

Celebration Day for Girls™

Survey Monkey 2016-2021 Survey Review and Recommendations



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Survey Review and Recommendations

Objective

To complete an initial analysis of feedback submitted by mothers, participants, facilitators and teachers with the goal of providing a baseline of workshop statistics to help inform various initiatives, including the CDG website update. Recommendations will be made with regards to the continued use of Survey Monkey.

Scope

The data currently available spans over the period of May 2014 to the current date and is contained within five (5) separate surveys.

Limitations

- The Survey Monkey account used for these surveys is a free account, currently under 4janebennett@gmail.com. Free accounts allow for a maximum of 40 responses per survey to be viewed.
- Free accounts do not offer data exporting features making the analysis process more labour intensive and time consuming.
- All five (5) surveys are “open” meaning that they allow for rolling feedback to be submitted; this is challenging if the feedback isn’t being reviewed in a timely manner.

As of January 1, 2021, responses that exceed the 40-response limit are deleted once they exceed 60 days.

Survey Overview

Table 1

	Description	Date Created	Responses (as of July 5/21)	Responses (as of July 16/21)
1	A Celebration Day for Girls Mother’s Survey	May 3, 2014	100	26
2	CDG Facilitator Survey 2021	March 3, 2021	35	35
3	A Celebration Day for Girls Participant Survey	May 3, 2024	37	28
4	A Celebration Day for Girls Facilitator Survey	May 3, 2014	54	40
5	A Celebration Day for Girls Teacher’s Survey	May 3, 2014	5	5

Survey Highlights

1) A Celebration Day for Girl Mother's Survey (10 questions) – 26 surveys completed

- Participant feedback spans over the period between June 2016 to June 2021.
- Workshops were delivered by multiple facilitators, primarily in Australia.
- 48% of mothers heard about the CDG from a friend; 35% from school, 13% from a relative and 4% from Facebook/Social Media.
- 32% of mothers indicated they had a negative personal experience of puberty and menarche; 32% felt neutral about it, 20% said it was ok, 8% said it was very negative and 8% said it was positive.
- 31% of mothers indicated they felt confident about supporting their daughters through puberty and menarche; 27% felt ok, 23% felt very confident, 15% felt not confident and 4% felt poorly prepared.
- 82% of mothers indicated their relationship with their daughters was impacted by the CDG, with 79% reporting an improvement in their ability to have open conversations about puberty, menstruation and womanhood.
- 64% of mothers reported they experienced some impact on their memories of menarche; 61% reported some impact on their thoughts about menstruation and 75% reported no impact in their experience after menopause.
- Key messages, understanding or experience that mothers took away from the CDG, either for themselves or within their relationship with their daughters include:
 - 91% - Ideas about supporting their daughter through puberty and menarche and as she establishes a regular menstrual cycle
 - 74% - Increased awareness of issues/questions/concerns my daughter may have about periods/her body and other developmental changes
 - 70% - Ideas about celebrating menarche
 - 70% - Easier communication with their daughters about periods and their changing bodies

Comments from mothers included:

I am busy going thru the recommended reading list and discovering a very different way of looking at our cycles – I feel like I can discuss things with other mothers/women from the day as well, where before it wasn't really a subject talked about... July 25, 2017

Huge benefit for myself, I've now decided to be kinder to myself around menstruation, run a bath etc. June 30, 2017

It has reinvigorated my thinking about the menstrual cycle and how other cultures approach this time of a woman's life. June 30, 2017

2) CDG Facilitator Survey 2021 (9 questions) – 35 surveys completed

Facilitator comments included:

Have loved running the days I have. The mums who have been a part of the days were supportive and gave positive feedback. One group created a women and girls circle on the back of a celebration day which has been ongoing for the last three years!! Beautiful to be a part of that story in a small way.

Running the days is one of the things I love to do best. Can't wait to get back to face-to-face events.

3) A Celebration Day for Girl Participant Survey (9 questions) – 28 surveys completed

- Top favourite parts of the workshop:
 - 89% - making the lockets
 - 82% - making the seed mandala
 - 78% - henna painting
 - 78% - the food
 - 72% - the strength cards
 - 71 % - looking at pads and tampons
- Changes reported after completing the workshop:
 - 81% felt more comfortable about growing up
 - 77% felt more prepared for their first period
 - 77% felt more confident about how to care for themselves
 - 77% felt it special to know they share something with other girls and women
 - 73% felt they understand their body better
 - 69% felt more comfortable with talking to their moms
- 74% of participants reported they talked with their mums a little more about periods, puberty and women's bodies after attending the workshop.
- 54% of participants reported they talked with their friends about periods, puberty and women's bodies after attending the workshop.
- 96% of participants indicated they would recommend the workshop to other girls and their moms.

Participants comments included:

It was a really nice day for me and I met some new people there 11/10 try it I completely recommend this to girls just starting out with puberty. July 29, 2019

It is a great experience and you feel comfortable doing it and the women who run the sessions are really nice. Additionally, if you do it with your friends it feels totally normal and you feel

comfortable about telling funny stories about the subject. Also the atmosphere is really nice it is calm but at the same time you some banter with the other girls there and having the breaks stops making the whole thing become serious and have lots of tension. Finally you feel confident (and slightly clever) in lessons to answer what other girls who haven't attended the celebration might find quite awkward to answer. The whole experience was brilliant- thank you so much and I will recommend this to lots of other girls. July 27, 20219

It is a good way to see friends and talk about things that you wouldn't want to talk about any other time.

May 24, 2016

I think it is good that girls can feel comfortable about there body and the celebration day for girls is definitely the best way for girls to feel comfortable. April 29, 2016

I would recommend the CDG it because it makes you happy and confident for becoming a woman. January 6, 2016

It's a good chance to get to know your body and what will happen to it when you grow up. During it there's not a single awkward moment talking about periods and what will happen. June 24, 2015

4) A Celebration Day for Girls Teachers Survey (8 questions) – 5 surveys completed

Comments included:

As a teacher and a woman I found the Celebration Day for Girls both informative and empowering. The girl's responses were excited and curious; feeling confident and comfortable to ask any type of question. Overall, the day created a tighter sisterhood amongst myself and the girls. It took away the period taboo and made the girls feel calm and relaxed about discussing it with me and asking me questions they may have once felt awkward to ask. When the mothers and significant female friends arrived, the room was abuzz, I felt connected to everyone in the room and felt so close to the girls. The facilitators were incredible at facilitating this day. The girls are still talking about it!