



Young people & period pain

- Have you experienced painful periods at any time or at any level of pain ?
- Are you aged 10-19?

Sharing your experiences could help others!

Hexi.ox.ac.uk

www.hexi.ox.ac.uk is a health information website run by a research team at the University of Oxford. On the site you can read, watch, and listen to young people talking about their real-life experiences of health, illness and lifestyles. Interviews for the site are collected by University researchers.



We are looking for

We are looking for young people who can help us to produce a new site, designed for young people about experiences of periods and period pain.

Some people taking part can make a video diary. You can choose whether we use a video, audio or text version of your interview. You can even have an actor speak your words!

We are interested in

We are interested in talking with **anyone with any experience of period pain, however much it does or doesn't impact on you, whether or not you have seen a nurse or doctor, and whether or not you have tried any treatments.**

If you would like to take part and are aged 10-19 years old, our researcher, Sharon Dixon can visit you, phone you, or talk online to ask you about your experiences.

For more info

Call, text or email: Sharon Dixon.

Or scan the QR Code for all the project information and resources

We will send you more information about the project

(if you are under 16 we will send information for your parents as well.)

If you then decide you don't want to take part - no problem.



Contact

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