

Media Consent Terms Form



Video & Media Consent Form - Menopause Stories Series

Thank you for being willing to share your story.

At Wise Women Retreats, we believe that when one woman speaks her truth, it gives others permission to do the same. Your voice matters, and it has the power to help other women feel seen, understood, and less alone.

Please take a moment to read through the following so you feel fully informed and comfortable before participating.

What You Are Consenting To

By signing this form, you agree that Wise Women Retreats may:

- Film and/or photograph you as part of the Menopause Stories series
- Use your image, voice, and story across digital platforms including Instagram, Facebook, TikTok, our website, and other promotional channels
- Edit, adapt, and shorten your interview into various formats, including short-form video content (such as Reels)
- Use this content for marketing, storytelling, and brand awareness purposes
- Use the content on an ongoing basis (no fixed expiry), **unless consent is withdrawn prior to initial publication**

You understand that you will not review or approve the final edited content prior to publication.

Credit & Anonymity

You can choose how you are identified:

- First name only
- First name and location
- Anonymous (no identifying details)

We will always respect your preference.

What This Is Not

- You will not be paid for your participation
- Your content will not be sold to any third party
- Your story will not be used in a misleading or harmful way

Your Rights & Wellbeing

- You are participating voluntarily
- You may pause or stop the interview at any time
- You may withdraw your consent at any time before the content is first published

Once content has been published online or shared across platforms, full removal may not always be possible. However, we will always do what we reasonably can to honour your request.

Release of Responsibility

By signing this form, either manually or electronically, you release Wise Women Retreats from any claims relating to the use of this content, provided it is used in accordance with the terms outlined above.

Confirmation

By signing this form, you confirm that:

- You have read and understood this consent form
- You are over 18 years of age
- You agree to participate in the Wise Women Retreats Menopause Stories series
- You consent to the use of your image, voice, and story as outlined above

SIGNATURE: _____

FULL NAME: _____

DATE: _____

EMAIL: _____