

Joint Event on

# MIDWIFERY AND WOMEN'S HEALTH AND ONCOLOGY

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## Empowerment in red: Exploring young people's experiences of menstruation

**Maddison Wright**

Cardiff University, United Kingdom

This research endeavours to delve into the nuanced experiences of menstruation among young women aged 16-18, employing a novel approach that integrates creative research methods. Titled "Empowerment in Red," the study aims to illuminate the contemporary landscape of menstruation experiences among adolescents, shedding light on their perceptions, challenges, and coping mechanisms.

Utilising innovative techniques such as collage making, textiles art, creative writing, and object elicitation, the research seeks to capture the multifaceted nature of menstruation experiences in the present day. By employing these methods, the study intends to create a space where young women can articulate their encounters with menstruation beyond traditional discourse, allowing for a richer and more authentic understanding of their lived realities.

Furthermore, the research will entail participant observation of menstrual mentors' clubs within schools, providing insights into peer support networks and strategies for navigating menstruation in educational settings. Through this participatory approach, the study aims to explore how young individuals negotiate the challenges of menstruation within the school environment, fostering a deeper comprehension of their needs and aspirations.

While data collection is forthcoming, this abstract sets the stage for an exploratory journey into the lives of young women as they navigate the complex terrain of menstruation. By amplifying their voices and experiences, this research aspires to contribute to a more inclusive and empowering discourse surrounding menstruation, ultimately advocating for greater support, and understanding for this pivotal aspect of adolescent life.

### Biography

Maddison Wright is a PhD Student at Cardiff University | Menstruation Studies | Creative & Visual Research Methods Bedwas, Wales, United Kingdom