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# Flow on effect: Sophie Watson (EONZ) on how to be a menstrual ally

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 Flow on effect: Sophie Watson (EONZ) on how to be a menstrual ally

Co-authored by Sport NZ

## Sophie Watson (EONZ) on how to be a menstrual ally

When we talk about menstruation, what words are we using, and who are we talking to? There are simple steps we can all take to be more inclusive.



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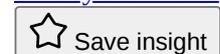
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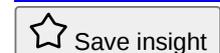


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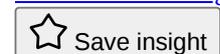


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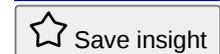
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