participant: No, not the thing itself but the, like the management of it would make it difficult so if I got back from work erm at 20 past 7 at night and then I have to stop and go to get sanitary towels for both of us, we must be in that cycle you know when females live together and they… what’s it called?

Interviewer: Erm, syncing?

Participant: Ah yeah, summit like that yeah so that sort of thing so she would never go and buy a sanitary towel, she’d hate it and I wouldn’t make her do that um so that sort of thing so it’s only really that so making sure everybody’s got what they need and yeah so that was a bit of a pain and if she ran out of night time ones she’d tell me on the phone so she was just staying at home you know doing nothing but I had to come back and sort that out which is fine, I don’t mind doing that. So just management I suppose, making sure everything is in place so she can manage it. I guess that’s what most people do, I don't really talk to other mothers about it do you, that’s the thing nobody talks to anybody do they so they kids will talk to each other a bit um but yeah I don’t really talk to other mums about it, why would you? It would be a bit weird wouldn’t it (laughs) I can’t imagine doing that to be honest yeah. I mean you know you don’t really talk about your own period pain do you, I mean some, some people I know have said who have a really difficult experience will mention it but yeah… or sometimes their partners mention it.

Interviewer: Why do you think people don’t talk about it?

Participant: Err, well I don't know…

Interviewer: It’s OK, that’s fine

Participant: I suppose it’s just very personal isn’t it, I dunno but even in terms of schooling they don’t really talk about it, not really I mean they talk about the sanitary towels and the management of it but not the feelings or the, yeah I don't think they’ve said anything in relation to that.

Interviewer: Do you think that would have been helpful to (daughter) to have that?

Participant: Probably, probably yeah but whether she would have listened or not I don’t know. I think maybe they need to do it multiple times whereas they tend to do it in junior school where it’s not really affecting, I don’t think she’s had a lesson in secondary school so… I think it’s good if people can be more open about it yeah, yeah.

Interviewer: OK, is there anything else that you would, would like to talk about?

Participant: No (laughs)

Interviewer: OK is it alright for me to stop the recording?

Participant: Yeah