

Bibliography

- Tools and Platforms

- Lovable (AI-assisted development platform)
Used to build the web app, structure the interface, and define app logic through prompts.
Limitation: required multiple iterations to refine outputs and ensure correct behavior.
- ChatGPT (AI support tool)
Used to generate prompts, structure the app, refine chatbot logic, and support content creation.
Limitation: outputs required manual validation to ensure accuracy and safety.
- Google Forms
Used to conduct user research with 100 young people.
Contribution: provided key insights that guided product decisions.

- Bibliography of Resources Used

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<https://www.unicef.org/adolescence>

UNESCO. International technical guidance on sexuality education. Available at:
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United Nations. Sustainable Development Goal 3: Good Health and Well-being. Available at:
<https://sdgs.un.org/goals/goal3>

Centers for Disease Control and Prevention (CDC). Adolescent and school health. Available at: <https://www.cdc.gov/healthyyouth>

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<https://www.gov.br/saude/pt-br/assuntos/saude-de-a-a-z/a/saude-do-adolescente>

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