

## TOPIC: Raising awareness of Endometriosis in adolescent girls and their families



**Name:** Mia Andrews

**Age:** 16

**Gender:** Female

**Occupation:** High School Student

### Goals:

- To do well in school
- To get into her desired university program
- To see her soccer team reach the finals
- To be able to do things with her friends
- To deal with her pain better

### DESCRIPTION:

Mia is an athletic, confident girl who is a member of her school's soccer team. She takes her studies very seriously, and wants to make sure she keeps her grades up so she can get into a Physiotherapy course at university. She likes hanging out with her friends, and connects with them on social media as much as she can when she isn't at school.

### MOTIVATIONS:

Mia's parents have instilled in her a strong desire to do well in school – as a result she tries to get As on her assignments as much as she can to make her parents proud.

She also has a passion for sport. She wants her school soccer team to do really well and reach the finals, and to do this she feels like she has to train every day to be at her best.

Social media is important to Mia, and she uses it as a way to express herself. She uses Snapchat and Instagram daily, and likes to watch YouTube videos of her soccer heroes and celebrities she admires.

### BEHAVIOUR:

Recently Mia has started having a lot of pain during her period, which is getting worse. She is having to take time off of school every month, and she is missing more and more training as her symptoms worsen. She doesn't think her symptoms are any different than her friends, and so hasn't spoken to anyone about them, despite her growing anxiety over her grades dropping and her performance in soccer games not being as good as it used to.

### DAILY LIFE:

Mia wakes up early and goes for a run. She has a smoothie for breakfast, and takes some panadol for her pain before catching the bus to school. By mid-morning her pain has intensified again, and it is difficult for her to concentrate on her work. She feels anxiety over trying her best to pretend she is okay so no one notices she is different. At lunch she goes to the toilet where she takes more panadol, before meeting with her friends for lunch. She tries to join in with the conversation, but her pain is bad today, so she is withdrawn. Her friends ask if she is okay, and after explaining she has her period, they all talk about how annoying theirs are and how painful with a light attitude. Their casual experience with their period makes Mia feel out of touch with her friends, and she wonders why she can't be more like them. That evening she browses social media and sees images of other girls her age doing fun things and enjoying her life. Mia feels even more out of place, and begins to feel hopeless, and like she will never be pain-free. She feels uncertain about her life and doesn't know who to turn to for help.

## REFERENCES

### IMAGE:

Cliff Michaels 2010, 'MIA' [image], in Cliff Michael's Photostream, Flickr, viewed 23rd March 2017, <<https://flic.kr/p/81Vf6R>>

### INFORMATION:

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