

**end period
stigma.**

**talk about it.
period.**



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**What do you wish you
knew when you got
your first period?**



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**What songs are
on your period
power playlist?**



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**How do you practice
self-care while you're
on your period?**



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**Who supports you
most when you're
on your period?**



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**Any period moments
that make you look
back and laugh?**



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**How are you fighting
period stigma in
your daily life?**



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**What advice would you
give to young girls before
their first period?**



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