

Request For: Research Support – Curriculum Development on Menstruation in Young Girls

Closing Date & Time: September 23, 23:59pm ET

Budget: \$1200 CAD

Contact Name: Heidi Jackson, Program Manager

Address Inquiries to: hjackson@girlsforward.ca

1. About Girls Forward Foundation

Girls Forward Foundation is a nationwide charity on a mission to empower girls through sport, physical activity, and education. Our evidence-based curriculum, developed in collaboration with experts, aims to build confidence and leadership skills in girls aged 5–21. We create girl-centred, girl-focused programs and believe in the power of REAL (relatable, empowered, active, leaders) Role Models to drive positive change.

2. Project Overview

Thanks to the generous support of **Silver Gummy**, Girls Forward is launching a new research initiative to inform curriculum development focused on **menstruation and periods in young women**. We recognize that periods remain an overlooked factor in girls' sport and physical activity participation and that educational tools must reflect the real experiences of girls today.

We are seeking an experienced researcher or research team to support us in exploring how menstruation affects girls' participation in sport, confidence, and physical literacy. The findings will be directly used to update and strengthen our curriculum, programs, and educator training materials.

3. Project Objectives

We are looking for a researcher to:

- Identify best practices in menstrual health education, particularly in relation to physical activity that challenge the current status quo in sport;
- Provide research-informed recommendations for curriculum integration;
- Develop 3 modules for Girls Forward to use with our current programming.

This research will help ensure our programming reflects the lived experiences of girls and contributes to a more inclusive, confident, and period-positive generation.

4. Contractor Responsibilities

The successful contractor will:

- Collaborate with the Girls Forward team to refine research questions and methodology;
 - Lead the research design, ethics considerations (if applicable), data collection, and analysis;
 - Deliver a comprehensive research report with actionable recommendations and three modules of curriculum development;
 - Present findings to the Girls Forward team;
 - Engage with diverse participants inside and outside of the Girls Forward community, especially those from underrepresented communities.
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5. Project Scope

The selected researcher will work closely with the Girls Forward leadership and curriculum development team from **October 1- December 12 2025**. The scope may include:

- Analysis of barriers to sport participation related to menstruation;
 - Curriculum recommendations with a trauma-informed, inclusive lens;
 - Developing pilot curriculum components (3 modules).
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5.1 Project Timeline*

Milestone	Date
RFP Submission Deadline	23:59 ET Sept 23, 2025
Researcher Selected	Sept. 29, 2025
Project Kick-Off Meeting	October 1, 2025
Interim Check-in / Draft Review	Based on researcher
Final Report & Presentation	January 2026

*Timelines are flexible based on researcher

6. Proposal Guidelines

Please submit a proposal that includes:

- Overview of relevant experience and qualifications
- Proposed methodology and approach to curriculum development
- Budget breakdown
- Timeline and availability
- At least one sample of previous relevant research work

We welcome applications from individual researchers, research consultants, or academic teams.

7. Budget & Contract

This project is funded by **Silver Gummy**. The total available budget is **\$1200 CAD** including all applicable taxes, fees, and materials.

Payment will be disbursed in installments based on project milestones.

All fees must be itemized and clearly explained. Final contract terms (scope, budget, deliverables, and schedule) will be discussed upon selection.

8. Deadline for Submission

Questions will be accepted until 17:00 ET on September 22, 2025.

Proposals must be submitted by **23:59 ET on September 23, 2025** to:

✉ **Heidi Jackson** hjackson@girlsforward.ca

The successful candidate will be notified by email on September 29, 2025.