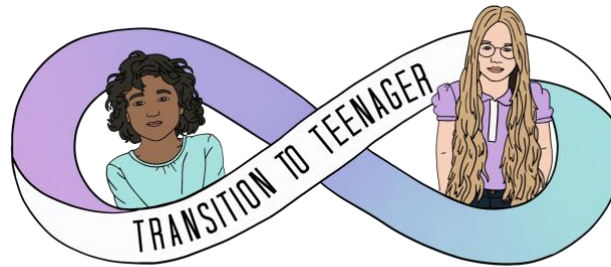


Transition to Teenager in Girls Project: Online Research



We are conducting research to understand mental health and well-being in girls as they transition into the teenage years.

If you are a girl seeing this who wants to take part, show this to your parent/guardian and they can contact the researcher.

To take part, they must be between 11 and 13.5 years old when they sign up.

What is involved in taking part?

Girls will be asked to do two 30-minute meetings on zoom over 1 year. In these meetings, girls will answer questions by ticking boxes about mental health, social relationships, camouflaging (tendency to want to blend in), and menstruation (periods). The researcher will be there to help them.

Benefits of taking part Findings from this study will be used to create booklets for parents/guardians and school staff to support well-being in girls.

To learn more about this study you can email:

Ailbhe McKinney at a.m.mckinney@sms.ed.ac.uk or call/text 07388454435.



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