**Online Resources on Puberty and Personal Health**

In this lesson you were introduced to a number of online resources for school-age children that have information on puberty, personal health and growing up. Take some time to explore the websites listed below and make a list of specific activities, pages or resources you would like to share with the children or youth in your program, or even with the families. Links are available in the Apply section of Lesson 3 within the School-Age track Healthy Environments course.

When you are finished, share with your trainer, coach, or administrator. Remember to keep a copy for yourself as a reference.

<table>
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<tr>
<th>Resource is about . . .</th>
<th>List specific webpages or activities you would like to share with some school-age children and youth at your program</th>
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