



Starters and prompts on women's health (general)

How has your health changed across your life? What have been your different experiences and changing priorities?

Do you feel educated about your own body and how it works? – particularly around periods, menopause, sexual and reproductive health

Do you feel educated about your own health?

Have you ever experienced stigma or embarrassment around your health as a woman? How do you think you would challenge this?



Starters and prompts on sexual and reproductive health

What has been your experience of accessing sexual and reproductive healthcare?

Have you ever felt judged by others for accessing these services? How has that made you feel?



Starters and prompts on heart health

Do you think about your own heart health? If so, what concerns you?

Do you know what things you can do to maintain good heart health? How do you incorporate these types of lifestyle changes into your day in a sustainable way?



Starters and prompts on menopause

What has been your menopausal experience so far?

What comes to mind when you hear the term 'menopause'?

What do you think are the positive aspects of this next phase of your life?



Starters and prompts on menstrual health

What is your relationship to your period?

If your period has a big impact on your life, how do you manage this so that you can go about your life as you would like?

See the resources hub for further information to spark questions.

Scan for resources

