

## APPENDIX E

## INTERVIEW ONE WITH LIZ

Date: May 13<sup>th</sup> 2014

Time: 10:56am

Venue: Business Room

Member checked on: June 12<sup>th</sup> 2014.

Researcher: Thank you for coming in today and we're going to start the interview process. Please tell me your age.

Liz: I am fifteen years of age. (smiles)

R: And your gender is?

L: Female.

R: Religion?

L: Roman Catholic

R: And ethnicity?

L: Afro Trinidadian.

R: Alright? Ok. What part of Trinidad do you live?

L: Sangre Grande.

R: Please describe your family unit. Who do you live with?

L: I live in a single parent home but I have a step father living with us.

R: Ok

L: Yes, and my siblings, four. Yea.

R: So you have four siblings.

L: Yes, it's a triplet and my big sister.

R: And they live in the same household?

L: Yes

R: With your mom and step dad?

L: Yes.

R: Ok. Um...Did you have any experience with sex education or sexuality and sexual health education in school?

L: No

R: Primary nor secondary?

L: Yea.

R: Which one?

L: Secondary.

R: Ok, so you have had some.

L: Yea.

R: You said no initially, but...

L: Yea

R: Ok, what do you remember learning about in secondary school?

L: Hmm...the human body..

R: ah hmm

L: Um, about the vagina, the penis. Um what happens in the process of making a child. (Liz looks a little shy).

R: ok.

L: But they didn't say the sexual effects or anything...they just talked about how the sperm reach to the ovaries.

R: Alright....and how was this taught? How did you learn about it? Was it as part of a subject or was it taught separately?

L: It was part of another subject, yea.

R: Which subject?

L: Science.

**Comment [AG1]:** school

R: So Science. Ok. So what do you understand by the term "sexuality"?

L: "Sexuality"? Sex?

**Comment [AG2]:** unsure

R: Ok so you think it means sex?

L: Yea

R: Ok. What do you think the term "sexual health" refers to?

L: Well...your status...what you use to protect yourself while having sex?

R: Ok. Can you identify the stages of life of a human being?

L: I know some.

R: Can you tell me what you know?

L: adolescence, hmmm...I can't remember yes...but I know them. Well being born, birth, teenager, young adult, old...

R: Ok so you have an idea of some?

L: Yea.

R: Ok can you describe the differences between males and females?

L: Well yea.

R: So you know about the differences?

L: Yea.

R: What are the differences?

L: Boys have a penis, the girls have a vagina. They produce different hormones.

**Comment [AG3]:** Notes physical differences

R: Ok. Can you describe how a woman may become pregnant or conceive a child?

L: Hmm...well besides having sex, they can go to a doctor and get a sperm donor or they can have oral sex? Or sex. (laughs and looks unsure)

**Comment [AG4]:** misconception

R: Do you know the difference between oral sex and regular sex?

L: Not really. I only heard about it.

R: Ok but we will not talk about that today. (laughs). Do you know any ways by which a woman may prevent becoming pregnant.

L: Yes. Birth control. Condoms.

**Comment [AG5]:** contraceptives

R: Alright.

L: Yea...I think there is a T thing. It shaped like a T and they push it up inside of you.

**Comment [AG6]:** Not sure about contraceptive device. This is important for females especially to know, since it helps to protect them from STIs and unintended pregnancies.

R: Oh what you're talking about is an IUD.

L: Yea I think so.

R: An IUD is an inter-uterine device which is a birth control method.

L: Yea, and when I was walking through Arima, and they had a fair about health and ways to not get pregnant.

R: (surprised) Ok...so you saw that in a Health Centre or something in Arima?

L: Yea

R: Oh, interesting. So you went inside and you checked it out?

L: Yea

R: Ok that's good. Alright, so what do you understand by the term, Sexually Transmitted Infection (STI)?

L: Ummm.....Sexually Transmitted Infections is like AIDS, or infections that you get while having sex.

R: Ok. Can you state some ways that a person can get a STI?

L: Yes, if they have more than one sexual partner

R: Ok

L: If they cheating...having sex with more than one person and they not using the protection needed.

R: Right ok. What are some ways by which a person can avoid contracting a STI?

L: I would say to get tested. To know what is going on with you, and to be honest with the next partner. Try to avoid having more than one person, and use protection always, even if you don't want to be faithful to the next person. Use protection every time you have sex.

R: Ok. So we are going into some questions about adolescent behaviour. At what age do you think boys and girls start becoming attracted to each other?

L: Um, I would say at primary school, at the age of 10 or 11.

R: Would you like to explain why you think it starts at primary school?

L: I have an experience....well I have a primary school near where I live, and these children, some 7 years old, 10 years old give or take, and they...the kind of talk they have, about, "Aye boy you see this girl, she real pretty!" or "Boy how you moving so?" Some of them even on social sites and having these pictures up. So yea, you think they have a boyfriend or ...yea...they want to be attractive to somebody.

R: Oh ok. Alright interesting. How then do you know that someone is attracted to the opposite sex? What would they say, what would they do?

L Oh! Well...you see a difference from how they would normally move with the person that they really like or want to get attention from. Kinda push yourself

**Comment [AG7]:** Liz gets her information about SSH topics by visiting health centers and reading the brochures.

**Comment [AG8]:** Liz has some knowledge about protecting oneself from STIs.

**Comment [AG9]:** Liz observed children in primary school becoming attracted to each other, which may show interest in the opposite sex from an early age.

towards them or try to get their full attention to you. Then you can change how you look, you know?

R: Um hmm.

L: Wear different clothes, short clothes. Something that would really attract their attention? They would do that.

R: Ok. Have you ever noticed this type of behaviour amongst your peers?

L: Yes.

R: Ok, explain how they behaved around persons they were attracted to.

L: well some of them they act normal, but they pull “small talk” with them, you know?

R: What is that?

L: you know...make a quick talk. Say hi, and push yourself to talk to them. And then (pauses)...well then we girls does wait for them to make the move.

R: Ok.

L: But for some other girls, if they find they taking too long to make the move, then they would make the move. If they that brave, yea. Other than that, you know, talk to them, make them laugh. Make them hear what they wanna hear.

R: Ok. How about boys? I think you talked about girls how they show they interested in a boy.

L: Boys! Their “padnas” will rush them to ...well if they tell their padnas they like she, the padnas will go and help him out, and say “Aye he like huh”

R: Ohh.

L: Or they might connect them like a blind date or something, and put them to sit down together so that they start talking...

(Researcher starts to laugh at this point).

L: Yea (smiles)

R: Alright ok. Right. So have you ever heard of the term “conception”

L: Yes.

R: What about the term “pregnant”?

L: Yes. One is conceiving a baby, and the other is having the baby. Conception is when the sperm reach to the ovaries, fertilizing the ovary? Being pregnant is having the baby formed.

**Comment [AG10]:** She is uncertain about the term “conception”. Hints at inadequate knowledge about reproduction.

R: Ok, and what about STIs?

L: That is when you having sex and a disease transfers into you from your partner.

R: You want to give me an example of a STI?

L: I would say, HIV/ AIDS?

R: Ok. What are some situations which would be risky for young people to be involved in, that may lead them to becoming pregnant or contracting a STI?

L: I guess, if it happens in a moment?

**Comment [AG11]: unplanned**

R: So you think it can happen "just so"?

L: Well it can never be planned. Sometimes it can lead to kissing, or intense kissing and you can get in the "heat" and obviously you will have sex.

**Comment [AG12]: unplanned**

R: Ok but what about the contracting of the STI?

L: Only if the person is unfaithful. Or if they have more than one partners.

**Comment [AG13]: some knowledge about risks**

R: Right.

L: That's the only way one of them can get it from another.

R: Get it from the other person?

L: Yea, cos one person in the relationship supposed to have it, in order for the other person to get it.

R: Right ok. What situation may take place, that may cause a young person to have unprotected sex?

L: Peer Pressure.

**Comment [AG14]: she sees another factor**

R: Ok. Anything else?

L: They wanna follow. Yea that is it.

R: Ok. Describe alternative activities which young persons can engage in that would not place them at such risk if they were dating.

L: (thoughtful) I would say to get to know each other before it even lead to kissing. Before you even want to kiss anyone, you understand?

R: Ok so what you think they should do then?

L: Well they could go out with family? Go outings to watch a movie. No kinda movie that you know you might end up doing stuff afterwards, but a descent movie. Talk.

(Researcher nods in encouragement)

**Comment [AG15]: avoid risky situations that can lead to unprotected sex**

L: Get to know each other. And before you think that is the one, before, my advice is to get tested to be on the safe side.

**Comment [AG16]:** know your partner's sexual status

R: Right.

L: When you getting to know more about them, that should be involved in it. You understand? And to be honest...yea be honest with the person that you have and they should take it into their hands that they should get tested...to be safe.

R: Ok good so far. So tell me, do you believe that students in high school or secondary school in Trinidad and Tobago, should have access to accurate information regarding topics based on Sexuality and Sexual Health?

(Liz looks at list of topics)

**Comment [AG17]:** This list of topics was extracted from the SSH component of the HFLE curriculum (2009) and from the recommended text for teaching HFLE in secondary schools by Drakes et al(2011). See Appendix A.

L: Yea

R: Why do you think so?

L: cos it's good to know. It's better to be safe than sorry. Bad things happen and you don't know what's going on and you just going ahead and going with the flow..and you thinking it's right. (looks thoughtful) And you may have HIV and you still don't know what is AIDS.

**Comment [AG18]:** Liz thinks that students should have access to SSH information so that they can be more aware of their sexual health and how to protect it.

R: Ok.

L: So it's better to know.

R: did you learn about any of these SSH topics at home?

L: No.

R: None of these topics?

L: No.

R: you didn't learn about any of them at home?

L: No.

R: Ok. Did your parents not inform you of any of them?

L: My mommy...she is more of a shy person. She is a single parent and she don't really talk about that.

**Comment [AG19]:** Liz couldn't access information about SSH topics at home so she had to find alternative sources of information, her friends being one of them.

R: She doesn't ..she doesn't really open up in terms of these topics.

L: (nods negatively) No.

R: So how do you learn about these topics?

L: School.

R: Who in school helps you?

L: Well they don't really teach it....I guess partly from school, I should say. Mostly knowing about the HIV and having protection was taught at school.

**Comment [AG20]:** Learnt about some topics at School.

R: So who are the people in school you learnt from?

L: Teachers. Teachers yea. Like Science.

R: And anyone else would have given you some information?

L: My friends.

R: Friends!?

L: My friends sometimes talk about it because I have some friends who did it already.

R: Ok. So you learnt from teachers and you also learnt from your friends about some of these topics?

L: um hmm.

**Comment [AG21]:** Liz learnt about SSH topics from friends

R: Which ones did you learn about from your teachers?

L: Um (looks at the list of topics regarding Sexuality and Sexual Health on paper)...gender roles, puberty, sexuality, reproductive health, sexual choices and what does it mean to be ready and decision making.

R: Ok, alright. So you were taught a few of these topics by your teachers?

L: Yea and it have more like sexual abuse.

R: Oh yes.

L: And HIV

R: Ok, so these topics are also what your friends discuss?

L: Well some of them. But they mostly talk about what they feel when doing it, what they get when doing it.

(Researcher laughs, Liz smiles)

R: Do you think this is like a bragging right? Or is it like real experience?

L: I feel they really did it because the way they talk? Yea. For certain things.

R: Ok so you have friends who may have had experience with sex and then they come in school and they talk to their friends about it?

L: The only reason they talk about it is like, because they do it with the wrong person. Like someone did it with her, and he get what he wanted and he leave.

R: So then she was trying to warn you?

L: Yea.

R: As a friend?

L: Yea

R: Ok, so its more like advice?

L: Yea

R: Ok well that's interesting too. Did you ever learn about SSH topics outside of the school? Or even people coming in from outside the school? Nurses? Doctors etc?

L: Yes. Child line. They came in school and they did a programme, a presentation on safe sex.

**Comment [AG22]:** External lecturers

R: Uh huh.

L: Yea, and I learn something. Boys have two kinda "brake" ...is two ...and both can get you pregnant.

R: Oh ok. I understand what you're trying to say.

(Here, Liz was referring to pre-ejaculation and ejaculation fluid, which most teenagers her age are unaware of).

R: Um...at any point did anyone talk to you about contraception?

**Comment [AG23]:** Not sure

L: Uh....no...(looks confused)...no

R: The guest lecturer never spoke about contraception?

L: I think she did, but I can't remember.

R: What about teachers? Did they ever speak to you all about contraception?

L: No. Definitely not.

**Comment [AG24]:** More info on contraception

R: Ok. Moving on. In your opinion who is the most accurate source of information? Do you think it would be your parents, teachers, friends etc?

L: I would say brochures but people don't read about them. So I would say parents and teachers.

R: You think they are reliable sources of information?

L: Yea. For one, we always at home, and then too, we always in school. Most of the days we in school, except for Saturdays and Sundays. Yea teachers need to educate us. You wouldn't believe it have some people in my class who know about this stuff,

they hear about it and they just laugh. They only know about the fun part in it. They don't know about the risks.

R: Ok. But who would you prefer to give this kind of advice or information about Sexuality and Sexual Health?

L: (pauses). My mommy.

**Comment [AG25]:** Trusts her mom

R: Ok your mummy.

L: yea cos it go be awkward talking to somebody else, like a teacher.

R: Ok I understand.

L: Like mummy could sit down and give an intro....but depending on the relationship between you and the teacher...then you could talk to the teacher.

R: According to if you trust them?

L: Yea.

R: What about Health Care professionals?

L: Yea a doctor could be a safe person. Firstly, it should be a doctor because they know more. You and your parents should go to the doctor. If your parents feel uncomfortable, then you could talk to the doctor yourself.

R: Ok. What topics do you think it is most difficult to get reliable accurate information on regarding Sexuality and Sexual Health?

L: topics about sex....all the areas. Because nobody ever give you a straight answer. They just beat around the bush.

**Comment [AG26]:** People unwilling to provide details

R: So what you are saying is that you get a superficial or surface level answer on every topic?

L: Yea they don't get to the point.

R: So what you are trying to say is that you want a deeper understanding of these topics?

L: Uh hmm. Yea cos the deeper the understanding, the more you wouldn't do it! Like if that is SO bad? Then I wouldn't do it or I will be protected. I will go and find out my partner status. So the deeper it is, the better.

**Comment [AG27]:** The need for more in depth discussions

R: Ok great. Ok this is the last question. What do you think will be most helpful to you for you to get information about Sexuality and Sexual Health?

L: Like books?

R: Ok, so you wanna have access to books.

L: Well I am not much of a reader, but it is better if someone like your friend or somebody who you know close, who you trust could sit down and talk about it and warn you. Yea mostly like a friend or someone close.

R: Ok. Do you believe maybe they could introduce these topics in schools?

L: Yea as a subject. Everybody will sit down and be honest. And well they could teach it like a communicating class?

R: So you think schools have an important part to play in this?

L: Yes they do, because we are in school everyday and I don't think that parents have time to come home and sit down and have that kind of conversation. to sit down and explain this. It done already awkward for them so...is better they teach it in school and um...is better than making a child sit down and watch tv...because it might be interpreted a different way too.

R: Oh you are saying that television programmes may have content on them that may not be true?

L: Yea

R: Ok I understand. Ok thank you Liz for participating. I really appreciate your help and your contribution towards this research project. I really think it will go a long way to helping others.

**Comment [AG28]:** The medium of reading may not be the best way to learn about SSH topics. Liz prefers open discussion.

**Comment [AG29]:** discussion

(Interview ends)