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 Her Moves - Sport Ireland resources to inspire girls to be active

Co-authored by Sport Ireland

Check out Sport Ireland's Her Moves resources to help parents, coaches, teachers and others to get girls more active and create safe, inclusive environments. Resources include:

- Choosing a Sports Bra
- Period Positive Posters
- Positive Coaching Environment
- Tips from coaches for coaches!
- Tips For Teachers
- Language Dos and Don'ts for Coaches
- Tips for Dads
- Female Athlete Toolkit
- The Menstrual Cycle: A guide to Supporting Girls in Sport

Check it all out on Sport Ireland's website: <https://www.hermoves.ie/resour...>



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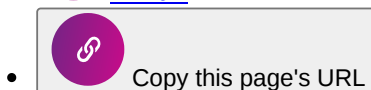


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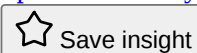
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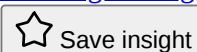


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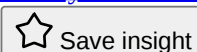
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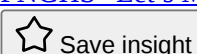


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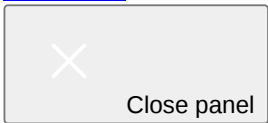
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