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| **SLEEP** | **PUBERTY** |
| **SEXUAL HEALTH** | **EXERCISE** |
| **BODY COMPOSITION** | **NUTRITION** |

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| **VALUES** | **MORALS** |
| **BELIEFS** | **CONNECTION TO CULTURE** |

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| **IDENTITY/ EXPRESSION** | **HEALTHY RELATIONSHIPS** |
| **FORMING/ ENDING FRIENDSHIPS** | **CONFLICT RESOLUTIONS** |
| **SOCIAL MEDIA** |  |

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| **ANXIETY** | **DEPRESSION** |
| **RESISLIENCE** | **STRESS** |
| **FEELINGS** | **MENTAL ILLNESS** |
| **EATING DISORDERS** |  |