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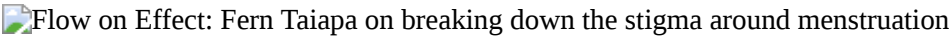
 

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Co-authored by Sport NZ


Fern Taiapa on breaking down the stigma around menstruation


U17 Basketball rep for Counties Manukau and rower, Fern Taiapa is helping to empower her friends to have tough conversations and reframe their thinking on ikura.



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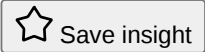
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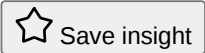
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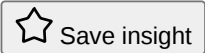
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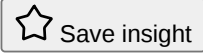
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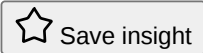
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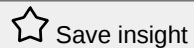
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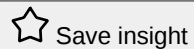
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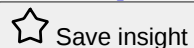
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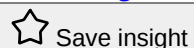
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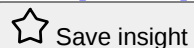
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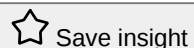
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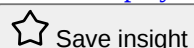
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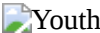
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