
You are invited to join
a research study!

Join us to think about how best to learn about periods!

A simplified version of the Sympto-Thermal Method (STM), Embodied Menstrual Awareness (EMA) is a group-based, “Co-Designly Practice” (CDLY P) toolkit for understanding the menstrual cycle in detail. By taking your temperature on waking each morning and observing subtle changes in cervical fluid, EMA allows you to chart and track your ovarian and uterine cycles; establish their link to menstrual flow and connectedness to physiological changes.

(Menstrual tracking apps are unregulated and commercially vested; they use predictive, “partially accurate” and less precise algorithmic methods. Personal data is uploaded and may not be secure (possibly sold to or intercepted by third parties). In addition to subscription fees, apps can rely on the production, analysis, and selling of users’ data for financial sustainability. Accessing and sharing your past data with a medical practitioner could also be problematic.) This research addresses the lack of a custom, accurate, GDPR data-secure and confidential, analogue tool for learning how to track the menstrual cycle in schools and across a wider, reproductive health cohort.

The base toolkit designed to be continuously iterative via visual, creative interplay and has various cut-out and folding templates, grids, and physiological diagrams for drawing on and retooling. There is a choice of projects to do and as “co-researchers” you will be working in groups to further ‘CDLY P’ materials and exercises using the core information provided. (This references ‘The Royal College of Nursing’s (RCN) Women’s Health Pocket Guide’ and their RCN toolkit ‘Promoting Menstrual Wellbeing.’) The toolkit is designed to be continuously adaptive and updating; responsive to NHS Healthcare input and synergy, the RCN’s Women’s Health Forum, the Royal College of Obstetricians and Gynaecologists, the FSRH (Faculty of Sexual and Reproductive Healthcare), the World Health Organisation (WHO), UN (UNFPA), the PSHE Association, the DfE, Ofsted, Secondary school adolescent, and UAL student feedback.

Used on-screen or remotely online, the toolkit will be yours to keep digitally and is downloadable for print-out and use.

This research is non commercial and not-for-profit, and will be Creative Commons (shared for free).

If you have any questions, please contact Louise Scovell (she/her) at UAL: l.scovell1@arts.ac.uk

The EMA toolkit is free, allows you to understand exactly how your menstrual cycle works using a pencil and paper, is visually encoded by you so it is private, and is in actual time.

This makes it easier for each of us to explore, express and understand the hows and whys of what's (exactly) going on when we menstruate.

Where?

The research study will mostly take place at LCC, UAL (some sessions will be online via Miro).

When?

13/04/23 - 08/06/23 (tbc)

There will be a series of four two-hour workshops. Sessions will be on a Thursday, starting at 6.00 pm (once every other week, over a two-month period).

What?

Research study field:

Visual communication, social design, Co-Designly Practice, phenomenology, experiential learning, embodied awareness, reproductive health awareness, research skills, data visualisation: drawing, diagramming, and encoding.

I am a PhD Doctoral Researcher, Professor, Lecturer, and Teacher specialising in "Co-Designly Practice" arts-design praxis, research, and advocacy. An experienced practitioner in visual communication, I work within the academic and educational field, cultural milieu, and UN/NGO International Development sector.

Who?

This study is inclusive, acknowledging and welcoming gender-diverse input and experiences. Anyone can join with an interest in learning about the menstrual cycle and further contributing to the toolkit.

How?

Places are limited to sixteen throughout UAL and will go quickly:

1. Check out the Participant Letter of Information with this card:
2. To register, fill in and sign the (confidential) Consent Form,
3. Email to **l.scovell1.arts.co.uk** by 24/03/2023.

ual: university of the arts london