

A survey for youth with menstrual cycle.

Share your story.
Your joy, your pain.



How does
"That time of
the month"
affect you?!

PREMENSTRUAL EXPERIENCES IN YOUTH

- An anonymous online survey for youth (14-24 years)
- Questions about menstruation, feelings, physical symptoms, and lifestyle habits
- Approximately 25-minutes to complete
- Enter to win 1 of 20 \$25 gift certificates!



- Age 14-24 years old
- Regular menstrual cycle (inclusive of all genders!)
- Able to read and write English
- Live in Canada or the United States



Scan the QR Code or visit the website below to participate



Website: <https://cumming.ucalgary.ca/labs/brainkids>

Email: brainkids@ucalgary.ca

