



## **Assent Form Minor 8 - 12 years old - Menstrual Health for Minors Study**

### **What is it about?**

In this study, we want to learn how young people (ages 8–17) find out about periods and how they manage them in everyday life. We want to know what is easy, what is hard, and what kind of help or information would make things better. By listening to you, we hope to make future information and tools about periods safer, fairer, and more helpful for young people.

### **What will happen?**

First, your parent or legal guardian signs a paper to say it is okay to participate. Then a friendly grown-up from the study will talk with you and explain what we are doing. You can ask any questions. We will then ask you if you want to join. You can say yes or no. If you say no, that is totally okay.

If you say yes, we will have a chat together for about 30 minutes. First, you can choose a nickname that we will use during the whole conversation (instead of your real name). Then we will start an audio recording so we can remember exactly what you say. During our chat, we will ask what you know and think about periods and, if you already have your period, what it is like for you and how you handle it at home, at school, or during sports. We may also show you some period-related technology (like phone apps) and some period products (like a pad) and ask what you like or don't like about them, and what you would change to make them better.

There are no tests and no needles. You do not have to answer any question you don't want to, and you can stop at any time.

### **What are the benefits and disadvantages?**

By joining this study, you can talk about periods and technologies and ask any questions you have.

Sometimes talking about your body or periods might feel a bit embarrassing or uncomfortable. That is okay. You do not have to answer any question you don't want to. You can stop at any time, for any reason, and nothing bad will happen.

### **Important to know:**

- We will not use your name with your answers, so other people will not know they are from you.
- You can always stop sharing your information without having to tell why.
- You can always ask questions.

### **If you have any questions:**

You can ask any questions to the researcher or your parents. Or you can ask your questions together with your parents to Marinja Principe ([marinja.principe@uzh.ch](mailto:marinja.principe@uzh.ch)) or Prof. Dr. Marcia Nissen ([marcia.nissen@uzh.ch](mailto:marcia.nissen@uzh.ch)).

### **Assent for Study Participation**



With your assent to this form, you confirm the following statements:

- I understand what the study is about, what I will be asked to do, and what it means to take part.
- I had the chance to ask questions. I understood the answers.
- I had enough time to decide, and I want to take part in this study.
- I understand that the session will be audio-recorded, so the researchers won't forget what I say. The recording will only be used to write down what was said, and then it will be deleted.

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Participant name

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Location, Date

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Participant signature