

```

<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8" />
  <meta name="viewport" content="width=device-width, initial-scale=1.0" />
  <title>Breast Self Examination</title>
  <style>
    body {
      font-family: Arial, sans-serif;
      line-height: 1.6;
      background-color: #fff0f6;
      color: #333;
      margin: 0;
      padding: 0 15px;
    }

    a { text-decoration: none; color: #d63384; }

    ul { list-style-type: none; padding: 0; }
    ul li { margin: 8px 0; }

    h1, h2, h3 { color: #d63384; }
    h1 { text-align: center; margin-top: 20px; }

    .section {
      background-color: #ffe6f0;
      padding: 20px;
      border-radius: 12px;
      margin-bottom: 25px;
      box-shadow: 0 3px 8px rgba(0,0,0,0.1);
    }

    /* Quiz */
    .question { margin-bottom: 20px; }
    .question button {
      margin: 5px;
      padding: 8px 12px;
      font-size: 14px;
      cursor: pointer;
      border-radius: 8px;
      border: 1px solid #ff99c8;
      background-color: #ffd1e8;
      transition: 0.3s;
    }
  
```

```
.question button:hover { background-color: #ff99c8; color: white; }  
.emoji { font-size: 24px; margin-left: 10px; }
```

```
/* Open Forum */  
#OpenForum {  
    padding: 25px;  
    border-radius: 12px;  
    max-width: 700px;  
    margin: 30px auto;  
    background: linear-gradient(145deg, #ffe0f0, #ffd1e8);  
    box-shadow: 0 4px 10px rgba(0,0,0,0.1);  
}
```

```
#OpenForum textarea {  
    width: 100%;  
    padding: 12px;  
    border-radius: 8px;  
    border: 1px solid #ff99c8;  
    font-size: 14px;  
    resize: none;  
}
```

```
#OpenForum button {  
    margin-top: 12px;  
    padding: 10px 20px;  
    cursor: pointer;  
    border: none;  
    border-radius: 8px;  
    background-color: #ff66a3;  
    color: white;  
    font-weight: bold;  
    font-size: 14px;  
    transition: 0.3s;  
}
```

```
#OpenForum button:hover { background-color: #d63384; }
```

```
/* Facebook-style comments */  
.comment {  
    background: #ffe6f0;  
    padding: 10px 15px;  
    border-radius: 12px;  
    margin-bottom: 10px;  
    box-shadow: 0 2px 5px rgba(0,0,0,0.05);  
    color: #330033;
```

```

    }
    .comment-header {
        display: flex;
        justify-content: space-between;
        font-size: 14px;
        margin-bottom: 5px;
    }
    .comment-header .username { font-weight: bold; }
    .comment-header .timestamp { font-style: italic; color: #555; }
    .comment-actions {
        margin-top: 5px;
    }
    .comment-actions button {
        background-color: #ffd1e8;
        border: none;
        border-radius: 6px;
        padding: 4px 8px;
        margin-right: 5px;
        cursor: pointer;
        font-size: 12px;
    }
    .comment-actions button:hover { background-color: #ff99c8; color: white; }
    .reply {
        margin-left: 15px;
        background: #fff0f6;
        padding: 5px 10px;
        border-radius: 10px;
        margin-top: 5px;
        font-size: 14px;
    }
    }

    #commentsSection { max-height: 300px; overflow-y: auto; }
</style>
</head>
<body>

<header style="background-color:#ffd1e8; padding:15px 20px; display:flex; align-items:center;
border-bottom: 3px solid #d63384; box-shadow: 0 2px 5px rgba(0,0,0,0.1);">
    <h1 style="color:#d63384; font-size:28px; margin:0;">Breast Self Examination</h1>
</header>

<p><strong>Introduction</strong></p>
<ul>
    <li><a href="#BreastSelfExamination">Breast Self Examination</a></li>

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<li><a href="#DidYouKnow">Did You Know</a></li>
<li><a href="#NormalBreastChanges">Normal Breast Changes</a></li>
<li><a href="#QuizSection">Show me What You've Learned</a></li>
<li><a href="#OpenForum">Open Forum</a></li>
</ul>

<!-- BSE Video -->
<div id="BreastSelfExamination" class="section">
  <h1>Breast Self Examination</h1>
  <iframe width="560" height="315" src="https://www.youtube.com/embed/gsyha_CeetM"
frameborder="0" allowfullscreen></iframe>
</div>

<!-- Did You Know -->
<div id="DidYouKnow" class="section">
  <h2>Did You Know?</h2>
  <p><strong>Breast self-examination helps women become familiar with the normal
appearance and feel of their breasts.</strong><br>
  <small>— WHO</small></p>
  <p>Growing up means your body is <strong>changing</strong>—and that's normal. BSE is
about awareness, not fear. It helps you notice changes early and take responsibility for your
health. Self-care is empowering!</p>
</div>

<!-- Normal Breast Changes -->
<div id="NormalBreastChanges" class="section">
  <h2>Normal Breast Changes</h2>
  
  <p style="text-align:center; font-style:italic; color:#555;">Illustration showing the steps for
proper breast self-examination.</p>
</div>

<!-- Quiz -->
<div id="QuizSection" class="section">
  <h2>Quick Quiz</h2>
  <div class="question" data-answer="b">
    <p>1. Which month is Breast Cancer Awareness Month?</p>
    <button>a) June</button>
    <button>b) October</button>
    <button>c) December</button>
    <span class="emoji"></span>
  </div>

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<div class="question" data-answer="a">
  <p>2. How often should BSE be performed?</p>
  <button>a) Monthly</button>
  <button>b) Weekly</button>
  <button>c) Yearly</button>
  <span class="emoji"></span>
</div>
<div class="question" data-answer="c">
  <p>3. What is the main purpose of BSE?</p>
  <button>a) Cure breast cancer</button>
  <button>b) Replace doctor visits</button>
  <button>c) Early detection and awareness</button>
  <span class="emoji"></span>
</div>
<div class="question" data-answer="b">
  <p>4. Which part of the breast should be examined?</p>
  <button>a) Only nipples</button>
  <button>b) Entire breast including armpit</button>
  <button>c) Only upper part</button>
  <span class="emoji"></span>
</div>
<div class="question" data-answer="a">
  <p>5. BSE helps you notice changes in your breast <em>early</em>?</p>
  <button>a) True</button>
  <button>b) False</button>
  <span class="emoji"></span>
</div>
</div>

<!-- Open Forum -->
<div id="OpenForum">
  <h2>💖 Open Forum</h2>
  <p style="text-align:center; color:#900c3f;">Share your thoughts or questions about breast
health. Be supportive and kind!</p>
  <textarea id="commentInput" rows="4" placeholder="Write your comment
here..."></textarea><br>
  <button id="submitComment">Submit</button>
  <h3 style="margin-top:20px; color:#d63384;">Comments:</h3>
  <div id="commentsSection"></div>
</div>

<script>
  // Quiz
  const questions = document.querySelectorAll('.question');

```

```

questions.forEach(q => {
  const buttons = q.querySelectorAll('button');
  buttons.forEach(btn => {
    btn.addEventListener('click', () => {
      const emoji = q.querySelector('.emoji');
      const correctAnswer = q.dataset.answer;
      if(btn.textContent.startsWith(correctAnswer)){
        emoji.textContent = '✅';
      } else {
        emoji.textContent = '❌';
      }
    });
  });
});

```

```

// Open Forum with localStorage
const submitButton = document.getElementById('submitComment');
const commentInput = document.getElementById('commentInput');
const commentsSection = document.getElementById('commentsSection');

```

```

let comments = JSON.parse(localStorage.getItem('bseComments')) || [];

```

```

function renderComments() {
  commentsSection.innerHTML = '';
  comments.forEach((c, index) => {
    const commentDiv = document.createElement('div');
    commentDiv.className = "comment";
    commentDiv.innerHTML = `
      <div class="comment-header">
        <span class="username">${c.username}</span>
        <span class="timestamp">${c.time}</span>
      </div>
      <p>${c.text}</p>
      <div class="comment-actions">
        <button class="like-btn" data-count="${c.likes}">👍 Like (${c.likes})</button>
        <button class="reply-btn">Reply</button>
        <div class="replies"></div>
      </div>
    `;
  });
}

```

```

// Replies
const repliesContainer = commentDiv.querySelector('.replies');
if(c.replies){
  c.replies.forEach(r => {

```

```

        const replyDiv = document.createElement('div');
        replyDiv.className = 'reply';
        replyDiv.textContent = r;
        repliesContainer.appendChild(replyDiv);
    });
}

// Like button
const likeBtn = commentDiv.querySelector('.like-btn');
likeBtn.addEventListener('click', () => {
    c.likes++;
    saveComments();
    renderComments();
});

// Reply button
const replyBtn = commentDiv.querySelector('.reply-btn');
replyBtn.addEventListener('click', () => {
    const replyText = prompt('Write your reply:');
    if(replyText){
        c.replies.push(replyText);
        saveComments();
        renderComments();
    }
});

commentsSection.appendChild(commentDiv);
});
}

function saveComments(){
    localStorage.setItem('bseComments', JSON.stringify(comments));
}

submitButton.addEventListener('click', () => {
    const commentText = commentInput.value.trim();
    if(commentText){
        const newComment = {
            username: 'User',
            text: commentText,
            time: new Date().toLocaleString(),
            likes: 0,
            replies: []
        };
    }
});

```

```
        comments.unshift(newComment); // newest on top
        saveComments();
        renderComments();
        commentInput.value = "";
    } else {
        alert('Please write a comment before submitting.');
```

  

```
    }
    });

    commentInput.addEventListener('keypress', function(e){
        if(e.key === 'Enter' && !e.shiftKey){
            e.preventDefault();
            submitButton.click();
        }
    });

    renderComments();
</script>

</body>
</html>
```