

HEALTH^{FOR}TEENS

**SEE VIDEOS, FIND HEALTH INFORMATION,
TAKE QUIZZES, AND FIND OUT THE TRUTH
BEHIND THE RUMOURS**



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GET HELP WITH ALL KINDS OF THINGS LIKE ...

HEALTHY EATING | **RELATIONSHIPS** | **SMOKING**

EMOTIONAL HEALTH | **BULLYING** | **SELF HARM**

ALCOHOL & DRUGS | **ANXIETY** | **SLEEP** | **PUBERTY**

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