```python
import numpy as np

class NeuralNetwork:
    def __init__(self, input_size, hidden_size, output_size):
        self.weights_hidden = np.random.randn(input_size, hidden_size)
        self.biases_hidden = np.zeros((1, hidden_size))

        self.weights_output = np.random.randn(hidden_size, output_size)
        self.biases_output = np.zeros((1, output_size))

        self.hidden_activations = None
        self.hidden_activities = None
        self.output_activations = None
        self.output_activities = None

    def sigmoid(self, x):
        return 1 / (1 + np.exp(-x))

    def forward_prop(self, x):
        hidden_activities = np.dot(x, self.weights_hidden) + self.biases_hidden
        hidden_activations = self.sigmoid(hidden_activities)

        output_activities = np.dot(hidden_activations, self.weights_output) + self
            .biases_output
        output_activations = self.sigmoid(output_activities)

        self.hidden_activations = hidden_activations
        self.hidden_activities = hidden_activities
```

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33          self.forward_prop(x)
34
35          # Backpropagation
36          output_error = y - self.output_activations
37          output_delta = output_error * (self.output_activations * (1 - self
                .output_activations))
38
39          hidden_error = np.dot(output_delta, self.weights_output.T)
40          hidden_delta = hidden_error * (self.hidden_activations * (1 - self
                .hidden_activations))
41
42          # Update weights and biases for output layer
43          self.weights_output += learning_rate * np.dot(self.hidden_activations.T,
                output_delta)
44          self.biases_output += learning_rate * np.sum(output_delta, axis=0, keepdims=True
                )
45
46          # Update weights and biases for hidden layer
47          self.weights_hidden += learning_rate * np.dot(x.T, hidden_delta)
48          self.biases_hidden += learning_rate * np.sum(hidden_delta, axis=0, keepdims=True
                )
49
50  # Example usage:
51  nn = NeuralNetwork(input_size=2, hidden_size=3, output_size=1)
52  x_train = np.array([[0.5, 0.8]])
53  y_train = np.array([[1]])
54  nn.back_prop(x_train, y_train)
```